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 stowed 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]

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
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]
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**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]

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**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]