

who wants a snack?

Deep Fried Pickles 15  
Good ol’ dill pickles, sliced lengthwise, battered in coconut milk and corn starch, fried up just right, and served with vegan buffalo ranch dipping sauce.

Spinach and Artichoke Dip 16  
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 19  
Marinated 48 hours in our fisherman’s brine and smoked in-house. Served with cream cheese, capers, artisanal crackers and baguette.

Chilean Blue Mussels 17  
Pan-steamed and tossed in broth made from yellow curry, white wine, garlic, and Old Bay.

Evergreen Beans 13  
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! Juju’s Sicilian Red Wine Vinaigrette (vegan), Balsamic Vinaigrette (vegan), Vegan Ranch (vegan), Bleu Cheese, or Buttermilk Ranch.

Add grilled chicken or 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 13  
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 12  
House mix of seasonal greens, grape tomatoes, red onions, bacon, bleu cheese crumbles, and pumpkin seeds.

Grilled Romaine 13  
Heart of Romaine brushed with olive oil and grilled; topped with bacon, red onion, tomatoes, and Parmesan.

Soup of the Day cup 7 bowl 9  
Ask your server – “what’s up with that?”

big salads

Grilled Steak 33  
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 30  
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 27  
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 26  
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 2.50

burgers and hand-held stuff

All served with Cascadia’s signature hand-cut fries  
Upgrade your fries to side of poutine for 5  
Substitute a small house salad or cup of soup for 1.50  
A gluten free bun may be substituted for additional 2

Cascadia Burger 22  
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 17

The D.B. Cooper 24  
Our Cascadia burger – with a heap o’ corned beef.  
It’s how he used to order it.  
Cowervation Option – one patty 20

The Impossible Burger 20  
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 19  
You read that right – “bratwurst” – with sautéed bell peppers, onions, sauerkraut, provolone, and stone ground mustard.

BBQ Pulled Pork 20  
Shredded pork tossed in Jef’s Northwest BBQ sauce and served on a Pub bun with cabbage slaw and pickles.

Spicy Thai Chicken Sandwich 20  
Grilled boneless breast, served on a pub bun with fresh cabbage slaw, baby arugula, cilantro, and spicy red chile yogurt sauce.

Garcia Takes a Dip 19  
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 22  
The flavors of Vietnam and Thailand come together in a marinated steak on a bed of chopped cabbage, green onions, celery, and cilantro – topped with a spicy yogurt and garlic chili sauce.

Olydelphia Cheesesteak 22  
8oz of thinly sliced ribeye, sautéed onions, and bell peppers with yes, Cheez Whiz – deal with it!

Creole Fried Chicken Sandwich 20  
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 21  
A pile o’ slow-roasted corned beef, Swiss cheese, sauerkraut, and the classic dressing on marble rye.

Polynesian Steak Sub 22  
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

<b>Jef's Variation on a Rib Theme</b> ●	
half rack 28 full rack 37	
<i>St. Louis style spare ribs, seasoned with a blend of coarse black pepper and three salts – slow roasted for six hours and smothered with Jef's Northwest BBQ sauce. Served with Cascadia handcut french fries.</i>	
<b>Southern Fried Pork Chops</b> ■	29
<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>	
<b>Steak Frites Bleu**</b> ●	40
<i>Grilled 12oz New York Strip, topped with Gorgonzola and Bleu Cheese cream sauce. Served with Cascadia handcut french fries.</i>	
<b>The One and Only Garlic Steak**</b> ■	35
<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>	
<b>Chicken and Ribs</b> ■	35
<i>Half rack of Jef's ribs paired with our Creole Fried Chicken Breast. Tangy meets crispy - served with Cascadia handcut french fries.</i>	
<b>Juju's Favorite Pasta</b> ■	24
<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>	
<b>Cohos Gone Wild</b> ●	38
<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>	
<b>Flex them Mussels and Clams</b> ■	33
<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>	
<b>Simply Ahi**</b> ■	32
<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>	
<b>Pan Seared Ruby Red Trout</b> ■	32
<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>	
<b>Creole Fried Chicken</b> ■	28
<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>	
<b>A Hen Crossed the Road...</b> ●	28
<i>Oven roasted game hen on a bed of fresh greens and rosemary and thyme potatoes, finished with herb jus.</i>	
<b>Blackened Chicken Tortellini</b>	28
<i>Tri-colored cheese stuffed pasta with house-made Cajun Alfredo sauce, bell peppers, and sliced chicken breast.</i>	

### 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.