



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

PLATE Open 7 days a week

Breakfast 7:30am-10am, Lunch 11am-2pm, Dinner 5pm-8pm
Sat & Sun Brunch 10am-2pm

SUN

Brunch Bacon & Swiss Scramble – local cage-free eggs scrambled with bacon, mushrooms, and Swiss cheese [calories 580]

Greek Scramble (VG) – plant-based eggs scrambled with spinach, kalamata olives, sun-dried tomatoes, and plant-based mozzarella [calories 440]

Dinner Spiced Cod – roasted spiced cod topped with olive tapenade, served with white bean cassoulet and steamed broccolini [calories 320]

Mushroom Pot Pie (V) – mushrooms and vegetables in a rich gravy baked in a flaky crust, served with roasted rainbow carrots and steamed broccolini [calories 740]

MON

Breakfast Ham & Cheddar Scramble – local cage-free eggs scrambled with ham and cheddar cheese [calories 360]

Tofu & Tomato Scramble (VG) – tofu scrambled with tomatoes, green onions, and plant-based mozzarella [calories 230]

Lunch BBQ Pulled Pork – slow-cooked shredded pork shoulder, slathered in tangy BBQ sauce and served with baked beans, superfood slaw, and blistered green beans [calories 400]

BBQ Cauliflower Bites (V) – crispy cauliflower bites tossed in tangy BBQ sauce and served with baked beans, superfood slaw, and blistered green beans [calories 460]

Dinner Spiced Cod – roasted spiced cod topped with olive tapenade, served with white bean cassoulet and steamed broccolini [calories 320]

Mushroom Pot Pie (V) – mushrooms and vegetables in a rich gravy and baked in a flaky crust, served with roasted rainbow carrots and steamed broccolini [calories 740]

TUE

Breakfast French Toast (V) – thick sliced egg bread, dipped in a rich custard and griddled [calories 200]

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]

WED

- Breakfast

Chorizo Scramble – local cage-free eggs scrambled with chorizo, pico de gallo, and cheddar cheese [calories 420]

Soyrizo Scramble (VG) – plant-based eggs scrambled with soyrizo and plant-based mozzarella [calories 340]
- Lunch

BBQ Pulled Pork – slow-cooked shredded pork shoulder slathered in tangy BBQ sauce and served with baked beans, superfood slaw, and blistered green beans [calories 400]

BBQ Cauliflower Bites (V) – crispy cauliflower bites tossed in tangy BBQ sauce and served with baked beans, superfood slaw, and blistered green beans [calories 460]
- Dinner

Roasted Pork Loin – brined and roasted pork loin served with mango chutney, spiced cauliflower, and your choice of brown or basmati rice [calories 510-530]

Vegetable Curry (VG) – cauliflower, potatoes, and peas stewed in a mildly spiced curry, served with your choice of brown or basmati rice [calories 260-290]

THU

- Breakfast

Banana Pancake (V) – a golden buttermilk pancake studded with bananas [calories 230]
- Lunch

Chicken Fried Steak – country-fried beef fritter topped with savory mushroom gravy and served with Yukon Gold mashed potatoes, herb roasted carrots, and spiced broccolini [calories 740]

Texas Mushroom Chili (V) – a savory stew of kidney and black beans, mushrooms, tomatoes, and spices served with cornbread [calories 540]
- Dinner

Roasted Pork Loin – brined and roasted pork loin served with mango chutney, spiced cauliflower, and your choice of brown or basmati rice [calories 510-530]

Vegetable Curry (VG) – cauliflower, potatoes, and peas stewed in a mildly spiced curry served with your choice of brown or basmati rice [calories 260-290]

FRI

- Breakfast

Bacon & Swiss Scramble – local cage-free eggs scrambled with bacon, mushrooms, and Swiss cheese [calories 580]

Mushroom Scramble (VG) – plant-based eggs scrambled with mushrooms, onions, and plant-based mozzarella cheese [calories 350]
- Lunch

Chicken Fried Steak – country-fried beef fritter, topped with savory mushroom gravy and served with Yukon gold mashed potatoes, herb roasted carrots, and spiced broccolini [calories 740]

Texas Mushroom Chili (V) – a savory stew of kidney and black beans, mushrooms, tomatoes, and spices served with cornbread [calories 540]

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

SAT

Brunch Denver Scramble – local cage-free eggs scrambled with ham, peppers, onions, and cheddar cheese [calories 430]

Southwest Scramble (VG) – plant-based eggs scrambled with fire-roasted corn and peppers, black beans, and plant-based mozzarella [calories 440]

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

MARKET DELI Open 7 days a week

M-F 7:30am-8pm
Sat & Sun 8am-8pm

DELI SANDWICH SPECIAL

Tofu Goddess (VG) – green goddess marinated tofu, stacked with avocado, plant-based cheese, red onion, and lettuce on toasted focaccia [calories 730]

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

DUB STREET Open 7 days a week

M-F Lunch 11am-2pm, Dinner 4-8pm
Sat & Sun 4pm-8pm

BURGERS SPECIAL

Blue Bliss – all-beef patty with sliced blue cheese, bacon, parmesan aioli, lettuce, tomato, and onion on a toasted bun [calories 810]

NOODLE LUNCH (Mon–Fri 11am-2pm)

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

Mon-Tues Chicken Chow Mein – marinated chicken, sauteed vegetables, and chow mein noodles tossed in our soy ginger sauce [calories 1070]

Vegetable Chow Mein (V) – marinated tofu, with sautéed vegetables and chow mein noodles tossed in our soy ginger sauce [calories 710]

Wed-Fri **Sesame Beef and Broccoli Stir Fry** – halal beef and fresh vegetables stir-fried in an oyster sesame sauce [calories 610]

Vegetable Chow Mein (V) – marinated tofu, with sautéed vegetables and chow mein noodles tossed in our soy ginger sauce [calories 710]

SELECT

LUNCH (Mon–Fri 11am-2pm)

DINNER (Sun–Thu 5pm-8pm)

Lunch & Dinner

Latin Bowl (VG) – black beans, jicama salad, corn salsa, quinoa salad, lime slaw, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

Options to Add: chicken tinga [calories 250], pork verde [calories 190]