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Sports Stack

Safeco Field Nails Ballpark Food

Written by [kylestack](#) on 4/18/2011 10:37 AM

If The Screamer banana split I wrote about last week is the ultimate in ballpark food excess, then Safeco Field's culinary offerings typify ballpark food sensibility.

I've thought ballparks could do more to cater to fans' palettes without overwhelming their stomachs. The Seattle Mariners' new concession stand attraction, called The 'Pen, accomplishes that.

The menu options, delivered by three nationally-recognized chefs, sound reasonable and look mouth-watering. While they don't exactly constitute traditionally healthy food fare, they are fine offerings for a ballgame.



Take the Hamburg + Frites by chef Ethan Stowell, who runs several restaurants in the Seattle area. The six-and-a-half-ounce, Northwest grass-fed beef patty looks delectable. Yet it's a controlled portion that doesn't let the patron eat too much for their own good. Add fresh lettuce, tomatoes, onions, Tillamook cheddar cheese with skin-on french fries, and Mariners fans have a delicious option that costs \$8.50. It doesn't make quite the visual impact that The Screamer does, but it gives fans a way to indulge without going overboard.

The same can be said for the salsa and chips. It's a simple dish made by chef Roberto Santibañez, a Mexico City native who now runs Fonda restaurant in Brooklyn, N.Y., which costs only \$4.50 at Safeco. The fresh salsa and chips are salted just enough for flavor; I don't think someone would be overeating if they picked this.

We have a tendency in our country to think bigger is always better, specifically with food. The 'Pen shows us that food can be just as enjoyable in reasonable portions. Heck, you might even be able to walk out of Safeco without loosening your belt.

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