

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan.  
Eating raw and–or undercooked foods may increase the risk of food borne illness. Menu subject to change without notice.  
Allergen information for menu items are available and–or posted in each dining location. | [www.hfs.uw.edu-eat](http://www.hfs.uw.edu-eat)

BIG KITCHEN

M-F: Breakfast: 7:30am – 10am, Lunch 11am – 2pm, Dinner 5pm – 8pm  
Sat & Sun: 10am – 2pm

MON

- Breakfast

Ham and Cheddar Scramble Local – cage-free eggs scrambled with ham and cheddar cheese [calories 300]
- Lunch & Dinner

Pasta Bar – create your own pasta with choice of pasta, sauce, protein, and toppings, served with a breadstick [calories 610-1,200]
- Baked Macaroni and Cheese (V) – baked mac & cheese [calories 310]

TUE

- Breakfast

Tofu Scramble (VG) – plain tofu scramble [calories 130]
- Lunch & Dinner

Latin Bowl – create your own Latin bowl with choice of rice, beans, protein, and toppings [calories 150-880]

WED

- Breakfast

Caprese Scramble (V) – local cage-free eggs scrambled tomatoes, mozzarella cheese and fresh basil [calories 290]
- Lunch

Picadillo Beef – ground beef sauteed with green bell peppers, yellow raisins, tomatoes, green olives, and spices, served with steamed jasmine rice, tropical broccoli slaw and fried brussels sprouts [calories 480]
- Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, olives, tomatoes, cinnamon, and cumin, served with steamed jasmine rice, tropical broccoli slaw and fried brussels sprouts [calories 580]
- Dinner

Oven Roasted Buffalo Chicken Wings – crispy boneless chicken wings tossed in Frank’s RedHot sauce, served with roasted corn and peppers, red potato salad, and slow cooked collard greens [calories 430]
- Plant-Based Nashville Hot Nuggets (VG) – plant-based protein nuggets tossed in Nashville hot sauce, served with roasted corn and peppers, red potato salad and slow cooked collard greens [calories 940]

# THU

- Breakfast

**Plant-Based Scramble (VG)** – plant-based egg scramble [calories 240]
- Lunch

**Picadillo Beef** – ground beef sauteed with green bell peppers, yellow raisins, tomatoes, green olives, and spices, served with steamed jasmine rice, tropical broccoli slaw and fried brussels sprouts [Calories 480]  
  
**Plant-Based Picadillo (VG)** – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, olives, tomatoes, cinnamon, and cumin, served with steamed jasmine rice, tropical broccoli slaw and fried brussels sprouts [calories 580]
- Dinner

**Chermoula Flank Steak** – chermoula grilled flank steak, served with tabouli salad, cauliflower with turmeric and raisins, and harissa slaw [calories 420]  
  
**Winter Vegetable Tagine with Brown Rice (VG)** – served with cauliflower with turmeric and raisins and harissa slaw [calories 420]

# FRI

- Breakfast

**Caprese Scramble (V)** – local cage-free eggs scrambled with tomatoes, mozzarella cheese and fresh basil [calories 290]
- Lunch

**BBQ Roasted Chicken Quarter** – roasted chicken quarter with a sweet BBQ sauce, served with a creamy cheese polenta, slow cooked collard greens, and roasted garlic and parmesan cauliflower [calories 750]  
  
**BBQ Tofu Spoon Burger Sandwich (V)** – minced tofu, yellow onions, green chili and BBQ sauce on a whole wheat bun, served with slow cooked collard greens and roasted garlic and parmesan cauliflower [calories 440]

# DELI SANDWICH SPECIAL

- Ragin’ Cajun Sandwich** – turkey, pepperjack cheese, Frank’s RedHot sauce eggless mayo, and fresh vegetables on white bread [calories 650]

**Roasted Vegetable Wrap (VG)** – sesame hummus, caramelized onions, roasted vegetables, wrapped in a flour tortilla [calories 470]

# DUB STREET BURGERS SPECIAL

- Final Countdown Sandwich** – crispy chicken fritter with pepperjack cheese, jalapenos, lettuce, tomatoes, with onion-parmesan mayoli on a toasted bun [calories 740]

GLOBAL

LUNCH ONLY (MON–FRI)

LUNCH  
Mon & Fri

Braised Bratwurst with Sauerkraut – braised pork sauerkraut with paprika, caraway seeds, served with sauerkraut, braised red cabbage, roasted asparagus, and herb roasted potatoes [calories 730]

LUNCH  
Tues-Thurs

Baked Tofu with Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with braised red cabbage, roasted asparagus, and herb roasted potatoes [calories 380]

Roja Style Chicken Thigh – Spanish inspired roasted chicken with chorizo, peas, garlic and red peppers, served with roasted Spanish style potatoes, swiss chard with pine nuts and raisins and Mediterranean vegetable medley [calories 820]

Greek Style-Stuffed Peppers (VG) – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs, and lemon-herb brown rice, served with swiss chard with pine nuts and raisins and Mediterranean vegetable medley [calories 860]

TERO

Totally Taos Bowl (V) – bulghur, arugula, black beans, corn, and fire-roasted peppers, roasted mushrooms, roasted sweet potatoes and avocado, topped with cotija cheese and tortilla chips and toasted pepitas and tossed with tomatillo salsa [calories 790]