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 / vegetarian 17.5 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

Akua Kelp Burger

vegan / vegetarian 17.5

The newest, best thing! 100% plant-based, non-GMO, soy-free and gluten-free. Served with mayo, lettuce, onion, pickle, tomato, and cheese.

Inland Empire Street Tostadas vegan / vegetarian 18.5

Four 'street' tostadas with ground Impossible burger and fresh cabbage slaw, topped with red yogurt chile sauce. Served with choice of our hand-cut fries or side salad.

Cajun Tofu

vegan / vegetarian 17.5

Louisiana style breaded and deep-fried tofu, served with lettuce, tomato, onion, and pickles on a Pub Bun with plenty of our unique Cajunnaise.

Vegedelphia Cheesesteak vegan / vegetarian 18.5

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 19.5 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.

Shrimp(less) Po' Boy

New Wave plant-based, breaded and deep-fried "shrimp" with cabbage slaw, diced tomato, and our vegan creole sauce. This is vegan, kosher, and environmentally friendly.

Nopales Fritos Wrap

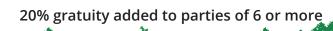
vegan / vegetarian 18.5 Lightly breaded and deep fried cactus strips, diced tomato, cabbage slaw, cilantro, and spicy red chile yogurt sauce wrapped in a flour tortilla, not unlike a burrito.

Viet-Thai Baguette

vegan / vegetarian 18.5

vegan 19.5

Chopped Impossible burger, cabbage, celery, green onions, and cilantro, topped with our spicy chili sauce.





fork and knife stuff

Spaghetti and ImpossiBalls

vegetarian 25

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 fuhgeddaboudit.

Linguini Puttanesca

vegan 19.5

Black olives, tomatoes, onions, bell peppers, garlic, and sliced Italian Tofurky, tossed in our delicious spicy marinara sauce served with sliced baguette.

luju's Favorite Pasta

vegan / vegetarian 19.5

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 18.5

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 24

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 24

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

Buffalo Tofu Salad

vegan 24

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.

Cascadia Grill • 200 4th Ave W Olympia, WA 98501 • 360-628-8731 •SCHWAG available at Cascadiagrill.com

appetizers

Tickles's Chili Fries vegan 14.5 Cascadia's hand-cut fries topped with dairy-free cheese, green onions, diced tomatoes, and our famous vegan chili.

Evergreen Beans

vegetarian 10.5

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

How Do You Say Gnocchi? vegetarian 10.5

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.

Soup: Vegan Chili bowl 8.5 cup 6.5

Everything you want in a meat-free chili: pinto beans, corn, tomatoes, green chiles, onions, and meatless crumbles.

Guido's Balls

vegetarian 14 *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.

Tofu²

vegan 14

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 \$6

Please remind your server that you are ordering from the Vegetarian menu when ordering one of these salads, okay? Thanks!

Vegetarian or Vegan Purist

Sometimes it's the simple things in Life...Seasonal greens with red onions, grape tomatoes, and Parmesan.

95

11

12

Vegetarian or Vegan Grilled Romaine

Romaine brushed with olive oil and grilled; topped with vegan bacon bits, red onion, tomatoes, and Parmesan. Comes with your choice of vinaigrette.

Vegetarian or Vegan Wedge

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

11 Seasonal greens, grape tomatoes, red onions, vegan bacon bits, bleu cheese crumbles, and pumpkin seeds.

Juju's Favorite Vegetarian or Vegan Lunch 16.5

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 3.75 Coca-Cola Diet Coke Mello Yello Lemonade	3 50	
DrPepper Flavored Lemonades		
Fanta Orange Soda Iced Tea	I	
Sprite Cranberry or Apple Juice	3.50	
Assorted San Pellegrino Sodas	2.50	
Coffee/Hot Tea/Hot Chocolate	3.50	
Cock n' Bull Ginger Beer	4.00	
Topo Chico Carbonated Mineral Water in a 12oz. Bottle	4.00	



Note from Menu Editor Jill: Thank you for being here to read this. Seriously. I think you're super great.

This menu is printed on vegan, gluten-free paper