BIG KITCHEN

Mon–Fri: Breakfast 7:30–10 a.m.  Lunch 11 a.m.–2 p.m.  Dinner 5–8 p.m.
Sat & Sun: 8–10 a.m.  Lunch 11 a.m.–2 p.m.  Dinner 5–8 p.m.

SUN

Breakfast  Sausage-Potato Scramble – local cage-free eggs scrambled with potatoes, sausage, peppers, onions, cheddar and scallions [calories 380]

Lunch  Shrimp Fra Diavolo – penne pasta and shrimp in a fra diavolo sauce topped with parsley and Parmesan cheese, served with penne pasta, steamed spiced green beans, and roasted carrots with thyme and lemon [calories 1,725]

Eggplant Caponata (VG) – Sicilian-inspired vegetables of eggplant, fennel, kalamata olives and tomatoes with capers, oregano and parsley, served with penne pasta, steamed spiced green beans, and roasted carrots with thyme and lemon [calories 1,215]

Dinner  Roasted Jerk Chicken Quarter – roasted chicken quarter with jerk seasoning, served with fried chile plantains, jerk green beans, and Jamaican sautéed cabbage [calories 1,190]

Grilled Garlic-Citrus Tempeh (V) – citrus-marinated tempeh, served with fried chile plantains, jerk green beans, and Jamaican sautéed cabbage [calories 720]

MON

Breakfast  Red Potato Hash, Sausage & Eggs – fried egg with sausage patty, potato hash and green onion [calories 610]

Lunch  Jambalaya Fettuccine – Cajun-inspired chicken, shrimp, tomatoes, bell peppers, green onions and parsley over fettuccine, served with sautéed zucchini and tomatoes [calories 1,300]

Plant-Based Jambalaya Fettuccine (VG) – Cajun-inspired plant-based protein crumble, tomatoes, bell peppers, green onions and parsley over fettuccine, served with sautéed zucchini and tomatoes [calories 1,230]

Dinner  Pasta Bar – create your own pasta with choice of pasta, sauce, protein and toppings, includes a breadstick [calories 610–1,200]
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<th>Day</th>
<th>Breakfast</th>
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<th>Dinner</th>
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| TUE    | **Meatlovers Scramble** – local cage-free eggs scrambled with ham, bacon, Italian sausage and cheddar cheese [calories 370] | **Lemon Pepper Chicken Quarter** – chicken quarter roasted with lemon pepper, served with brown rice with tomato, onion and basil, roasted peppers and green beans, and roasted cauliflower with pecans [calories 1,440]  
**Stuffed Poblano Pepper (VG)** – poblano pepper filled with black beans, coconut-based cheese and tomatoes with ancho tomato sauce, served with brown rice with tomato, onion, and basil, roasted peppers and green beans, and roasted cauliflower with pecans [calories 760] | **Roasted Memphis Pork Loin** – roasted pork loin seasoned with Worcestershire sauce and a mix of cayenne and paprika spices, served with butter beans, roasted carrots with thyme and lemon, and roasted zucchini [calories 805]  
**Charbroiled Smokin’ Tempeh (VG)** – smoky-and-sweet charred tempeh, served with butter beans, roasted carrots with thyme and lemon, and roasted zucchini [calories 935] |
| WED    | **Breakfast Quesadilla (V)** – local cage-free eggs, cheese and pico de gallo griddled on a flour tortilla [calories 860] | **Ropa Vieja** – Latin-style sliced beef, served with coconut beans with brown rice, and callaloo [calories 1,030]  
**Jamaican Coconut Curry With Cilantro (VG)** – Jamaican-style coconut curry with vegetables, served with coconut beans with brown rice, and callaloo [calories 1,000] | **Grilled Chicken Souvlaki** – roasted chicken marinated in lemon and oregano topped with tzatziki sauce, served with lemon-herb brown rice, fassolakia lathera, and roasted eggplant [calories 970]  
**Greek-Style Stuffed Peppers (V)** – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs and lemon-herb brown rice, served with tzatziki, fassolakia lathera, and roasted eggplant [calories 755] |
| THU    | **Andouille Pepperjack Scramble** – local cage-free eggs scrambled with pork andouille sausage, corn, peppers and pepperjack cheese [calories 290] | **Ropa Vieja** – Latin-style sliced beef, served with coconut beans with brown rice, and callaloo [calories 1,030]  
**Jamaican Coconut Curry With Cilantro (VG)** – Jamaican coconut curry with vegetables, served with coconut beans with brown rice, and callaloo [calories 1,000] | **Grilled Chicken Souvlaki** – roasted chicken marinated in lemon and oregano topped with tzatziki sauce [calories 370]  
**Greek-Style Stuffed Peppers (V)** – green bell peppers stuffed and roasted with onions, squash, tomatoes, herbs and lemon-herb brown rice, served with tzatziki, fassolakia lathera, and roasted eggplant [calories 755] |

