



Maslow:
Surviving to thriving

Motivation fuels us all; driving us to achieve our goals and realize our potential. In 1943, Abraham Maslow, an American psychologist, proposed the theory of the hierarchy of needs. He believed that all people, regardless of economic status or cultural background, seek to fulfill their basic needs before moving on to their next level of needs.

FareStart:
Great food, better lives

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

Maslow's:
Taking it to the next level

Maslow's is the next big step for FareStart to make a greater impact. This restaurant is part of a paid apprenticeship program designed to help individuals take defining strides in their lives and careers in order to get securely out of poverty and move up to a living wage, on their journey to prosperity.

DINNER

SMALL PLATES

Seared Asparagus GF V 6 Olive oil, lemon	*Crab Cakes 10 Purple slaw, Elliott Bay aioli	Braised Seasonal Greens Vegan 6 Toasted fennel seed, smoked paprika
Sweet Pea Bruschetta V 7 Shaved radish, chervil, ricotta	Jerk Chicken Skewers GF 7 Pineapple slaw	Pull-Apart Buns V 6 Butter glaze, sea salt
Curried Cauliflower V 8 Cucumber-mint yogurt	Tater Tots V 6 Sriracha powder, queso dip	Steamed Clams 10 White wine, lemon herb butter, grilled rustic baguette

SALADS

Add chicken breast +6, *salmon filet +7, *steak +7

House Salad V 12 Mixed greens, shaved fennel, carrot, apple, garlic-herb croutons, balsamic vinaigrette	Caesar Salad 12 Romaine, pecorino cheese, garlic-herb croutons, Caesar dressing
Roasted Beet & Goat Cheese Salad GF V 13 Mixed greens, roasted red & yellow beets, goat cheese, toasted walnuts, pomegranate vinaigrette	*Chimichurri Steak Salad GF 16 Mixed greens, grilled flat iron steak, grape tomatoes, green onion, shaved radish, feta cheese, crispy shoestring potatoes

MAINS

Choice of fries, house salad, or soup with burgers and sandwiches

Vegetable Ratatouille GF Vegan 14 Toasted quinoa, grilled squash, bell pepper, roasted tomatoes	Crispy Katsu Sandwich 13 Chicken breast or Founder's Hazelnut Lentil Field Roast, slaw, pickle, black garlic aioli, potato bun	*Steak Frites 22 Hanger steak, house fries, red wine demi butter
Fish & Chips 16 Alaskan Pacific cod, purple slaw, tartar sauce	Reuben Sandwich 14 House corned beef, swiss cheese, Britt's sauerkraut, Russian dressing, rye bread	Black Tea Brined Fried Chicken 14 Boneless light & dark chicken, picnic slaw, housemade biscuit
Smoked Pork Belly GF 19 Carlton Farms pork belly, sauteed greens, apple butter	*Cheese Burger 15 Certified Angus beef, Tillamook cheese, chili remoulade, LTO, pickle, potato bun	Asparagus Fettuccini 15 Pancetta, roasted garlic cream, parmesan cheese
*Crispy Skin Wild Salmon GF 21 Brown beech mushrooms, pickled onion, black garlic butter	*Blackened Salmon Sandwich 15 Blackened salmon fillet, lettuce, tomato, lemon caper aioli, potato bun	Mushroom Risotto GF V 17 Seasonal mushrooms, thyme & black pepper goat cheese

MASLOW'S MEAL

featuring Chef Paige Bloskey of FareStart,
who worked with FareStart chefs and apprentices to create this exclusive meal.

Pan-Fried Whole Rainbow Trout

Brown butter miso, shaved vegetable salad, tamari dressing

15

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

A 20% service charge will be added to your check. 50% will be distributed to our restaurant employees, and 50% will be allocated to FareStart to support our training programs, fund competitive wages and employee benefits. Thank you for dining with us!

All the ingredients on our menu are house made, sustainable & local, as available.