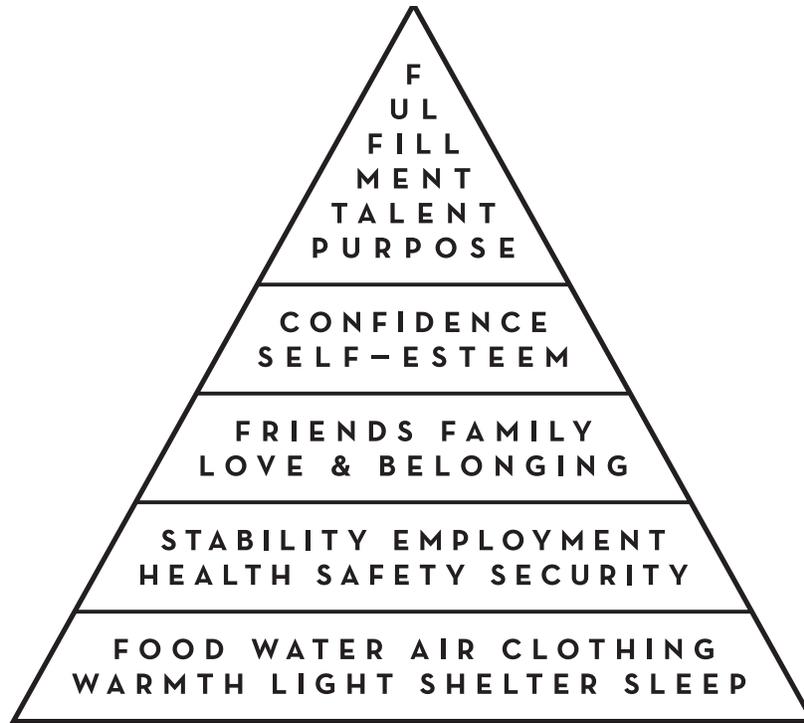




“WHAT ONE CAN BE,
ONE MUST BE.”

ABRAHAM MASLOW



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.

Mon – Thur, 11am-9pm
Fri & Sat, 11am-10pm
380 Boren Ave N, Seattle, WA 98109

206.588.4020
farestart.org

SMALL PLATES

Curried Cauliflower GF V

Cucumber-mint yogurt
\$8

***Moules Frites** GF

White wine, dijon, tarragon butter
\$12

House Smoked Trout

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

***Crab Cakes**

Elliot Bay aioli
\$10

Candied Pork Belly GF

Spiced apple butter, pickled mustard seed
\$10

Local Charcuterie

Zoe meats, house whole-grain beer mustard & house pickles
\$14

Cheese Board V

Local cheeses, nuts & preserves
\$12

***Beer-Braised Clams**

Serrano chili, garlic, grilled rustic baguette
\$12

***Steak Bites** GF

Kalbi beef bites, house kimchi
\$12

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

Roasted Beet & Goat Cheese Salad GF V

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

Caesar Salad

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

***Chimichurri Steak Salad** GF

Arcadian greens, bibb lettuce, cherry tomatoes, roasted squash, green onions, crispy shallots, spiced nuts, herb vinaigrette
\$16

Quinoa Salad GF Vegan

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

BURGERS & SANDWICHES

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

***Cheese Burger**

Fulton Farms Angus Beef, Tillamook cheddar cheese, chili remoulade, LTO, potato bun
\$15

Smoked Chicken Salad Sandwich

Chicken breast, celery, red onion, bibb lettuce, smoked onion puree, multi-grain bread
\$13

Crispy LTA Sandwich

Choice of chicken breast or founder's hazelnut lentil Field Roast, bibb lettuce, tomato chutney, avocado, potato bread
\$13

***Smoked Beef Dipper**

Slow & low smoked Painted Hills chuck roast, house whole-grain beer mustard, caramelized onions, Tillamook cheddar cheese, hoagie roll, bbq jus
\$15

***Blackened Salmon Sandwich**

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

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

MASLOW'S MEAL

Shepherd's Pie

Fulton Farms Certified Angus Beef seasoned with herbs and simmered with gravy, carrots, onions, peas, tomato sauce. Topped with mashed potatoes, served with side house salad.

\$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.

SHARABLE OR NOT PLATES

Mushroom Risotto GF V

Seasonal mushrooms, thyme & black pepper goat cheese

\$15

Grilled Vegetable Ratatouille GF Vegan

Toasted quinoa, grilled squash, bell pepper, roasted tomatoes

\$14

Smoked Pork Belly GF

Carlton Farms pork belly, sautéed greens, preserved fruit compote

\$19

Fish & Chips

Alaska Pacific cod, purple slaw, tartar sauce

\$16

*Crispy Skin Wild Salmon GF

Pickled brown beech mushroom, black garlic butter

\$21

Fried Chicken

Draper Valley Farms half chicken, candied bacon gravy

\$20

*Cioppino

Mussels, clams, prawns, salmon, tomato fennel broth, grilled rustic baguette

\$25

*Pan Seared Scallops GF

Brown butter kabocha squash puree, braised greens, pickled mustard seeds

\$23

*Durham Ranch Wagyu Sirloin GF

Autumn hash, smoked onion puree, red wine demi-glace

\$26

Pan Roasted Chicken GF

Draper Valley Farms half chicken, herb jus

\$20

SIDES \$6

Mashed Potatoes GF V

Roasted garlic

Smoked Baby Red Potatoes GF V

Garlic, paprika, olive oil

Brown Butter Roasted Squash GF V

Toasted walnuts, thyme

Warm Brussels Sprouts GF

Pork belly lardons, sherry dijon vinaigrette

Braised Seasonal Greens GF Vegan

Toasted fennel seed, smoked paprika

Soup of the Day

Ask your server for today's offering

Toasted Quinoa GF Vegan

Braised greens, wine-bloomed cranberries

Pull-Apart Buns V

Butter glaze, smoked sea salt

House Fries GF V

Chili remoulade

* 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. A percentage will be distributed to our restaurant employees, and a percentage will be allocated to FareStart to support our training programs, fund competitive wages and employee benefits. Thank you for dining with us!