



who wants a snack?

- Spinach and Artichoke Dip ■10.5
- The perfect starting point – served with crostinis.
- TBD Steak Fingers11.5
- Tenderized, Battered, and Deep-fried flat iron strips served with sides of brown chicken gravy and buffalo ranch dressing.
- Tickles’s Poutine10.5
- Cascadia’s hand-cut fries topped with bacon, pork gravy, cheese curds, and green onions. Oh, Canada!
- Exactly Five Chicken Legs ●11.5
- Five deep-fried chicken legs, with celery sticks and choice of Buffalo sauce or peppery, apricot-raspberry glaze.
- Cascadia’s Own Smoked Trout ■15.5
- Marinated 48 hours in our special brine, and smoked in-house. Served with cream cheese, capers, artisanal crackers and sliced baguette.

- Twice Cooked Artichoke ■11.5
- Boiled until tender, then dusted with Italian Parmesan bread crumbs and broiled. Served with lemon, garlic, butter, and olive oil emulsion.
- The Guido ■15.5
- Daily selection of sliced Italian salami, hand-made cheeses, olives, pepperoncinis, green onion, sliced apple, assorted crackers, sliced baguette, and extra virgin olive oil. Bada bing!

little salads

- We make our own dressings and they are all gluten free! Choose from: Juju’s Sicilian red wine vinaigrette, balsamic vinaigrette, buttermilk ranch, and bleu cheese. Add a bread basket - \$4
- The Purist ●7.5
- Sometimes it’s the simple things in Life...House mix of seasonal greens with red onions, grape tomatoes, and shaved Parmesan.
- He’s Goin’ with the Wedge ●8.5
- We make a hunk of iceberg lettuce classy by dressing it up with bacon, pumpkin seeds, bleu cheese crumbles, red onions, and tomatoes.
- The Cascadian ●8.5
- House mix of seasonal greens, grape tomatoes, red onions, bacon, bleu cheese crumbles, and pumpkin seeds.
- Grilled Romaine ●8.5
- Heart of Romaine brushed with olive oil and grilled; topped with bacon, red onion, tomatoes, and shaved Parmesan.
- Soup of the Daycup 4 bowl 7
- Ask your server – “what’s up with that?”

big salads

- Grilled Steak ●19.5
- 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 \$2 more.
- Crispy Trout ■19.5
- 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 ●16.5
- Grilled boneless breast seasoned with Creole and Lemon Pepper spices, served on House greens, grape tomatoes, red onions, pumpkin seeds, artichoke hearts, and pepperoncinis.
- Hot Porky Goodness ●17.5
- 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 lunch11

Soup and a salad! Easy. You get a cup of soup and either a Purist or Cascadian salad – served with baguette. A Grilled Romaine or Wedge salad may be substituted for an additional 1.50

burgers and hand-held stuff

- All served with Cascadia’s signature hand-cut fries. Substitute a small house salad or cup of soup for 1.50
A gluten free bun may be substituted for additional \$2
- Cascadia Burger ■14.5
- 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. **Cowsevation Option** – one patty **11**
- The D.B. Cooper ■16.5
- Our Cascadia burger – with a heap o’ corned beef. It’s how he used to order it.
- The Impossible Burger ■15.5
- 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 ■14.5
- You read that right – “bratwurst” – with sautéed bell peppers, onions, sauerkraut, provolone, and stone ground mustard.
- Italian Sausage Burger ■14.5
- The madness continues with sautéed peppers and onions, melted mozzarella, and spicy marinara – tutti mangia!
- Der Schnitzel Sandwich ■14.5
- Tenderized, breaded, and sautéed chicken cutlet - with sauerkraut, sliced pickles, and stone ground mustard.
- Garcia Takes a Dip ■15.5
- Slow-roasted Mexican-style shredded pork with pepper jack cheese, sliced jalapeños, and mildly spicy pork au jus for dippin’ and dunkin’. Es muy macho!
- The Indochine Baguette16.5
- The flavors of Vietnam and Thailand come together in a marinated flat iron steak on a bed of chopped cabbage, green onions, celery, and cilantro – topped with a spicy yogurt and garlic chili sauce.
- Olydelphia Cheesesteak ■16.5
- Julienned flat iron, sautéed onions and bell peppers, with yes, Cheez Whiz – deal with it.
- Creole Fried Chicken Sandwich ■14.5
- 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 ■15.5
- A pile o’ slow-roasted corned beef, Swiss cheese, sauerkraut, and Russian dressing on marble rye.
- ImpossiBall Sub16.5
- Sub sandwich with Impossible “meat” balls (same ones we use for the Spaghetti and ImpossiBalls) and the usual stuff like House Marinara and cheese or whatever.



fork and knife stuff

Jef’s Variation on a Rib Theme ● half rack **20.5** full rack **31.5**

St. Louis style spare ribs, seasoned with a blend of coarse black pepper and three salts – slow roasted for four hours and smothered with glaze made from apricot, raspberry, and 6 secret spices (can you figure them out?) served with fries.

Chimmy Chops ● **18.5**

Two char-grilled bone-in pork chops served with seasoned, broiled potatoes and topped with our spin on classic chimichurri, which includes cilantro, and bell, Anaheim, and pasilla peppers. Woohoo!

Steak Frites Bleu** ■ **26.5**

Grilled 12oz New York Strip, topped with Gorgonzola and Bleu Cheese cream sauce, served with our hand-cut fries.

Garlic Steak ahh Pwov** ■ **24.5**

We take a Flat Iron steak, tenderize it in a Spanish paprika and garlic marinade, grill it, top it with béarnaise, and then serve it on a bed of seasoned baked potatoes and fresh greens.

Sound and Ground** ■ **27.5**

Grilled flat iron steak with béarnaise and tempura shrimp served on lemon greens and baked potato slices, with a side of perfect shrimp sauce. Some people order this every time they come here.

(One of those people is our menu editor, Jill. Hi.)

Cohos Gone Wild ● **25.5**

8oz wild caught Salmon filet, seasoned with basil and citrus spices – 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.

Flex them Mussels and Clams **19.5**

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** ■ **19.5**

Encrusted with coarse black pepper, pan seared rare, and served on a bed of sesame seasoned chopped cabbage salad, with sides of ginger soy and garlic chili sauces. Say “aaah!”

Creole Fried Chicken **17.5**

Boneless breast marinated in our special Louisiana style batter, deep fried to golden brown and topped with our spin on Cajunnaise, with Cajun fries and Buffalo Ranch dressing.

A Hen Crossed the Road... ● **17.5**

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

Blackened Chicken Tortellini **17.5**

Tri-colored cheese stuffed pasta with house-made Cajun Alfredo sauce, bell peppers, and julienned chicken breast.

Spaghetti and ImpossiBalls **17.5**

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 ingredients, served with sliced Baguette.

bevs			
Fountain Drinks 3.50		Lemonade	3.50
Coca-Cola		Flavored Lemonades	3.75
Diet Coke		Iced Tea	3.50
Mello Yello		Cranberry Juice	3.50
DrPepper		Big San Pellegrino Sparkling Water	6.00
Fanta Orange Soda		Assorted San Pellegrino Sodas	2.50
Sprite		Coffee/Hot Tea/Hot Chocolate	3.00
		San Pellegrino Sparkling Water	
		Little bottle	3.00
		Big bottle	6.00

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.