



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

Crab Cakes* 12 Purple slaw, Elliott Bay aioli	Jerk Chicken Skewers GF 8 Pineapple slaw	Seared Pork Belly GF 10 Mirin, soy, sticky rice
Roasted Cauliflower GF V 8 Labneh, toasted almonds, golden raisins	Tater Tots V 6 Sriracha powder, queso dip	Sautéed Brussels GF 9 Mustard, sherry vinegar, pork belly lardons

SALADS

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

Roasted Beet & Goat Cheese Salad GF V 14 Mixed greens, roasted red & yellow beets, goat cheese, toasted walnuts, pomegranate vinaigrette	Chicken Cobb Salad GF 15 Mixed greens, tomatoes, blue cheese crumbles, hard cooked egg, bacon, avocado, blue cheese dressing
Chimichurri Steak Salad* GF 18 Mixed greens, top sirloin steak, tomatoes, green onion, shaved radish, feta cheese, crispy shoestring potatoes, herb vinaigrette	Caesar Salad 12 Romaine, pecorino cheese, garlic-herb croutons, Caesar dressing

BURGERS & SANDWICHES

Choice of fries, tots, house salad, or soup

Reuben Sandwich 14 House corned beef, swiss cheese, Britt's sauerkraut, Russian dressing, rye bread	Cheeseburger* 15 Certified Angus beef, Tillamook cheddar cheese, chili remoulade, LTO, house pickle, potato bun	Blackened Salmon Sandwich* 15 Blackened line-caught salmon fillet, bibb lettuce, tomato, lemon caper aioli, potato bun
Crispy Katsu Sandwich 13 Chicken breast or Founder's Hazelnut Lentil Field Roast, slaw, pickle, black garlic aioli, potato bun	Turkey Sandwich 14 Zoe's roasted turkey, bacon, greens, tomato, swiss cheese, tarragon mayo, ciabatta roll	Roasted Pork Sandwich 14 Provolone, broccoli raab, chili flake, pickled red onion & shishito peppers, hoagie roll

MAINS

Mushroom Fettuccini V 17 Portobello, beech, and crimini mushrooms, cream, grana padano	Fish & Chips 16 Alaskan Pacific cod, purple slaw, tartar sauce
Black Tea Brined Fried Chicken 14 Boneless light & dark fried chicken, picnic slaw, housemade biscuit, honey butter	Shepherd's Pie 15 Red wine braised beef, mushrooms, carrot, onion, celery root mashed potatoes, house salad

SIDES

House Fries GF VE 6	Butternut Squash Soup GF V 6 Brown butter, candied nuts	Pull-Apart Buns V 6 Honey butter, sea salt
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MASLOW'S MEAL

featuring Chef Thierry Rautureau, Seattle's favorite "Chef in the Hat" of Loulay and Luc who worked with FareStart apprentices to create this month's French-inspired dish

Luc's Sunday Night Coq au Vin

Red wine braised chicken, button mushrooms, caramelized onions, lardons, celery root mashed potatoes

15

Suggested Pairing: **Bacon** "Central Coast Red Blend" 12/42

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Our deep fried items share a common fryer, please be aware that these items may not meet your dietary or allergen restrictions.

Thank you for dining with us. A 20% service charge will be added to your check. 100% will be distributed to our restaurant employees. All the ingredients on our menu are house made, sustainable & local, as available.