

## sandwiches

Vegan sandwich options come with vegan cheese and mayo on a vegan pub bun. We have vegan buns, and we have gluten-free buns, but there is no vegan AND gluten-free bun options at this time.

**The Impossible Burger** ● vegan 16.5 / vegetarian 15.5  
*This is a 100% plant-based burger that offers you an authentic, meat-like burger experience - and now it's Gluten-Free! We serve it with American cheese, tomato, onion, pickles, lettuce, and mayo. Add a second patty for an extra 6*

**Meatless in Seattle** vegetarian 12.5  
*A veggie burger with two slices of American cheese, tomato, onion, pickles, lettuce, and mayo. Note: veggie patty contains gluten and is not vegan. Make it a double for an extra 3*

**Tofurky Siciliano** ■ vegan 15.5 / vegetarian 14.5  
*Spicy Italian sub made with Tofurky Italian sausage, sautéed peppers and onions, spicy marinara, and mozzarella cheese.*

**Cajun Tofu** vegan 15.5 / vegetarian 14.5  
*Louisiana style breaded and deep-fried tofu, served with lettuce, tomato, onion, and pickles on a Pub Bun with plenty of our unique Cajunnaise.*

**Vegedelpia Cheesesteak** vegan 15.5 / vegetarian 14.5  
*Tofurky strips, sautéed onions, bell peppers, and diced tomatoes with, yes, Cheez Whiz – deal with it! (Or don't deal with it - get the vegan option.)*

**ImpossiBall Sub** vegetarian 16.5  
*Sub sandwich with Impossible "meat" balls (same ones we use for the Spaghetti and ImpossiBalls) and the usual stuff like House Marinara and cheese or whatever.*

**Tofu Schnitzel** ■ vegan 13.5 / vegetarian 12.5  
*Tenderized, breaded, and sautéed tofu cutlet - with sauerkraut, sliced pickles, and stone ground mustard. Vegan breading available.*

**Nopales Fritos** ■ vegan/vegetarian 14.5  
*(You can now say "fried cactus" en Español) – Lightly breaded and deep fried cactus strips, cabbage slaw, and cilantro on a hoagie with mucho spicy chile yogurt sauce.*

**Viet-Thai Baguette** ■ vegan/vegetarian 15.5  
*Chopped Impossible burger, cabbage, celery, green onions, and cilantro, topped with our spicy chili sauce.*



## vegan and vegetarian

### fork and knife stuff

**Spaghetti and ImpossiBalls** vegetarian 17.5  
*Thin spaghetti topped with our House Marinara and three New Jersey style "meat" balls made from ground Impossible burger, Parmesan cheese, Italian seasonings, and two proprietary (but still vegetarian!) ingredients - served with sliced baguette. No nuts, no soy. There is no vegan or gluten-free option. So fuhgeddaboutit.*

**Linguini Puttanesca** ■ vegan 14.5  
*Black olives, tomatoes, onions, bell peppers, garlic, and sliced Italian Tofurky, tossed in our delicious spicy marinara sauce – served with sliced baguette.*

**Juju's Favorite Pasta** ■ vegetarian 15.5  
*Thin spaghetti, grape tomatoes, Crimini Mushrooms, and capers tossed in pan sauce of butter, garlic, and olive oil. Topped with Parmesan and served with sliced Baguette. Not reinventing the wheel on this one - just making it taste better.*

**Inland Empire Street Tacos** ● vegan 14.5  
*Four tacos with ground Impossible burger, onions, tomatoes and cilantro. Served with our unique sweet and sour taco sauce and choice of our hand-cut fries or side salad. Yes, this is completely vegan!*


**Creole Penne** ● vegan 17.5  
*Totally vegan and free of gluten: sautéed arugula, tomatoes, onions, and bell peppers - tossed in a white cream sauce made with vegan cheese, coconut milk, and Cajun spices.*

**Mushroom Tortellini** vegetarian 16.5  
*Tri-colored cheese-stuffed pasta with house-made Cajun alfredo sauce, bell peppers, tomatoes, and crimini mushrooms.*


