

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, hard-boiled egg slices, 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

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.

The Indochine Baguette ■ 22.5

Vietnamese marinated steak, fresh cabbage slaw, and spicy red chile yogurt sauce

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.

Olydelphia Cheesesteak ■ 22.5

8oz of thinly sliced ribeye, sautéed onions, and bell peppers with Cheez Whiz. Get it enhanced with Jef's spicy Indochine sauce for an extra \$1.

Creole Fried Chicken Sandwich ■ 21

Chicken, Pub bun, lettuce, tomato, pickle, onion, and plenty of our unique Cajunnaise - served with Cajun fries and buffalo ranch dressing.

Asian Fried Chicken Sandwich ■ 21

Deep fried breast tossed in mildly spicy Thai chile sauce, with fresh cabbage slaw, and 2 pickles on a pub bun

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, jalapeños, cilantro, and pork au jus.

Paul's Reuben ■ 22

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

BBQ Pulled Pork ■ 21

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

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 ●
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 fries.

Creole Fried Chicken ■ **29**
Boneless breasts in our unique Louisiana style batter, deep fried to golden brown and topped with Cajunnaise, with Cajun fries and Buffalo Ranch dressing.

Chicken and Ribs ■ **36**
Half rack of Jef's ribs paired with our Creole Fried Chicken Breast. Tangy meets crispy - served with Cascadia handcut fries.

Steak and Fried Shrimp** ●
12oz New York 45 8oz Flat Iron 42
Choose your steak and have it with shrimp, our house potatoes, baby arugula salad, and wasabi cocktail sauce.

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.

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.

A Hen Crossed the Road... ● **29**
Oven roasted game hen on a bed of fresh greens with rosemary and thyme potatoes, finished with herb jus.

****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.**

Cohos Gone Wild ● **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.

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.

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.

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.

Blackened Chicken Tortellini **28.5**
Tri-colored cheese stuffed pasta with house-made Cajun Alfredo sauce, bell peppers, and sliced chicken breast.

Steak and Mushroom Cavatappi ■ **30**
8oz sliced flat iron steak, tomatoes, and sliced crimini mushrooms tossed in our one-of-a-kind cajun alfredo sauce.

Lemon Chicken Linguini ■ **27**
Grilled breast seasoned with lemon pepper, served on a bed of linguini tossed with capers, tomatoes, and fresh spinach in pan sauce of white wine, garlic, and olive oil.

Crispy Shrimp Pasta ■ **28**
Lightly breaded and fried shrimp served on thin spaghetti tossed with capers, tomatoes, and fresh spinach in butter and garlic pan sauce.

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.

Fountain Drinks 3.75		bevs	
Coca-Cola		Lemonade	3.50
Coke Zero		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
Barq's Root Beer		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

20% gratuity added to parties of 6 or more