

DELI & SALAD

January 20–26

Breakfast

Hours

Mon–Fri: 7:30–11 a.m.

Sat–Sun: 8–11 a.m.

Deli: Breakfast Sandwiches

The Classic

Egg patty, American cheese, English muffin

DUB Muffin With Bacon

Egg patty, American cheese, bacon, English muffin

Plant-Powered Sando

Just Egg patty, Chao cheese, English muffin

DUB Muffin With Sausage

Egg patty, American cheese, sausage patty, English muffin

Salad Bar: Yogurt & Fruit Breakfast Bar

Selection of yogurt, granola and seasonal fruit

Lunch/Dinner

Hours

Mon–Sun: Lunch 11 a.m.–2:30 p.m. Dinner 5–9 p.m.

Salad Bar

Rotating selection of greens, toppings and dressings. UW Farm produce provided when available.

Weekly Specials

Falafel Wrap

Crispy falafel, tabbouleh, hummus, lemon-tahini, fresh veggies, whole wheat tortilla

Curry Chicken Salad Sandwich

Curried chicken salad, lettuce, tomato, red onion, multigrain bread



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.

Sandwiches & Wraps

Italian Club Sandwich

Genoa salami, smoked ham, crispy bacon, Mama Lil's pepper eggless mayo, fresh veggies, telera bun

Tuna Salad Sandwich

Tuna, eggless mayo, lettuce, tomatoes, onions, multigrain bread

Muffaletta Sandwich

Ham, provolone, olive salad, lettuce, tomato, onion, telera bun

BBQ Chicken Wrap

Crispy chicken, caramelized onions, Ray's BBQ sauce, pepperjack cheese, fresh veggies, flour tortilla

Grilled Plant-Based Cheese Sandwich

Plant-based cheddar cheese, sourdough bread

Turkey-Cheddar Sandwich

Smoked turkey breast, cheddar cheese, eggless mayo, fresh vegetables, multigrain bread

Philly Steak Melt

Roast beef, provolone cheese, horseradish eggless mayo, roasted veggies, baguette

Buffalo Chicken Wrap

Crispy chicken, gorgonzola spread, spicy buffalo sauce, fresh veggies, flour tortilla

Caprese Sandwich

Fresh mozzarella, Roma tomato, fresh basil, balsamic vinaigrette, baguette

Grilled Cheese & Tomato Soup

Cheddar, American cheese, sourdough bread, tomato soup

Soup

Tomato Basil

Native 3 Sisters Vegetable Bean

Lasagna With Turkey Sausage



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.