**Buffalo Tofu Salad** ● vegan 14.5  
*Deep fried firm tofu tossed in Frank's Buffalo sauce and served on a bed of seasonal greens, cilantro, celery, onions, tomatoes, pumpkin seeds, cabbage, and vegan ranch dressing.*

20% gratuity added to parties of 6 or more

appetizers

Spinach and Artichoke Dip  vegetarian 10.5  
*The perfect starting point – served with crostinis.*

Tickles’s Chili Fries vegan 11.5  
*Cascadia’s hand-cut fries topped with dairy-free cheddar, green onions, diced tomatoes, and our famous vegan chili.*


Evergreen Beans  vegan 6.5  
*Fresh green beans sautéed in sesame oil, garlic, lemon juice, and a shprinkle of salt.*

How Do You Say Gnocchi? vegetarian 6.5  
*Potato dumplings with two preparation options:*  
1. Classic: boiled, sautéed, and topped with Marinara and parmesan. Vegan if served sans parmesan cheese.  
-or-  
2. Option Two: sautéed in butter and garlic and topped with Parmesan and Italian seasonings.

Twice Cooked Artichoke  vegan / vegetarian 11.5  
*Boiled until tender, then dusted with Italian Parmesan bread crumbs and broiled. Served with garlic butter emulsion.*

Soup: Vegan Chili cup 4.5 bowl 7.5  
*Everything you want in a meat-free chili: pinto beans, corn, tomatoes, green chiles, onions, and meatless crumbles.*

Guido’s Balls vegetarian 10.5  
*Three Jersey-style “meat” balls made from ground Impossible burger, Italian seasonings, and two proprietary ingredients-served with lots o’ parmesan cheese and sliced baguette.*

Tofu<sup>2</sup>  vegan 7.5  
*Extra firm tofu squares battered in coconut milk, deep-fried to crunchy goodness, and served with Northwest BBQ and vegan buffalo ranch dipping sauces. This is completely vegan and “all good”!*

salads

We make our own salad dressings. They are:  
Juju’s Sicilian Red Wine Vinaigrette (vegan, GF), Balsamic Vinaigrette (vegan, GF), Vegan Ranch (vegan, GF), Bleu Cheese (GF), or Buttermilk Ranch.

Vegan-option salads come with vegan cheese.

Add a bread basket \$4

Vegetarian or Vegan Purist 7.5  
*Sometimes it’s the simple things in Life...Seasonal greens with red onions, grape tomatoes, and shaved Parmesan.*

Vegetarian or Vegan Grilled Romaine 8.5  
*Romaine brushed with olive oil and grilled; topped with vegan bacon bits, red onion, tomatoes, and shaved Parmesan. Comes with your choice of vinaigrette.*

Vegetarian or Vegan Wedge 8.5  
*We make a hunk of iceberg lettuce classy by dressing it up with vegan bacon bits, pumpkin seeds, bleu cheese crumbles, red onions, and tomatoes.*



Vegetarian or Vegan Cascadian 8.5  
*Seasonal greens, grape tomatoes, red onions, vegan bacon bits, bleu cheese crumbles, and pumpkin seeds.*

Juju’s Favorite Vegetarian or Vegan Lunch 12.5  
*A bowl of soup or vegan chili, and either a Purist or Cascadian salad – served with baguette.*  
*Grilled Romaine or Wedge salad may be substituted for an additional 1.50*

bevs

|                      |                                    |
|----------------------|------------------------------------|
| Fountain Drinks 3.50 | Lemonade 3.50                      |
| Coca-Cola            | Flavored Lemonades 3.75            |
| Diet Coke            | Iced Tea 3.50                      |
| Mello Yello          | Cranberry or Apple Juice 3.50      |
| DrPepper             | Assorted San Pellegrino Sodas 2.50 |
| Fanta Orange Soda    | Coffee/Hot Tea/Hot Chocolate 3.00  |
| Sprite               | Cock n’ Bull Ginger Beer 4.00      |
|                      | San Pellegrino Sparkling Water     |
|                      | Little bottle 3.00 Big bottle 6.00 |

dietary key

-  = Gluten free
-  = Can be prepared Gluten Free