



Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan.
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Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu/eat

PLATE Open Monday through Sunday

Breakfast 7:30-10 a.m. Lunch 11 a.m.-2 p.m. Dinner 5-8 p.m.

Sunday

- Breakfast** **Ham & Cheddar Scramble** – local cage-free eggs scrambled with ham, cheddar, and green onion served with a tropical dragon fruit mix [calories 290]
- Plant-Based Italian Vegetable Scramble (V)** – plant-based scramble with red peppers, kale pesto, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]
- Lunch** **County Fried Steak** – deep fried steak cutlet topped with a mushroom gravy and served with roasted cherry tomatoes, garlic mashed potatoes, sugar snap peas, and baby carrots [calories 700]
- Plant-Based Fritter With Mushroom (VG)** – a crispy plant-based fritter topped with a mushroom gravy and served with roasted cherry tomatoes, garlic mashed potatoes, sugar snap peas, and baby carrots [calories 240]
- Dinner** **Coconut Curry Chicken Kerala** – a coconut curry of Yukon gold potatoes, green peppers, chicken, garam masala and ginger served with green beans and cherry tomatoes, gomen spicy collard greens, and warmed pita bread [calories 790]
- Jalfrezi Curry (VG)** – a slow-simmered curry of potatoes, chickpeas, spinach, fire roasted tomatoes, and spices and served with green beans and cherry tomatoes, gomen spicy collard greens, and warmed pita bread [calories 470]

MON

- Breakfast** **Scrambled Eggs With Bacon & Pesto** – local cage-free eggs scrambled with bacon, pesto, and cheddar cheese and served with a tropical dragon fruit mix [calories 430]
- Plant-Based Kale & Tomato Scramble (VG)** – plant-based egg scrambled with kale, tomatoes, and plant-based mozzarella served with a tropical dragon fruit mix [calories 230]
- Lunch** **Chermoula Flank Steak** – a chermoula marinated flank steak served with lemon couscous, herb roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 550]
- Artichoke Chickpea Stew (VG)** – a stew of potatoes, chickpeas, artichokes, and spices served with lemon couscous, herb roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 470]

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Dinner **Kofta Meatloaf** – a West African harissa-glazed beef and lamb meatloaf served with spiced steamed broccolini, roasted cardamom carrots, and pearl couscous with almonds and raisins [calories 650]

Savory Mushroom Bread Pudding (V) – a pudding of roasted wild mushrooms, onions, eggs, cheese, and spices served with steamed spiced broccolini, roasted cardamom carrots, and sauteed kale [calories 600]

TUE

Breakfast **Southwest Scramble (V)** – local cage-free eggs scrambled with roasted red peppers, corn, black beans, and cheddar cheese served with a tropical dragon fruit mix [calories 430]

Plant-Based Scramble With Soyrimo (VG) – plant-based eggs scrambled with soyrimo and plant-based mozzarella served with a tropical dragon fruit mix [calories 330]

Lunch & Dinner **Build Your Own Latin Bowl**

Base Includes: cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]

Options to Add: beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]

Toppings: pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

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WED

- Breakfast** **Italian Sausage Scramble** – local cage-free eggs scrambled with Italian sausage, roasted red peppers, pesto, and mozzarella cheese served with a tropical dragon fruit mix [calories 450]
- Tofu Plant-Based Scramble (VG)** – plant-based eggs scrambled with tomatoes, green onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 280]
- Lunch** **Chermoula Flank Steak** – a chermoula marinated flank steak served with lemon couscous, herb roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 550]
- Artichoke Chickpea Stew (VG)** – a stew of potatoes, chickpeas, artichokes, and spices served with lemon couscous, herb roasted rainbow carrots, and ras el hanout zucchini and tomatoes [calories 470]
- Dinner** **Kofta Meatloaf** – a West African harissa-glazed beef and lamb meatloaf served with spiced steamed broccolini, roasted cardamom carrots, and pearl couscous with almonds and raisins [calories 650]
- Savory Mushroom Bread Pudding (V)** – a pudding of roasted wild mushrooms, onions, eggs, cheese, and spices served with steamed spiced broccolini, roasted cardamom carrots, and sauteed kale [calories 600]

THU

- Breakfast** **Sausage Potato Scramble** – local cage-free eggs scrambled with potatoes, sausage, peppers, onions, scallions, and cheddar cheese served with a tropical dragon fruit mix [calories 430]
- Plant-Based Tofu Scramble With Tots (VG)** – plant-based eggs scrambled with tater tots, green onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 360]
- Lunch** **Chermoula Chicken** – oven roasted chermoula-marinated chicken served with roasted asparagus, Moroccan carrots with aleppo pepper, and ras el hanout spiced couscous [calories 640]
- Harissa Vegetable Tagine (VG)** – a slightly spicy stew of vegetables and chickpeas served with lemon couscous, Moroccan carrots with aleppo pepper, and roasted asparagus [calories 550]
- Dinner** **Barramundi With Remoulade** – oven roasted barramundi topped with a spicy remoulade and served with herb cauliflower pilaf, grilled zucchini, and roasted asparagus [calories 650]
- Three Sisters Wild Rice Bowl (VG)** – a bowl of wild rice, three sisters vegetables, toasted pepitas with a maple vinaigrette and served with grilled zucchini, and roasted asparagus [calories 930]

