

sandwiches

Vegan sandwich options come with vegan cheese 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 16.5 / vegetarian 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

Meatless in Seattle vegetarian 12.5
A veggie burger with two slices of American cheese, tomato, onion, pickles, lettuce, and mayo. Note: veggie patty contains gluten and is not vegan. Make it a double for an extra 3

Tofurky Siciliano ■ vegan 15.5 / vegetarian 14.5
Spicy Italian sub made with Tofurkey Italian sausage, sautéed peppers and onions, spicy marinara, and mozzarella cheese.

Cajun Tofu vegan 15.5 / vegetarian 14.5
Louisiana style breaded and deep-fried tofu, served with lettuce, tomato, onion, and pickles on a Pub Bun with plenty of our unique Cajunnaise.

Vegedelphia Cheesesteak vegan 15.5 / vegetarian 14.5
Tofurky strips, sautéed onions, bell peppers, and diced tomatoes with, yes, Cheez Whiz – deal with it! (Or don't deal with it - get the vegan option.)

ImpossiBall Sub vegetarian 16.5
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.

Tofu Schnitzel ■ vegan 13.5 / vegetarian 12.5
Tenderized, breaded, and sautéed tofu cutlet - with sauerkraut, sliced pickles, and stone ground mustard. Vegan breading available.

Nopales Fritos vegetarian 14.5
(You can now say "Fried Cactus" en Español) – Lightly breaded and deep fried cactus strips, English Cucumber, Cabbage Slaw, and cilantro on a Hoagie with Muy Spicy Red Chile Yogurt sauce.



fork and knife stuff

Spaghetti and ImpossiBalls vegetarian 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 (but still vegetarian!) ingredients - served with sliced Baguette. No nuts, no soy. There is no vegan or gluten-free option. So fuhgeddaboutit.

Linguini Puttanesca ■ vegetarian 14.5
Black olives, tomatoes, onions, bell peppers, garlic, and sliced Italian Tofurkey, tossed in our delicious spicy marinara sauce – served with sliced baguette.


Juju's Favorite Pasta ■ vegetarian 15.5
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. Not reinventing the wheel on this one - just making it taste better.

Creole Penne ● vegan 18.5
Totally vegan and free of gluten: sautéed kale, tomatoes, onions, and bell peppers - tossed in a white cream sauce made with vegan cheese, coconut milk, and Cajun spices.


Mushroom Tortellini vegetarian 16.5
Tri-colored cheese-stuffed pasta with house-made Cajun alfredo sauce, bell peppers, tomatoes, and crimini mushrooms.

20% gratuity added to parties of 6 or more


appetizers

Spinach and Artichoke Dip  10.5
The perfect starting point – served with crostinis.

Tickles’s Chili Fries 11.5
Cascadia’s hand-cut fries topped with dairy-free cheddar, green onions, diced tomatoes, and our famous vegan chili.

Evergreen Beans  6.5
Fresh green beans sautéed in sesame oil, garlic, lemon juice, and butter with a little shprinkle of kosher salt.

How Do You Say Gnocchi 6.5
Potato dumplings with two preparation options:
1. Classic: boiled, sautéed, and topped with Marinara and parmesan.
-or-
2. Option Two: sautéed in butter and garlic and topped with Parmesan and Italian seasonings.

Twice Cooked Artichoke  11.5
Boiled until tender, then dusted with gluten-free bread crumbs and broiled. Served with lemon, garlic, and olive oil emulsion made with Smart Balance Margarine.

Soup: Vegan Chili cup 4.5 bowl 7.5
Everything you want in a meat-free chili: pinto beans, corn, tomatoes, green chiles, onions, and Lightlife Smart Ground Meatless Crumbles.

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

salads

We make our own dressings and they are all gluten free!
Juju’s Sicilian Red Wine Vinaigrette (vegan), Balsamic Vinai-
grette (vegan), Vegan Ranch (vegan),
Bleu Cheese (not vegan), or Buttermilk Ranch (not vegan).

Vegan-option salads come with vegan cheese.

Add a bread basket \$4

Veg / Vegan Purist 7.5
Sometimes it’s the simple things in Life...House mix of baby kale, baby spinach, and iceberg lettuce – with red onions, grape tomatoes, and shaved Parmesan.

Veg / Vegan Grilled Romaine 8.5
Romaine brushed with olive oil and grilled; topped with vegan bacon bits, red onion, tomatoes, and shaved Parmesan. Comes with your choice of vinaigrette.

Veg / Vegan Wedge 8.5
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.


Veg / Vegan Cascadian 8.5
Baby spinach, baby kale, iceberg, grape tomatoes, red onions, vegan bacon bits, bleu cheese crumbles, and pumpkin seeds.

Juju’s Favorite Veg/Vegan Lunch 11
A cup of soup and either a Veg/Vegan Purist or Veg/Vegan Cascadian salad – served with baguette. A Veg/Vegan Grilled Romaine or Veg/VeganWedge salad may be substituted for an additional 1.50

Vegan Buffalo Tofu Salad vegan 14.5
Deep fried firm tofu tossed in Frank’s Buffalo sauce and served on a salad bed of iceberg, baby field greens, cilantro, celery, onions, tomatoes, pumpkin seeds, cabbage, and vegan ranch dressing.

dietary key

 = Gluten free

 = Can be prepared Gluten Free