

who wants a snack?

- Spinach and Artichoke Dip

10.5

The perfect starting point – served with crostinis.
- TBD Steak Fingers

11.5

Tenderized, Battered, and Deep-fried flat iron strips served with sides of brown chicken gravy and buffalo ranch dressing.
- Tickles’s Poutine

10.5

Cascadia’s hand-cut fries topped with bacon, pork gravy, cheese curds, and green onions. Oh, Canada!
- Exactly Five Chicken Legs

11.5

Five deep-fried chicken legs, with celery sticks and choice of Buffalo sauce or Jef’s Northwest BBQ sauce.
- Cascadia’s Own Smoked Trout

15.5

Marinated 48 hours in our fisherman’s brine and smoked in-house. Served with cream cheese, capers, artisanal crackers and baguette.
- Twice Cooked Artichoke

11.5

Boiled until tender, then dusted with Italian Parmesan bread crumbs and broiled. Served with garlic butter emulsion.
- Evergreen Beans

6.5

Fresh green beans sautéed in sesame oil, garlic, lemon juice, and a shprinkle of salt.

little 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.  
Add a bread basket - \$4
- The Purist

7.5

Sometimes it’s the simple things in Life...House mix of seasonal greens with red onions, grape tomatoes, and shaved Parmesan.
- He’s Goin’ with the Wedge

8.5

We make a hunk of iceberg lettuce classy by dressing it up with bacon, pumpkin seeds, bleu cheese crumbles, red onions, and grape tomatoes.
- The Cascadian

8.5

House mix of seasonal greens, grape tomatoes, red onions, bacon, bleu cheese crumbles, and pumpkin seeds.
- Grilled Romaine

8.5

Heart of Romaine brushed with olive oil and grilled; topped with bacon, red onion, tomatoes, and shaved Parmesan.
- Soup of the Day

cup 4.5 bowl 7.5

Ask your server – “what’s up with that?”
- big salads
- Grilled Steak

19.5

Our own beloved Cascadian salad with grilled, sliced flat iron steak to make it even more perfect. If that’s not enough for you, add Treadwell’s favorite béarnaise for \$1 more.
- Crispy Trout

19.5

Ruby Red fillet encrusted with panko bread crumbs and broiled to order – served on House greens, grape tomatoes, red onions, and hard-boiled egg, with a drizzle of our unique yogurt aioli.
- Red Lemon Chicken

16.5

Grilled boneless breast seasoned with Creole and Lemon Pepper spices, served on House greens, grape tomatoes, red onions, pumpkin seeds, artichoke hearts, and pepperoncinis.
- Hot Porky Goodness

17.5

Our fabulous pulled pork served on a bed of House greens, cabbage, grape tomatoes, red onions, jalapeños, pumpkin seeds, and cilantro – finished with our special Mexican style pork jus and a side of buttermilk ranch dressing.

Juju’s favorite lunch

12.5

Soup and a salad! Easy. You get a bowl of soup and either a Purist or Cascadian salad – served with baguette. Grilled Romaine or wedge salad may be substituted for an additional **1.50**

burgers and hand-held stuff

- All served with Cascadia’s signature hand-cut fries. Substitute a small house salad or cup of soup for 1.50  
A gluten free bun may be substituted for additional \$2
- Cascadia Burger

14.5

Two seasoned 4-oz patties, **three** slices of American cheese, tomato, onion, pickles, lettuce, and mayo. Add bacon for **1.50** more. Paint it bleu for **1.50** more. **Cowsevation Option** – one patty **11.50**
- The D.B. Cooper

16.5

Our Cascadia burger – with a heap o’ corned beef. It’s how he used to order it.
- The Impossible Burger

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**
- Bratwurst Burger

14.5

You read that right – “bratwurst” – with sautéed bell peppers, onions, sauerkraut, provolone, and stone ground mustard.
- Italian Sausage Burger

14.5

Sautéed peppers and onions, melted mozzarella, and spicy marinara on a pub bun – tutti mangia!
- Der Schnitzel Sandwich

14.5

Tenderized, breaded, and sautéed chicken cutlet - with sauerkraut, sliced pickles, and stone ground mustard.
- Garcia Takes a Dip

