## PLATE

### SUN

**Brunch**  
French Toast, Bacon, Sausage Link, Biscuit & Sausage Gravy and Scrambled Eggs [calories 130-450]

**Dinner**  
Moroccan Grilled Beef  
Chermoula Grilled Flank Steak with Ras El Hanout Spiced Cauliflower and Pearl Couscous Pilaf or Rice [calories 540]

Harissa Vegetable Tagine (vg)  
Slightly Spicy Stew of Vegetables and Chickpeas, served with Pearl Couscous Pilaf or Rice [calories 330]

### MON

**Breakfast**  
Green Eggs & Ham  
Basil Pesto and Parmesan Cheddar Cheese [calories 400]

**Lunch**  
Pepita Roasted Pork  
Spice Roasted Pork Loin with Poblano Pumpkin Seed Pesto, Cilantro Rice and Pinto Beans [calories 890]

Zucchini & Pepper Tostada (v)  
Crisp White Corn Tortilla topped with vegetables, Lettuce & Fresh Salsa, served with Cilantro Rice & Pinto Beans [calories 790]

**Dinner**  
Moroccan Grilled Beef  
Chermoula Grilled Flank Steak with Ras El Hanout Spiced Cauliflower and Pearl Couscous Pilaf or Rice [calories 540]

Harissa Vegetable Tagine (vg)  
Slightly Spicy Stew of Vegetables and Chickpeas, served with Pearl Couscous Pilaf or Rice [calories 330]

### TUES

**Breakfast**  
Southwest Scramble (v)  
Black Beans, Corn, Peppers and Jack Cheese [calories 210]

**Lunch & Dinner**  
Build Your Own Latin Bowl

**Base Includes:** Cilantro Rice, Black Beans and choice of toppings [calories 470]

**Option to add:**  
Beef Barbacoa, Chicken Tinga, or Vegan “Meat” [calories 170-230]

**Toppings:**  
Pico de Gallo, Tomatillo Salsa, Corn Salsa & Sour Cream [calories 50]

### WEDS

**Breakfast**  
Andouille Pepperjack Scramble  
Chicken Andouille, Corn, Peppers and Jack Cheese [calories 290]

**Lunch**  
Pepita Roasted Pork  
Spice Roasted Pork Loin with Poblano Pumpkin Seed Pesto, Cilantro Rice and Pinto Beans [calories 890]

Zucchini & Pepper Tostada (v)  
Crisp White Corn Tortilla topped with vegetables, Lettuce & Fresh Salsa, served with Cilantro Rice & Pinto Beans [calories 790]

**Dinner**  
Pesto Roasted Salmon  
Alaskan Salmon with Basil Pesto and Italian Cheese, served with Lentils and Mediterranean Vegetable Medley [calories 580]

Ratatouille (vg)  
Medley of Eggplant, Squash, Peppers, Onions and Tomatoes served with Roasted Red Potatoes [calories 240]
**THUR**

**Breakfast**  Greek Scramble  Gyro Meat, Tomato, Feta, Spinach [calories 250]

**Lunch**  Chicken Fried Steak  Crispy Breaded Beef Cutlet with Cream Gravy, Yukon Mashed Potatoes and Steamed Snap Peas [calories 770]

**Texas Style Mushroom Chili (vg)**  [calories 270]

**Dinner**  Pesto Roasted Salmon  Alaskan Salmon with Basil Pesto and Italian Cheese, served with Lentils and Mediterranean Vegetable Medley [calories 580]

**Ratatouille (vg)**  Medley of Eggplant, Squash, Peppers, Onions and Tomatoes served with Roasted Red Potatoes [calories 240]

**FRI**

**Breakfast**  Chorizo Scramble  Pico de Gallo and Cheddar Cheese [calories 390]

**Lunch**  Chicken Fried Steak  Crispy Breaded Beef Cutlet with Cream Gravy, Yukon Mashed Potatoes and Steamed Snap Peas [calories 770]

**Texas Style Mushroom Chili (vg)**  [calories 270]

**SAT**

**Brunch**  Pancakes (v), Bacon, Sausage, Plant based Sausage, Hash-brown Patty, Biscuit & Gravy and Scrambled Eggs [calories 20-510]

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**DELI SANDWICH SPECIAL**

**Buffalo Chicken Wrap**  Flour Tortilla, Crispy Chicken, Gorgonzola Spread, Spicy Buffalo Sauce and Fresh Vegetables [calories 920]

**Field Roast Sandwich**  Telera Roll, Vegan Tomato Field Roast, Vegan Chao Cheese, Chipotle Mayoli, Sweet Roasted Peppers and Lemon Kale [calories 750]

**Ragin' Cajun**  Turkey, Pepper Jack Cheese, Frank’s Red Hot Mayo and Vegetables [calories 690]

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**NOODLE**

**LUNCH MON-FRI  DINNERSUN-THURS**

**Vietnamese Beef**  Stir-fry Beef over Rice Noodles with Spring Mix Green Leaf, Bean Sprouts, Fresh Noodle Salad  Herbs and Vegan Nuoc Cham [calories 610]

**Vietnamese Pork**  Stir-fry Pork over Rice Noodles with Spring Mix Green Leaf, Bean Sprouts, Fresh Noodle Salad  Herbs and Vegan Nuoc Cham [calories 600]

**Vietnamese Tofu**  Choice of Regular or Spicy Tofu over Rice Noodles with Spring Mix Green Leaf, Bean Sprouts, Fresh Herbs and Vegan Nuoc Cham [calories 470]

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**DUB STREET SPECIAL**

**The Souk**  Crispy Chicken with Chermoula and Honey Harissa Mayo, Lettuce, Tomato, Onion on a Telera Roll [calories 700]

**Fry Special**  Rosemary Fries [calories 320]
Made in a facility that also prepares wheat-based foods. v = vegetarian, vg = vegan, h = prepared with halal meats. 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)