

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 ● 33.5
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 ■ 33
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 ● 27.5
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 ● 26.5
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 ■ 22.5
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 **18**

The D.B. Cooper ■ 24.5
Our Cascadia burger – with a heap o’ corned beef.
It’s how he used to order it.
Cowervation Option – one patty **22**

The Impossible Burger ■ 21
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 ■ 20
You read that right – “bratwurst” – with sautéed bell peppers, onions, sauerkraut, provolone, and stone ground mustard.

BBQ Pulled Pork ■ 21
Shredded pork tossed in Jef’s Northwest BBQ sauce and served on a Pub bun with cabbage slaw and pickles.

Spicy Thai Chicken Sandwich ■ 21
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 ■ 20
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 ■ 22.5
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 ■ 22.5
8oz of thinly sliced ribeye, sautéed onions, and bell peppers with yes, Cheez Whiz – deal with it!

Creole Fried Chicken Sandwich ■ 21
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 ■ 22
A pile o’ slow-roasted corned beef, Swiss cheese, sauerkraut, and the classic dressing on marble rye.

Polynesian Steak Sub ■ 23
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.

Hot or Cold I-talian ■ 21
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.
*That’s ‘gabagool’ to you, Jimmy!



fork and knife stuff

- Jef's Variation on a Rib Theme

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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

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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**

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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.
- Cohos Gone Wild

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39

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 cranberry-butter reduction.
- Flex them Mussels and Clams

■

34

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.
- Simply Ahi**

■

33

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!”
- Pan Seared Ruby Red Trout

■

33

Sauteed 10oz fillet encrusted with panko bread crumbs and served on a bed of Baby Arugula and a deep fried mushroom risotto cake – then topped with house Cajunnaise.
- Creole Fried Chicken

■

29

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.
- A Hen Crossed the Road...

●

29

Oven roasted game hen on a bed of fresh greens and rosemary and thyme potatoes, finished with herb jus.

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

bevs

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| Fountain Drinks 3.75 | | |
| Coca-Cola | Lemonade | 3.50 |
| Diet Coke | Flavored Lemonades | 3.75 |
| Mello Yello | Iced Tea | 3.50 |
| DrPepper | Cranberry or Apple Juice | 3.50 |
| Fanta Orange Soda | Assorted San Pellegrino Sodas | 3.00 |
| Sprite | 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 | | |

dietary key

- = Gluten Free
- = Can be prepared Gluten Free

**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.