

Breakfast

Hours

Mon–Fri: 7:30–11 a.m.

Sat–Sun: 8 a.m.–2 p.m.

Weekly Specials – With choice of whole fruit

Husky Combo – Local cage-free eggs scrambled or plant-based eggs scrambled, bacon or sausage, two hash brown patties

Daily Specials – With choice of whole fruit

Monday

Plant-Based Italian Vegetable Scramble – Plant-based eggs scrambled, roasted red peppers, kale pesto, plant-based mozzarella

Tuesday

Southwest Scramble – Local cage-free eggs scrambled, fire-roasted corn, peppers, black beans, Colby jack cheese

Wednesday

Tofu Scramble – Plant-based eggs scrambled, tomatoes, green onions, plant-based mozzarella

Thursday

Spinach Mushroom Scramble – Local cage-free eggs scrambled, spinach, mushrooms, peppers, Swiss cheese

Friday

Salami Onion Mozzarella Scramble – Local cage-free eggs scrambled, salami, caramelized onions, mozzarella cheese

Saturday–Sunday

Plant-Based Caprese Scramble – Local cage-free eggs scrambled, tomatoes, plant-based mozzarella, fresh basil

À la Carte Sides

Biscuit & Sausage Gravy

Buttermilk Biscuit

French Toast

Hardwood-Smoked Bacon

Hash Brown Patty

Plant-Based Pancakes

Plant-Based Sausage Patty

Plant-Based Scramble

Sausage Gravy

Sausage Link

Scramble

Lunch/Dinner

Hours

Mon–Fri: 11:30 a.m.–9 p.m.

Sat–Sun: 11 a.m.–9 p.m.

Select one entrée, two vegetables/salad, and one starch/grain to build a Balanced Plate.

Entrées Weekly Specials

Herb-Roasted Chicken

Seared Salmon

Entrée Daily Specials

Monday

Lentil Bolognese With Herb Pasta

Beef Bolognese With Herb Pasta

Tuesday–Wednesday

Plant-Based Gumbo

Chicken & Andouille Stew

Thursday–Friday

Lemongrass Tofu

Roasted Ginger Pork

Vegetables

Herb-Roasted Rainbow Carrots

Roasted Brussels Sprouts

Green Beans & Tomatoes

Salad

Mediterranean Chickpea



Hours of Operation: [hfs.uw.edu–eat](https://hfs.uw.edu/eat)

Additional nutrition information is available upon request but can also be found on NetNutrition and on menus in dining location.

Eating raw or undercooked foods may increase the risk of foodborne illness. Menu subject to change without notice.

Starch/Grains

Jasmine or Brown Rice

Starch/Grains Daily Specials

Monday–Wednesday

Buttermilk Mashed Yukon Potatoes

Thursday–Sunday

Herb Roasted Fingerling Potatoes

Sauces

Teriyaki

Green Coconut Curry

Dessert

Red Velvet Layer Cake – Three-layer red velvet cake, cream cheese frosting



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