

## who wants a snack?

### 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.

15

### Spinach and Artichoke Dip

The perfect starting point – served with artisanal crackers.

16

### Deep Fried Mozzarella Sticks

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

15

### Tickles's Poutine

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

15

### Michael's Smoked Trout

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

19

### Chilean Blue Mussels

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

17

### Evergreen Beans

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

13

## 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

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

9.5

### He's Goin' with the Wedge

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

13

### The Cascadian

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

12

### Grilled Romaine

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

13

### Soup of the Day

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

cup 7 bowl 9

## big salads

### Grilled Steak

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.

33.5

### Crispy Trout

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.

33

### Red Lemon Chicken

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

27.5

### Hot Porky Goodness

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.

26.5

## Juju's favorite lunch

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

17

## 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

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.

Cowservation Option – one patty 18

22.5

### The D.B. Cooper

Our Cascadia burger – with a heap o' corned beef.

It's how he used to order it.

Cowservation Option – one patty 22

24.5

### The Impossible Burger

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

21

### Bratwurst Burger

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

20

### BBQ Pulled Pork

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

21

### Spicy Thai Chicken Sandwich

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

21

### Garcia Takes a Dip

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!

20

### The Indochine Baguette

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.

22.5

### Olydelphia Cheesesteak

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

22.5

### Creole Fried Chicken Sandwich

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.

21

### Paul's Reuben

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

22

### Polynesian Steak Sub

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.

23

### Hot or Cold I-talian

Deli-sliced Turkey, Capicola\*, and Dry Salami on a Hoagie with provolone, tomatoes, iceberg lettuce, olives, and red wine vinaigrette - served Hot or Cold, with Cascadia's signature fries.

21

\*That's 'gabagool' to you, Jimmy!



## fork and knife stuff

### Jef's Variation on a Rib Theme ●

half rack 29 full rack 38

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.

### Southern Fried Pork Chops ■

29.5

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.

### Steak Frites Bleu\*\* ●

41

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\*\* ■

36

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.

### Chicken and Ribs ■

36

Half rack of Jef's ribs paired with our Creole Fried Chicken Breast. Tangy meets crispy - served with Cascadia handcut french fries.

### Juju's Favorite Pasta ■

24.5

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. Classic.

Fries or House Potatoes may be substituted with Mushroom Risotto for 2.50

## bevs

### Fountain Drinks 3.75

Coca-Cola

Diet Coke

Mello Yello

Dr Pepper

Fanta Orange Soda

Sprite

Topo Chico Carbonated Mineral Water in a 12oz. Bottle

Lemonade 3.50

Flavored Lemonades 3.75

Iced Tea 3.50

Cranberry or Apple Juice 3.50

Assorted San Pellegrino Sodas 3.00

Coffee/Hot Tea/Hot Chocolate 3.50

Cock n' Bull Ginger Beer 4.00

\*\*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.

## dietary key

● = Gluten Free

■ = Can be prepared Gluten Free