

who wants a snack?

Rotating (not literally) Appetizer (Market Price)

Ask your server for today's selection

Spinach and Artichoke Dip ■ 14

The perfect starting point – served with artisanal crackers.

Deep Fried Mozzarella Sticks 15

You know 'em. You love 'em. We got 'em. So get 'em.

Tickles's Poutine 15

Cascadia's hand-cut fries topped with bacon, pork gravy, cheese curds, and green onions. Oh, Canada!

Michael's Smoked Trout ■ 17.5

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

Chilean Blue Mussels ● 15.5

Pan-steamed and tossed in broth made from yellow curry, white wine, garlic, and Old Bay.

Evergreen Beans ● 12

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

little salads

We make our own salad dressings and they are all **gluten-free!** Juj's Sicilian Red Wine Vinaigrette (vegan), Balsamic Vinaigrette (vegan), Vegan Ranch (vegan), Bleu Cheese, or Buttermilk Ranch.

Add a bread basket - \$6

The Purist ● 9.5

Sometimes it's the simple things in Life...House mix of seasonal greens with red onions, grape tomatoes, and Parmesan.

He's Goin' with the Wedge ● 12

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 ● 11

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

Grilled Romaine ● 11

Heart of Romaine brushed with olive oil and grilled; topped with bacon, red onion, tomatoes, and Parmesan.

Soup of the Day cup 6.5 bowl 8.5

Ask your server – "what's up with that?"

big salads

Grilled Steak ● 30

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 ■ 28

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 ● 23

Grilled boneless breast seasoned with Creole and Lemon Pepper spices, served on House greens, grape tomatoes, red onions, pumpkin seeds, and sliced black olives.

Hot Porky Goodness ● 23

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

17

Soup and a salad! Easy. You get a bowl of soup and either a Purist or a Cascadian salad served with sliced 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 ■ 18

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.

Cowervation Option – one patty 14.5

The D.B. Cooper ■ 20

Our Cascadia burger – with a heap o' corned beef. It's how he used to order it.

Cowervation Option – one patty 16.5

The Impossible Burger ■ 18

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 ■ 17

You read that right – "bratwurst" – with sautéed bell peppers, onions, sauerkraut, provolone, and stone ground mustard.

BBQ Pulled Pork ■ 19

Shredded pork tossed in Jef's Northwest BBQ sauce and served on a Pub bun with cabbage slaw and pickles.

Spicy Thai Chicken Sandwich ■ 18

Grilled boneless breast, served on a pub bun with fresh cabbage slaw, baby arugula, and spicy red chile yogurt sauce.

Garcia Takes a Dip ■ 18

Slow-roasted Mexican-style shredded pork with pepper jack cheese, sliced jalapeños, cilantro, and mildly spicy pork au jus for dippin' and dunkin'. Es muy macho!

The Indochine Baguette ■ 20

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 Wrap 19

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.

Olydelphia Cheesesteak ■ 20

8oz of thinly sliced ribeye, sautéed onions, and bell peppers with yes, Cheez Whiz – deal with it!

Creole Fried Chicken Sandwich ■ 19

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 ■ 19

A pile o' slow-roasted corned beef, Swiss cheese, sauerkraut, and the classic dressing on marble rye.

Polynesian Steak Sub ■ 20

Thinly sliced and grilled steak marinated in pineapple juice, tamari, and green onion - served on a Hoagie with lettuce, tomato, green onion, and pineapple mayonnaise.



fork and knife stuff

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| <p>Jef's Variation on a Rib Theme ●
 half rack 27 full rack 35
 <i>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.</i></p> <p>Southern Fried Pork Chops ■ 27
 <i>Two bone-in 6oz chops, dipped in our Louisiana style batter and deep-fried to golden brown. Topped with brown pork gravy and served with our signature hand-cut fries.</i></p> <p>Steak Frites Bleu** ● 35
 <i>Grilled 12oz New York Strip, topped with Gorgonzola and Bleu Cheese cream sauce. Served with Cascadia handcut french fries.</i></p> <p>The One and Only Garlic Steak** ■ 32
 <i>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.</i></p> <p>Chicken and Ribs ■ 30
 <i>Half rack of Jef's ribs paired with our Creole Fried Chicken Breast. Tangy meets crispy - served with Cascadia handcut french fries.</i></p> <p>Juju's Favorite Pasta ■ 21
 <i>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. Classic.</i></p> | <p>Cohos Gone Wild ● 35
 <i>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.</i></p> <p>Flex them Mussels and Clams ■ 29
 <i>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.</i></p> <p>Simply Ahi** ■ 28
 <i>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!"</i></p> <p>Pan Seared Ruby Red Trout ■ 28
 <i>Sauteed 10oz fillet encrusted with Italian bread crumbs and served on a bed of Baby Arugula and a deep fried mushroom risotto cake – then topped with Creole Bearnaise.</i></p> <p>Creole Fried Chicken ■ 26
 <i>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.</i></p> <p>A Hen Crossed the Road... ● 26
 <i>Oven roasted game hen on a bed of fresh greens and rosemary and thyme potatoes, finished with herb jus.</i></p> <p>Blackened Chicken Tortellini 26.5
 <i>Tri-colored cheese stuffed pasta with house-made Cajun Alfredo sauce, bell peppers, and sliced chicken breast.</i></p> |
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bevs	
Fountain Drinks 3.75	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 3.50
Sprite	Cock n' Bull Ginger Beer 4.00
Topo Chico Carbonated Mineral Water in a 12oz. Bottle	4.00

dietary key

● = Gluten Free

■ = Can be prepared Gluten Free

Note from Menu Editor Jill: Thank you for being here to read this. I love this place and I'm not just saying that because they pay me in french fries.

**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.

