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**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.

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# DINNER

## SMALL PLATES

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

## SALADS

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

<b>House Salad</b> V 12 Mixed greens, shaved fennel, carrot, apple, garlic-herb croutons, balsamic vinaigrette	<b>Caesar Salad</b> 12 Romaine, pecorino cheese, garlic-herb croutons, Caesar dressing
<b>Roasted Beet &amp; Goat Cheese Salad</b> GF V 13 Mixed greens, roasted red & yellow beets, goat cheese, toasted walnuts, pomegranate vinaigrette	<b>*Chimichurri Steak Salad</b> 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

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

### MASLOW'S MEAL

Featuring Chef Sabrina Tinsley, Executive Chef/Co-Founder of Osteria La Spiga who worked with FareStart chefs and apprentices to create this exclusive meal.

#### **Gnocchetti alla Boscaiola**

Ricotta gnocchi with sausage, mushroom, peas and cream

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.