

## Lunch/Dinner

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### Hours

**Mon–Fri:** Lunch 11 a.m.–2 p.m.    Dinner 5–9 p.m.    **Sat–Sun:** CLOSED

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### Grain Bowls

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**The Gram Bowl** – Rainbow vegetable blend, edamame, turmeric rice, spinach, kale, chard, frisée salad mix, avocado-tahini dressing, furikake

**Yum Yum Bowl** – Steamed brown rice, arugula, roasted mushrooms, gai lan, snap peas, furikake, edamame, carrots, toasted sesame vinaigrette, cilantro

### Weekly Special Grain Bowl

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**Odyssey Bowl** – Barley tabbouleh, carrots, cabbage, cucumber, tomato, feta, Greek yogurt-cilantro dressing

### Protein Add-Ons

Lemon-Garlic Shrimp

Roasted Chicken Thigh

Spicy Tofu Salad

Lamb Souvlaki

**Build Your Own** – Choose your base, veggies, toppings and dressing

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### Grain Options – Choose 1

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Brown Rice

Turmeric Rice

Barley Tabbouleh

## Dressing Options – Choose 1

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**Greek Yogurt-Cilantro Dressing**  
**Avocado Tahini**  
**Toasted Sesame Vinaigrette**

## Veggie Options – Choose up to 5

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**Furikake Edamame & Carrots**  
**Tomatoes**  
**Broccoli**  
**Snap Peas**  
**Rainbow Vegetable Blend**  
**Cabbage**  
**Roasted Mushrooms**  
**Cucumber**

## Topping Options – Choose 1

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**Frisée Salad**  
**Feta**  
**Cilantro**

## Protein Add-Ons

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**Lemon-Garlic Shrimp**  
**Roasted Chicken Thigh**  
**Spicy Tofu Salad**  
**Chickpea Salad**



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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.

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