

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 option at this time.

The Impossible Burger

vegan / vegetarian 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

Vegan Chicken Sandwich vegan / vegetarian 18 Gardein Vegan Chicken Breast on a Pub bun with lettuce, pickles, and plenty of our own Cajunnaise.

Viet-Thai Baguette vegan / vegetarian 19

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

Vegedelphia Cheesesteak vegan / vegetarian 20 Beyond 'steak' strips, sautéed onions, and bell peppers,

with, yes, Cheez Whiz - deal with it! (Or don't deal with it get the vegan option!)

Vegan Sloppy Jo vegan 19 Impossible "meat" tossed in Jef's sweet and tangy Sloppy Jo sauce that is much, much better than what you might remember from grade school - and no obligatory Dodge Ball!

Nopales Fritos Wrap

vegan / vegetarian 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.

Cajun Tofu Sandwich

vegan / vegetarian 18

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

20% gratuity added to parties of 6 or more.

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 fungeddaboudit.

Linguini Puttanesca

vegan 20

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

vegan / vegetarian 21

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

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

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

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

Buffalo Tofu Salad

vegan 25 Deep fried firm tofu (GF) 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.

Vegan Fish 'n' Chips

vegan 24 Gardein F'sh strips with our hand cut fries and sesame cole slaw.

Japanese Steak Salad

Beyond 'steak' strips marinated in lime ponzu and served on a Yakisoba and chopped vegetable salad tossed in sesame salad dressing. Served with side of red garlic chile sauce and cilantro garnish.

Chik'n Quesadilla

vegan 20 Onion, bell pepper, tomato, vegan mozzarella, and Alpha brand *Chik'n strips – served with fries and side of our sweet and spicy taco* sauce.

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

vegan 25

vegan 19

vegan 25

vegetarian 25

appetizers

Deep Fried Mozzarella Sticks vegetarian 15

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

Tickles's Chili Fries

vegan 15 Cascadia's hand-cut fries topped with dairy-free cheese, green onions, diced tomatoes, and our famous vegan chili.

Evergreen Beans

vegan 12

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

How Do You Say Gnocchi? vegetarian 11

Potato dumplings boiled, sautéed, and topped with Marinara and parmesan. Vegan if served sans parmesan cheese.

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.

Deep Fried Pickles

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.

Tofu²

vegan 15

Extra firm tofu squares battered in coconut milk and corn starch, deep-fried to crunchy goodness, and served with Northwest BBQ and vegan buffalo ranch dipping sauces. This is completely vegan and "all good"!

20% gratuity added to parties of 6 or more.

small 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.

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.

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

95

11

12

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. **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	3.75
Fanta Orange Soda Iced Tea	3.50
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. I love this place and I'm not just saying that because they pay me in fried tofu cubes.

This menu is printed on vegan, gluten-free paper

vegan15