### BIG KITCHEN

**Mon-Fri:** Breakfast 7:30am – 10am, Lunch 11am – 2pm, Dinner 5pm – 8pm  
**Sat & Sun:** 8am – 2pm

#### MON

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Ham and Cheddar Scramble</td>
<td>Local cage-free eggs, scrambled with ham and cheddar cheese</td>
<td>300</td>
</tr>
<tr>
<td>Lunch &amp; Dinner</td>
<td>Gemelli Pasta with Pesto Butternut (V)</td>
<td>Gemelli pasta with roasted butternut, shredded kale, and kale pesto</td>
<td>380</td>
</tr>
<tr>
<td></td>
<td>Pasta Bar</td>
<td>Create your own pasta with choice of pasta, sauce, protein, and toppings, includes a breadstick</td>
<td>610-1,200</td>
</tr>
</tbody>
</table>

#### TUE

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Tofu Scramble (VG)</td>
<td>Plain tofu scramble</td>
<td>130</td>
</tr>
<tr>
<td>Lunch &amp; Dinner</td>
<td>Latin Bowl</td>
<td>Create your own Latin bowl with choice of rice, beans, protein, and toppings</td>
<td>150-880</td>
</tr>
</tbody>
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#### WED

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Chorizo Breakfast Burrito</td>
<td>Chorizo, scrambled eggs, Yukon potato, cheddar cheese</td>
<td>930</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lemon Pepper Quarter Chicken</td>
<td>Chicken quarter roasted with lemon-pepper, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes</td>
<td>2,885</td>
</tr>
<tr>
<td></td>
<td>Baked Tofu with Mushroom Gravy (VG)</td>
<td>Baked tofu with mushroom gravy, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes</td>
<td>1,115</td>
</tr>
<tr>
<td>Dinner</td>
<td>Apple Cider Glazed Salmon</td>
<td>Apple cider glazed salmon, served with sauteed kale, herb roasted rainbow carrots, quinoa, and brown rice blend</td>
<td>970</td>
</tr>
<tr>
<td></td>
<td>Eggplant Caponata (VG)</td>
<td>Sicilian-inspired vegetables of eggplant, fennel, kalamata olives and tomatoes with capers, oregano, and parsley, served with sauteed kale, herb roasted rainbow carrots, quinoa, and brown rice blend</td>
<td>880</td>
</tr>
</tbody>
</table>
THU

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

**Lunch**  Lemon Pepper Quarter Chicken – chicken quarter roasted with lemon-pepper, served with roasted brussels sprouts, citrus braised beets, roasted rosemary, and garlic potatoes [calories 2,885]

Baked Tofu with Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with roasted brussels sprouts, citrus braised beets, roasted rosemary, and garlic potatoes [calories 1,115]

**Dinner**  Apple Cider Glazed Salmon – apple cider glazed salmon, served with sauteed kale, herb roasted rainbow carrots, quinoa, and brown rice blend [calories 970]

Eggplant Caponata (VG) – Sicilian-inspired vegetables of eggplant, fennel, kalamata olives and tomatoes with capers, oregano, and parsley, served with sauteed kale, herb roasted rainbow carrots, quinoa, and brown rice blend [calories 880]

FRI

**Breakfast**  Meatlovers Scramble – local cage-free eggs scrambled with ham, bacon, Italian sausage, and cheddar cheese [calories 370]

**Lunch**  Apple Cider Glazed Salmon – apple cider glazed salmon, served with sauteed kale, herb roasted rainbow carrots, quinoa and brown rice blend [calories 970]

Eggplant Caponata (VG) – Sicilian-inspired vegetables of eggplant, fennel, kalamata olives and tomatoes with capers, oregano, and parsley, served with sauteed kale, herb roasted rainbow carrots, quinoa and brown rice blend [calories 880]

**Dinner**  Lemon Pepper Quarter Chicken – chicken quarter roasted with lemon-pepper, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes [calories 2,885]

Baked Tofu with Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes [calories 1,115]

SAT

**Brunch**  Hawaiian-Style Spam & Eggs Bowl – Hawaiian-inspired breakfast bowl with jasmine rice, fried spam, scrambled eggs, green onion and furikake [calories 650]

Spicy Tofu & Plant-Based Egg Bowl (VG) – Hawaiian-inspired breakfast bowl with jasmine rice, spicy tofu salad, plant-based scrambled eggs, green onion and furikake [calories 580]

**Dinner**  Lemon Pepper Quarter Chicken – chicken quarter roasted with lemon-pepper, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes [calories 2,885]

Baked Tofu with Mushroom Gravy (VG) – baked tofu with mushroom gravy, served with roasted brussels sprouts, citrus braised beets, roasted rosemary and garlic potatoes [calories 1,115]

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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)
DELI SANDWICH SPECIAL
Mon–Fri 11am – 8pm
Sat & Sun 10am – 8pm

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

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

DUB STREET BURGERS SPECIAL
Sun–Fri: Lunch 11am-2pm, Dinner 5pm-8pm
Sat: Closed

Chicken Katsu Burger – crispy chicken fritter with tonkatsu sauce, wasabi mayoli, on a toasted burger bun and served with sesame ginger slaw [calories 690]

GLOBAL Lunch (Mon–Fri 11am – 2pm) Dinner (Mon–Fri 5pm – 8pm)

Chicken Shawarma – chicken strips marinated in a shawarma-inspired sauce, served with fassolakia lathera, green Greek salad, lentil, and chickpea couscous [calories 890]

Greek Style Stuffed Peppers (VG) – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs, and lemon-herb brown rice [calories 1,110]

Roasted Beef Gyro Slices – strips of roasted beef with gyro spices, served with roasted Greek vegetables, green Greek salad, white bean, and fennel salad [calories 1,110]

Warm Falafel Patties (VG) – herbed chickpea patties, served with roasted Greek vegetables, green Greek salad, white bean, and fennel salad [calories 1,130]

Roasted Beef Gyro Slices – strips of roasted beef with gyro spices, served with roasted Greek vegetables, green Greek salad, white bean, and fennel salad [calories 1,110]

Warm Falafel Patties (VG) – herbed chickpea patties, served with roasted Greek vegetables, green Greek salad, white bean and fennel salad [calories 1,130]

Chicken Souvlaki – roasted diced chicken thigh marinated with lemon, garlic oil, and oregano, served with fassolakia lathera, lemon herb brown rice, and blackened chickpeas [calories 860]

Greek Style Stuffed Peppers (VG) - green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs and lemon-herb brown rice, served with fassolakia lathera, green Greek salad, and blackened chickpeas [calories 830]

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