



BOWLS

Small \$7.00 | Large \$9.50

BANGKOK

Hot quinoa, steamed vegetable medley, coconut lemongrass curry sauce, pickled carrots & daikon, avocado lime sauce, green onions

BARCELONA

Hot couscous, roasted zucchini, broccoli, roasted carrots, smoky roasted red pepper sauce, red bell peppers, cherry tomato halves, garlic sauce, hazelnuts

CALCUTTA

Hot brown rice, roasted carrots, broccoli, cauliflower, sautéed hot greens, lentils, tikka masala sauce, garlic sauce, fried chickpeas

EMERALD CITY

Hot quinoa, bok choy, sautéed hot greens, roasted zucchini, broccoli, far east bbq sauce, seaweed salad, miso crema, sesame seeds

BIG SUR

Hot quinoa, sautéed greens, roasted carrots, cauliflower, mushrooms, lentils, 3 star peanut sauce, miso crema, fried chickpeas

MARRAKECH

Hot couscous, cauliflower, roasted zucchini, roasted carrots, broccoli, smoky roasted red pepper sauce, cherry tomato halves, garlic sauce, fried chickpeas

SANTA FE

Hot brown rice, matchstick carrots, black beans, corn niblets, cherry tomato halves, green chile tomatillo sauce, cotija cheese, pico de gallo sauce, avocado lime sauce, tortilla strip crisps

ROSARIO

Hot couscous, mushrooms, cauliflower, roasted carrots, roasted zucchini, green chile tomatillo sauce, cherry tomato halves, chimichurri sauce, fried chickpeas

SEOUL CITY

Hot brown rice, broccoli, yams, bok choy, mushrooms, far east bbq sauce, green onions, kimchi, gochujang sauce, toasted sesame seeds

CHARLESTON

Hot brown rice, sautéed hearty greens, yams, carrots, red eye gravy, niblet corn, black beans, avocado lime sauce, cornbread croutons

Add beef, pork, chicken, spaghetti squash or Field Roast to any bowl | \$3.50
Add salmon | \$5.75

À LA CARTE

Small \$7.00 | Large \$9.50

1 GRAINS

Brown rice
Couscous

Lentils
Quinoa

2 VEGGIES

Bok choy
Roasted broccoli
Carrots
Cauliflower
Fried chickpeas

Garlic thyme roasted yams
Hearty greens sauté
Mushrooms
Pickled onions and daikon
Roasted zucchini

3 PROTEINS

Salmon \$5.75, all other
protein \$3.50

Pork
Beef
Chicken

Salmon
Smoked spaghetti squash
Field Roast

4 SAUCES

COLD SAUCES

Avocado lime
Chimichurri
Miso crema
Garlic sauce
Gochujang
Lime habanero crema
Green chile tomatillo

HOT SAUCES

Coconut lemongrass curry
Far east bbq sauce
Red eye gravy
Smokey roasted red
pepper
3-star spicy peanut
Tikka masala

Fountain Beverage Small \$1.50 | Large \$1.75

The act of coming together and sharing a meal is one of the most ancient and basic human activities—and is at the core of the human experience that connects us all.

FareStart has been helping people transform their lives through food for over 25 years—one person, one job, and one community at a time—providing real solutions to poverty, homelessness and hunger through foodservice training and job placement programs.

Thank you for being a part of the solution.



Mon - Fri 11am - 2pm
399 Fairview Ave N, Seattle 98109
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