**PLATE** Open Monday through Sunday

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

**PLATE** Open Monday through Sunday

<table>
<thead>
<tr>
<th></th>
<th><strong>Breakfast</strong></th>
<th><strong>Lunch</strong></th>
<th><strong>Dinner</strong></th>
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<td><strong>SUN</strong></td>
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<tr>
<td><strong>Breakfast</strong></td>
<td>Bacon Breakfast Burrito – scrambled eggs, bacon, black beans and cheddar cheese in a flour tortilla served with a tropical dragon fruit mix [calories 1120]</td>
<td>Pork Tamales – pork tamales topped with ancho tomato sauce and served with spiced black beans, steamed broccoli, and spicy mango slaw [calories 490]</td>
<td>Picadillo Beef – ground beef sauteed with green bell peppers, yellow raisins, tomatoes, green olives and spices and served with roasted cauliflower, herb roasted carrots, and spiced black beans [calories 540]</td>
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<td><strong>Tofu &amp; Bean Burrito (VG)</strong> – tofu, black beans, potato, and spices with a tropical dragon fruit mix [calories 590]</td>
<td>Cheese Tamales (V) – green chili and cheese tamales served with spiced black beans, steamed broccoli, and spicy mango slaw [calories 510]</td>
<td>Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives and spices served with roasted cauliflower, herb roasted carrots, and spiced black beans [calories 640]</td>
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<td><strong>Lunch</strong></td>
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<td><strong>MON</strong></td>
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<tr>
<td><strong>Breakfast</strong></td>
<td>Bacon &amp; Cheddar Scramble – local cage-free eggs scrambled with bacon, onion and cheddar cheese and served with a tropical dragon fruit mix [calories 450]</td>
<td>Cocoa Chile Pork Loin – cocoa-chili pork loin served with oven roasted rosemary garlic potatoes, blistered garlic green bean, and roasted yellow squash and zucchini [calories 700]</td>
<td>Pesto Salmon – oven roasted pesto salmon served with herbed penne pasta, grilled asparagus, and roasted brussels sprouts [calories 940]</td>
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<td><strong>Plant-Based Scramble With Peppers (VG)</strong> – plant-based scramble with red and green peppers, onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]</td>
<td>Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives and spices served with oven roasted rosemary garlic potatoes, blistered garlic green bean, and roasted yellow squash and zucchini [calories 640]</td>
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<td><strong>Dinner</strong></td>
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Ratatouille (VG) – Provence-inspired roasted vegetable medley with zucchini, squash, green bell pepper, red onion and eggplant served with herbed penne pasta, grilled asparagus, and roasted brussels sprouts [calories 880]

**TUE**

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<thead>
<tr>
<th>Breakfast</th>
<th>Spam, Red Pepper &amp; Swiss Scramble – local cage-free eggs scrambled with spam, red pepper, scallions and Swiss cheese served with a tropical dragon fruit mix [calories 450]</th>
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<tbody>
<tr>
<td>Lunch &amp; Dinner</td>
<td>Build Your Own Latin Bowl</td>
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<td><strong>Base Includes:</strong> cilantro rice or tomato rice with black beans or quinoa salad, served with choice of toppings [calories 250–300]</td>
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<td><strong>Options to Add:</strong> beef barbacoa, chicken tinga, pork verde, plant-based chorizo [calories 180–250]</td>
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<td><strong>Toppings:</strong> pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]</td>
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**WED**

**Breakfast**  
Pork Verde Scramble – local cage-free eggs scrambled with pork verde, fajita-sauteed peppers and onions, Swiss cheese and salsa verde served with a tropical dragon fruit mix [calories 450]

Southwest Plant-Based Scramble (VG) – plant-based eggs scrambled with fire roasted corn, peppers, black beans, and plant-based mozzarella served with a tropical dragon fruit mix [calories 360]

**Lunch**  
Cocoa Chile Pork Loin – cocoa-chili pork loin served with oven roasted rosemary garlic potatoes, blistered garlic green bean, and roasted yellow squash and zucchini [calories 700]

Plant-Based Picadillo (VG) – plant-based protein, Yukon gold potatoes, onions, pasilla peppers, garlic, golden raisins, capers, tomatoes, olives and spices served with oven roasted rosemary garlic potatoes, blistered garlic green bean, and roasted yellow squash and zucchini [calories 640]

**Dinner**  
Chicken Andouille Stew – homemade chicken and andouille sausage stew with fire roasted tomatoes and okra served with grilled zucchini, herb roasted rainbow carrots, and your choice of jasmine or brown rice [calories 460]

Creole Vegetable Stew (VG) – Cajun-style stew of onions, peppers, celery, yellow squash, and tomatoes served with grilled zucchini, herb roasted rainbow carrots, and your choice of jasmine or brown rice [calories 430]

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**THU**

**Breakfast**  
Denver Scramble – local cage-free eggs scrambled with ham, red pepper, onions, and cheddar cheese served with a tropical dragon fruit mix [calories 430]

