

TERO

May 26–June 1

Lunch/Dinner

Hours

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

Grain Bowls

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

Sabra Bowl – Couscous, barley, eggplant, hard-cooked egg, tomatoes, hummus, Mama Lil's peppers and a lemon tahini dressing

Protein Add-Ons

Lemon-Garlic Shrimp

Roasted Chicken Thigh

Spicy Tofu Salad

Chickpea Salad

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

Grain Options – Choose 1

Brown Rice

Turmeric Rice

Couscous



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.

Dressing Options – Choose 1

Lemon-Tahini

Avocado-Tahini

Toasted Sesame Vinaigrette

Veggie Options – Choose up to 5

Furikake Edamame & Carrots

Tomatoes

Broccoli

Snap Peas

Rainbow Vegetable Blend

Eggplant

Roasted Mushrooms

Topping Options – Choose 1

Chard Frisée Salad

Kale

Hard-Boiled Egg

Cilantro

Spinach

Protein Add-Ons

Lemon-Garlic Shrimp

Roasted Chicken Thigh

Spicy Tofu Salad

Chickpea Salad