



## LUNCH

---

**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.

---

# LUNCH

## SMALL PLATES

---

**Steak Bites GF**

Kalbi beef bites, house kimchi  
\$12

**Curried Cauliflower**

Cucumber-mint yogurt  
\$8

**Warm Brussels Sprouts GF**

Pork belly lardons, sherry dijon vinaigrette  
\$9

**House Smoked Trout**

Dill caper crème fraiche, preserved lemon,  
crostini  
\$12

**Local Cheese & Charcuterie**

Local cheeses, Zoe's meats and house  
pickles  
\$12

**Candied Pork Belly GF**

Spiced apple butter, pickled mustard seed  
\$10

## SALADS

---

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

**House Salad V**

Mixed greens, shaved fennel, carrot, apple, garlic-herb croutons,  
balsamic vinaigrette  
\$6/\$10

**Caesar Salad**

Romaine, pecorino cheese, garlic-herb croutons, Caesar dressing  
\$6/\$10

**Roasted Beet & Goat Cheese Salad GF V**

Mixed greens, roasted red & yellow beets, goat cheese, toasted  
walnuts, pomegranate vinaigrette  
\$13

**\*Chimichurri Steak Salad GF**

Mixed greens, grilled flat iron steak, cherry tomatoes, roasted  
squash, green onions, crispy shallots, spiced nuts, herb vinaigrette  
\$16

**Quinoa Salad GF Vegan**

Arugula, toasted quinoa, wine-bloomed cranberries, roasted  
almonds, lemon vinaigrette  
\$12

**Washington Apple & Blue Cheese Salad GF**

Mixed greens, julienne apples, blue cheese, dried cherries, candied  
pecans, lemon vinaigrette  
\$14

## MASLOW'S MEAL

featuring Chef Brendan McGill, owner and chef of the Hitchcock Restaurant Group,  
who worked with FareStart chefs and apprentices to create this exclusive meal.

**Rosemary Porchetta**

Cranberry bean ragu, treviso radicchio & salsa verde

\$15

Maslow's Meal is inspired by the restaurant "family meal," where employees come together to eat as a team  
before heading into service. It's an opportunity to build community and camaraderie.

# LUNCH

## BURGERS & SANDWICHES

---

Served on Grand Central Bakery bread. Choice of fries, house salad, or soup.

### **Crispy Katsu Sandwich**

Choice of chicken breast or Founder's Hazelnut Lentil Field Roast, purple slaw, house pickle, black garlic aioli, potato bun  
\$13

### **\*Bash Burger**

Certified Angus Beef, creamy blue cheese, roasted garlic aioli, candied pork belly, pickled apple, potato bun  
\$16

### **\*Blackened Salmon Sandwich**

Blackened wild-caught salmon fillet, bibb lettuce, tomato, lemon caper aioli, potato bun  
\$15

### **\*Smoked Beef Dipper**

Slow & low smoked Certified Angus Beef, whole-grain mustard, caramelized onions, Tillamook Cheddar Cheese, hoagie roll, bbq jus  
\$15

### **Smoked Chicken Salad Sandwich**

Chicken breast, celery, red onion, mixed greens, smoked onion puree, dried cranberries, toasted walnuts, multi-grain bread  
\$13

### **\*Cheese Burger**

Certified Angus Beef, Tillamook Cheddar Cheese, chili remoulade, LTO, house pickle, potato bun  
\$15

## SHARABLE OR NOT PLATES

---

### **Mushroom Risotto** GF V

Seasonal mushrooms, thyme & black pepper goat cheese  
\$15

### **Fried Chicken**

Draper Valley Farms half chicken, bacon gravy  
\$20

### **Steamed Mussels**

White wine, lemon herb butter, grilled rustic baguette  
\$15

### **Fish & Chips**

Alaska Pacific cod, purple slaw, tartar sauce  
\$16

### **\*Crab Cakes & Chips**

Purple slaw, Elliott Bay aioli  
\$16

### **Baked Mac N Cheese**

Penne pasta, white cheddar cheese, toasted bread crumbs, side house salad  
\$15

## SIDES \$6

---

### **House Fries** V

Chili remoulade

### **Pull-Apart Buns** V

Butter glaze, black sea salt

### **Soup of the Day**

Ask your server for today's offering

\* 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!