Tofu Scramble With Sundried Tomatoes (VG) – plant-based eggs scrambled with sundried tomatoes and plant-based mozzarella served with a tropical dragon fruit mix [calories 320]

**Lunch**  
Pork Tamales – pork tamales topped with ancho tomato sauce and served with spiced black beans, fried Chile plantains, and oven roasted butternut squash with chipotle [calories 1060]

Cheese Tamales (V) – green chili and cheese tamales served with spiced black beans, fried Chile plantains, and oven roasted butternut squash with chipotle [calories 1060]

Optional side – quinoa and baby green salad [calories 340]

**Dinner**  
Chermoula Chicken – baked chicken thighs marinated in our chermoula sauce and served with garlic mashed potatoes, spiced green beans, and oven roasted cherry tomatoes [calories 500]

Plant-Based BBQ Nuggets (VG) – plant-based protein nuggets tossed in BBQ sauce and served with garlic mashed potatoes, spiced green beans, and oven roasted cherry tomatoes [calories 500]
FRI

Breakfast  Bacon & Cheddar Scramble – local cage-free eggs scrambled with bacon and cheddar cheese served with a tropical dragon fruit mix [calories 460]

Green Tofu Scramble (VG) – plant-based tofu scramble with spinach, pepita pesto, peppers, onions, and plant-based mozzarella served with a tropical dragon fruit mix [calories 300]

Lunch  Pork Tamales – pork tamales topped with ancho tomato sauce and served with spiced black beans, fried Chile plantains, and oven roasted butternut squash with chipotle [calories 1060]

Cheese Tamales (V) – green chili and cheese tamales served with spiced black beans, fried Chile plantains, and oven roasted butternut squash with chipotle [calories 1060]

Optional side – quinoa and baby green salad [calories 340]

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

Ham & Gouda Sandwich – ham and smoked gouda with Dijon mustard, mayoli and fresh vegetables on a telera roll [590]

Caprese Sandwich (V) – fresh mozzarella, roma tomato, fresh basil, and balsamic vinaigrette on a baguette [calories 590]

DUB STREET BURGERS

Mon-Fri Lunch 11 a.m.–2 p.m.    Dinner 4-8 p.m.
Sat & Sun 4-8 p.m.

BURGER SPECIAL

Final Countdown – a crispy chicken fritter with pepperjack cheese, garlic Parmesan aioli, bacon, jalapenos, lettuce, tomato, and onion on a hamburger bun [calories 720]

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.washington.edu/eat
NOODLE

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

**Baked Macaroni & Cheese** – house made macaroni and cheese served with roasted root vegetables and blistered green beans with garlic [calories 520]

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

ASIAN NOODLE

LUNCH (Mon–Fri, 11 a.m.–2 p.m.)  DINNER (Tue–Wed, 5–8 p.m.)

**Monday the 3rd – Tuesday the 4th**

**Lunch**

**Chicken Chow Mein** – chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with steamed spiced broccolini and ginger snap peas [calories 1140]

**Vegetable Chow Mein (V)** – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]

**Sunday the 2nd – Tuesday the 4th**

**Dinner**

**Sesame Beef & Broccoli Stir Fry** – tender beef strips and fresh vegetables stir fried in an oyster-sesame sauce served with your choice of white or brown rice and ginger snap peas [calories 530]

**Sweat & Sour Tofu (VG)** – tofu coated with house made sweat and sour sauce and served with stir-fried veggies, ginger snap peas, and your choice of white or brown rice [740]

**Wednesday the 5th – Friday the 7th**

**Lunch**

**Sesame Beef & Broccoli Stir Fry** – tender beef strips and fresh vegetables stir fried in an oyster-sesame sauce served with your choice of white or brown rice and ginger snap peas [calories 530]

**Sweat & Sour Tofu (VG)** – tofu coated with house made sweat and sour sauce and served with stir-fried veggies, ginger snap peas, and your choice of white or brown rice [740]

**Wednesday the 5th – Thursday the 6th**

**Dinner**

**Chicken Chow Mein** – Chicken sautéed with vegetables and chow mein noodles tossed in our soy-ginger sauce and served with steamed spiced broccolini and ginger snap peas [calories 1140]
Vegetable Chow Mein (V) – sautéed vegetables and chow mein noodles tossed in our soy-ginger sauce and served with spicy marinated tofu, spiced broccolini and ginger snap peas [calories 790]

SELECT
LUNCH (Mon–Fri, 11 a.m.–2 p.m.)    DINNERS (Mon–Thu, 5–8 p.m.)

Lunch & Dinner  Moroccan Bowl (VG) – ras al hanout spiced zucchini and tomatoes, quinoa tabbouli, and mixed greens with your choice of brown or jasmine rice [calories 360-380]

Options to Add: roasted lemon garlic beef [calories 260], harissa chickpeas [calories 160]