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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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# LUNCH

## SMALL PLATES

<b>Seared Asparagus</b> GF V 6 Olive oil, lemon	<b>Curried Cauliflower</b> V 8 Cucumber-mint yogurt	<b>Jerk Chicken Skewers</b> GF 7 Pineapple slaw
<b>Sweet Pea Bruschetta</b> V 7 Shaved radish, chervil, ricotta	<b>*Crab Cakes</b> 10 Purple slaw, Elliott Bay aioli	<b>Tater Tots</b> V 6 Sriracha powder, queso dip

## SALADS

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

<b>Roasted Beet &amp; Goat Cheese Salad</b> GF V 13 Mixed greens, roasted red & yellow beets, goat cheese, toasted walnuts, pomegranate vinaigrette	<b>Chicken Cobb Salad</b> GF 14 Mixed greens, grape tomatoes, blue cheese crumbles, hard cooked egg, bacon, avocado, blue cheese dressing
<b>Caesar Salad</b> 12 Romaine, pecorino cheese, garlic-herb croutons, Caesar dressing	<b>*Chimichurri Steak Salad</b> GF 16 Mixed greens, grilled flat iron steak, grape tomatoes, green onion, shaved radish, feta cheese, crispy shoestring potatoes

## BURGERS & SANDWICHES

Choice of fries, house salad, or soup.

<b>Reuben Sandwich</b> 14 House corned beef, swiss cheese, Britt's sauerkraut, Russian dressing, rye bread	<b>*Cheese Burger</b> 15 Certified Angus beef, Tillamook cheddar cheese, chili remoulade, LTO, house pickle, potato bun	<b>*Blackened Salmon Sandwich</b> 15 Blackened wild-caught salmon fillet, bibb lettuce, tomato, lemon caper aioli, potato bun
<b>Crispy Katsu Sandwich</b> 13 Choice of chicken breast or Founder's Hazelnut Lentil Field Roast, purple slaw, house pickle, black garlic aioli, potato bun	<b>Turkey Sandwich</b> 13 Zoe's roast turkey, bacon, tomato, greens, swiss cheese, tarragon mayo, ciabatta roll	<b>Roasted Pork Sandwich</b> 13 Sharp provolone cheese, broccoli raab, chili flake, pickled red onion & shishito pepperoncini, hoagie roll

## MAINS

<b>Asparagus Fettuccini</b> 15 Pancetta, roasted garlic cream, parmesan cheese	<b>Fish &amp; Chips</b> 16 Alaskan Pacific cod, purple slaw, tartar sauce	<b>Black Tea Brined Fried Chicken</b> 14 Boneless light & dark fried chicken, picnic slaw, housemade biscuit, honey butter
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### MASLOW'S MEAL

featuring Chef Sabrina Tinsley, Executive Chef/Co-Founder of Osteria La Spiga who worked with Maslow's 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.