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FRI

- Breakfast** **Caprese Scramble (V)** – local cage-free eggs scrambled with tomato, mozzarella cheese, and fresh basil served with a tropical dragon fruit mix [calories 340]
- Plant-Based Caprese Scramble (VG)** – plant-based tofu scramble with tomatoes, fresh basil, and plant-based mozzarella served with a tropical dragon fruit mix [calories 290]
- Lunch** **Chermoula Chicken** – oven roasted chermoula-marinated chicken served with roasted asparagus, Moroccan carrots with aleppo pepper, and ras el hanout spiced couscous [calories 640]
- Harissa Vegetable Tagine (VG)** – a slightly spicy stew of vegetables and chickpeas served with lemon couscous, Moroccan carrots with aleppo pepper, and roasted asparagus [calories 550]
- Dinner** **Barramundi With Remoulade** – oven roasted barramundi topped with a spicy remoulade and served with herb cauliflower pilaf, grilled zucchini, and roasted asparagus [calories 650]
- Three Sisters Wild Rice Bowl (VG)** – a bowl of wild rice, three sisters vegetables, toasted pepitas with a maple vinaigrette and served with grilled zucchini, and roasted asparagus [calories 930]

SAT

- Brunch** **French Toast Stack (V)** – three slices of custardy griddled Texas toast topped with butter and maple syrup and served with a tropical dragon fruit mix [calories 950]
- Lunch** **Huli Huli Chicken** – crispy fried chicken tossed with our sweet and savory huli huli sauce and served with ginger snap peas, Hawaiian macaroni salad, and ginger slaw [calories 890]
- Spicy Tofu (VG)** – baked tofu marinated in a tamari-sesame dressing and served with ginger snap peas, Hawaiian macaroni salad, and ginger slaw [calories 470]
- Dinner** **Pork Schnitzel** – fried pork cutlet topped with our plant-based mushroom gravy and served with garlic mashed potatoes, roasted asparagus, and herb roasted rainbow carrots [calories 690]
- Potato Latkes (V)** – potato pancakes topped with applesauce and served with garlic mashed potatoes, roasted asparagus, and herb roasted rainbow carrots [calories 630]

MARKET DELI Open 7 days a week

Mon-Fri 7:30 a.m.-8 p.m.

Sat-Sun 8 a.m.-8 p.m.

DELI SANDWICH SPECIAL

Tofu Goddess (VG) – green goddess marinated tofu, stacked with avocado, plant-based cheese, red onion, and lettuce on toasted focaccia [calories 820]

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Ham & Brie – ham, brie, stoneground mustard, marmalade, arugula, and fresh vegetables on a banh mi roll [calories 660]

DUB STREET

Mon-Fri Lunch 11 a.m.-2 p.m. Dinner 4-8 p.m.

Sat-Sun 4-8 p.m.

BURGERS SPECIAL

PB Teriyaki Burger– a plant-based fried cutlet with teriyaki sauce, sesame ginger slaw, caramelized pineapple mayoli on hamburger bun [calories 720]

NOODLE

LUNCH (Mon–Fri 11 a.m.-2 p.m.) **DINNER** (Sun–Thu 5-8 p.m.)

Gnocchi Pomodoro with Arugula (V) – potato dumpling gnocchi tossed with fresh arugula, fire-roasted tomatoes, red chili flakes and mozzarella and served with steamed broccolini and mediterranean roasted vegetables [calories 460]

Pasta Bar – create your own pasta – choices include protein, sauce, toppings, and extras [calories 390-480]

ASIAN NOODLE

LUNCH (11 a.m.-2 p.m.) **DINNER** (5-8 p.m.)

Monday the 22nd – Tuesday the 23rd

Lunch **Chicken Pad Thai** – stir fried chicken, red onion, red and green pepper, carrots and rice noodles with a spicy pad Thai sauce and garnished with bean sprouts, lime, and scallions served with a side Thai cucumber salad [calories 340]

Tofu Pad Thai (VG) – rice noodles with tofu and plant-based egg substitute in a tamarind sauce, garnished with bean sprouts, scallions, and lime served with a side Thai cucumber salad [calories 430]

Jasmine or Brown Rice Side option [calories 90]

Sunday the 21st – Tuesday the 23rd

Dinner **Red Coconut Shrimp Curry** – shrimp and vegetables in a red coconut curry served over your choice of white or brown rice and Thai cucumber salad [calories 320]

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Yellow Coconut Curry with Vegetables (VG) – yellow coconut curry with eggplant, mushrooms, red peppers, butternut squash, ginger and jalapeno and your choice of white or brown rice, and Thai cucumber salad [calories 310]

Fried Vegetable Spring rolls (VG) – three spring rolls [calories 200]

Wednesday the 24th – Friday the 26th

Lunch **Green Coconut Curry Pork** – Thai-style green coconut curry with pork and root vegetables served with a Thai cucumber salad and your choice of white or brown rice [calories 430]

Yellow Coconut Curry with Vegetables (VG) – yellow coconut curry with eggplant, mushrooms, red peppers, butternut squash, ginger and jalapeno and your choice of white or brown rice, and a Thai cucumber salad [calories 310]

Fried Vegetable Spring rolls (VG)- 3 spring rolls [calories 200]

Wednesday the 24th – Thursday the 25th

Dinner **Chicken Pad Thai** – stir fried chicken, red onion, red and green pepper, carrots and rice noodles with a spicy pad Thai sauce and garnished with bean sprouts, lime, and scallions served with a side Thai cucumber salad [calories 340]

Tofu Pad Thai (VG) – rice noodles with tofu and plant-based egg substitute in a tamarind sauce, garnished with bean sprouts, scallions, and lime served with a side Thai cucumber salad [calories 430]

Jasmine or Brown Rice Side Option [calories 90]

SELECT

LUNCH (Mon–Fri 11 a.m.-2 p.m.) **DINNER** (Mon–Thu 5-8 p.m.)

Lunch & Dinner **Mediterranean Bowl (VG)** – Greek salad, lemon chickpeas, green beans, tomatoes, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

Options to Add: rosemary chicken [calories 310], lemon garlic beef [calories 180], falafel [calories 170]

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