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
FRI

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<tr>
<th>Breakfast</th>
<th>Greek Scramble (V) – local cage-free eggs scrambled with spinach, sun-dried tomato, kalamata olives and feta cheese [calories 330]</th>
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<td>Lunch</td>
<td>Lemon Pepper Chicken Quarter – chicken quarter roasted with lemon-pepper, served with brown rice with tomato, onion, and basil, steamed green beans with tarragon, and roasted cauliflower with pecans [calories 1,340]</td>
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<td>Stuffed Poblano Pepper (VG) – poblano pepper filled with black beans, coconut-based cheese and tomatoes with ancho tomato sauce, served with brown rice with tomato, onion, and basil, steamed green beans with tarragon, and roasted cauliflower with pecans [calories 1,090]</td>
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<td>Dinner</td>
<td>Roasted Memphis Pork Loin – roasted pork loin seasoned with Worcestershire sauce and a mix of cayenne and paprika spices, served with butter beans, roasted carrots with thyme and lemon, and roasted zucchini [calories 805]</td>
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<td>Charbroiled Smokin’ Tempeh (VG) – smoky-and-sweet charred tempeh, served with butter beans, roasted carrots with thyme and lemon, and roasted zucchini [calories 925]</td>
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SAT

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<th>Breakfast</th>
<th>Banana Pancake (V) – buttermilk pancake stuffed with fresh bananas [calories 170]</th>
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<td>Lunch</td>
<td>Loco Moco – Hawaiian-inspired breakfast with hamburger, egg and onion gravy, served with steamed jasmine rice, ginger-garlic broccoli, and stir-fried bok choy [calories 990]</td>
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<td>Baked Huli Huli Tofu – baked pineapple and tamari-marinated firm tofu, served with steamed jasmine rice, ginger-garlic broccoli, and stir-fried bok choy [calories 670]</td>
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<td>Dinner</td>
<td>Roasted Maple-Brined Turkey Breast – roasted maple turkey breast, served with rustic potatoes and tomatoes, roasted-and-spiced Moroccan vegetables, and rosemary roasted cauliflower [calories 900]</td>
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<td>Moroccan Bowl With Brown Rice (VG) – brown rice, ras al hanout, zucchini, tomatoes, quinoa tabouli and spring lettuce mix, served with grilled tofu [calories 610]</td>
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DELI SANDWICH SPECIAL

Mon–Fri: 11 a.m.–8 p.m.
Sat & Sun: 10 a.m.–8 p.m.

|                     | 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 (11 a.m.–2 p.m.)  Dinner (4–8 p.m.)  Late Night (8–10 p.m.)
Sat: Closed

Chicken Caesar Burger – crispy chicken fritter, provolone cheese, Caesar dressing, leaf lettuce, tomato and red onion on a telera roll [calories 760]

GLOBAL
Lunch (Mon–Fri, 11 a.m.–2 p.m.)  Dinner (Mon–Fri, 5–8 p.m.)

Latin Cuisine – create your own plate with choice of one entrée, three side items, sauce and choice of bread [calories 440–1,245]

TERO
Lunch (Mon–Fri, 11 a.m.–2 p.m.)  Dinner (Sun–Thu, 5–8 p.m.)

Yum Yum (VG) – steamed brown rice, arugula, roasted mushrooms, broccoli, snap peas, furikake edamame and carrots tossed with a sesame vinaigrette, garnished with cilantro [calories 430]