15.5

Slow-roasted Mexican-style shredded pork with pepper jack cheese, sliced jalapeños, and mildly spicy pork au jus for dipping’ and dunkin’. Es muy macho!
- The Indochine Baguette

16.5

The flavors of Vietnam and Thailand come together in a marinated flat iron steak on a bed of chopped cabbage, green onions, celery, and cilantro – topped with a spicy yogurt and garlic chili sauce.
- Nopales Fritos

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.
- Olydelphia Cheesesteak

16.5

8oz of sliced sirloin, sautéed onions, and bell peppers, with yes, Cheez Whiz – deal with it!
- Creole Fried Chicken Sandwich

14.5

Boneless breast marinated in special Cajun batter, deep fried to golden brown and served on a Pub bun with lettuce, tomato, pickle, onion,and plenty of our unique Cajunnaise - served with Cajun fries and buffalo ranch dressing.
- Paul’s Reuben

15.5

A pile o’ slow-roasted corned beef, Swiss cheese, sauerkraut, and Russian dressing on marble rye.
- ImpossiBall Sub

16.5

Impossible “meat” balls and the usual stuff like House marinara and cheese or whatever.



fork and knife stuff

Jef’s Variation on a Rib Theme ● half rack 20.5 full rack 31.5

St. Louis style spare ribs, seasoned with a blend of coarse black pepper and three salts – slow roasted for four hours and smothered with Jef’s Northwest BBQ sauce. Served with Cascadia handcut french fries.

Mojo de Ajo Chops ● 18.5

Two char-grilled bone-in pork chops served with seasoned, broiled potatoes and topped with our salsa that includes garlic, tomatoes, cilantro; and bell, Anaheim, and pasilla peppers. Buen provecho!

Steak Frites Bleu\*\* 26.5

Grilled 12oz New York Strip, topped with Gorgonzola and Bleu Cheese cream sauce. Served with Cascadia handcut french fries.

The One and Only Garlic Steak\*\* ■ 24.5

We take a Flat Iron steak, tenderize it in a Spanish paprika and garlic marinade, grill it, top it with béarnaise. Served on a bed of rosemary thyme potatoes and fresh greens.

Sound and Ground\*\* ■ 27.5

8oz flat iron steak topped with béarnaise, deep-fried shrimp served on lemoned greens, baked potato slices, with a side of wasabi cocktail sauce. Some people order this every time they come here. (One of those people is our menu editor, Jill. Howdy.)

Juju’s Favorite Pasta ■ 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.

Cohos Gone Wild ● 25.5

8oz wild caught Salmon filet, seasoned with a Mediterranean spice blend – pan seared and served on a bed of our house greens and a deep fried mushroom risotto cake finished with a port wine and butter reduction.

Flex them Mussels and Clams ■ 19.5

Chilean Blue mussels and Manilla clams basted in white wine, garlic, and capers; served on a full bed of linguini with tomatoes and a killer clam sauce, Parmesan and baguette.

Simply Ahi\*\* ■ 19.5

Encrusted with coarse black pepper, pan seared rare, and served on a bed of sesame dressed Yakisoba noodle salad, with sides of ginger tamari and garlic chili sauces. Say “aaah!”

Creole Fried Chicken ■ 17.5

Boneless breasts marinated in our unique Louisiana style batter, deep fried to golden brown and topped with Cajunnaise, with Cajun fries and Buffalo Ranch dressing.

A Hen Crossed the Road... ● 17.5

Oven roasted game hen on a bed of fresh greens and rosemary and thyme potatoes, finished with herb jus.

Blackened Chicken Tortellini 17.5

Tri-colored cheese stuffed pasta with house-made Cajun Alfredo sauce, bell peppers, and sliced chicken breast.

Spaghetti and ImpossiBalls 17.5

Thin spaghetti topped with House marinara and three Jersey style “meat”balls made from ground Impossible burger, Parmesan cheese, Italian seasonings, and two proprietary ingredients, served with sliced Baguette.

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

\*\*These items are cooked to your temperature request. Consuming raw or undercooked eggs and/or meats may increase your chance of contracting a food borne illness.

20% gratuity added to parties of 6 or more.