

V=VEGAN v=VEGETARIAN GF=GLUTEN FREE \* \*=POSSIBLE

SHARABLE

**Herbed Parmesan Fries (GF) (\*V\*) (v)**

One pound, tossed in rosemary and thyme, topped with parmesan 7.5

**Garlic Fries (GF) (V)**

One pound, tossed in fresh minced garlic and parsley, drizzled with house made roasted garlic aioli 7.5

**Pretzels (v)**

Two house made pretzels, served with a stout beer cheese edged with stone ground mustard (Made fresh daily, limited supply) 9

**Hummus and Bread (\*GF\*) (V)**

House made seasonally-flavored hummus, celery, cucumber, and carrots served with Alpine Bakery bread 8.5

**Pan Fried Brussels with Brussels Dip (\*GF\*) (\*V\*) (v)**

Pan fried with a lemon zest, served with house made brussels dip, topped with parmesan, and served with Alpine Bakery bread 11.5

**Drumsticks**

Nearly one and a half pounds of drumsticks tossed in our house made buffalo sauce or BBQ sauce, served with celery and carrots 13 (Please allow extra cooking time)

**Mozzarella Medallions (v)**

Fresh mozzarella discs (4), tossed in a house blend of panko, herbs, and spices, deep fried and served with a house made romesco sauce (\*romesco contains nuts\*) 7

**Cascadia Caprese (GF) (v)**

Fresh mozzarella balls, heirloom cherry tomatoes, crispy basil leaves, basil olive oil, and a balsamic reduction 6.5

**Quesadilla (\*v\*)**

Cheddar cheese, pinto beans, chipotle aioli, all inside a 12" flour tortilla, served with salsa, cilantro lime sour cream, and guacamole 10 Add Mary's Farm chicken 4

**Chips and Salsa (GF) (V)**

House made chips served with our house made salsa 5 Add a large guacamole 2

**Nachos (GF) (v)**

House made chips, cheddar and fontina cheese, house pinto beans, tomatoes, onions, cilantro, served with house salsa, house made guacamole, and cilantro lime sour cream 12.5 Add Mary's Farm chicken for 4

**Cashew Queso Nachos (GF) (V)**

House made chips, topped with a vegan cashew queso, house pinto beans, tomato, onion, and cilantro served with house made salsa, and guacamole (\*queso contains nuts\*) 13

**Pretzels w/Cashew Queso (V)**

Two house made pretzels, served with stone ground mustard and our creamy house vegan cashew queso (\*queso contains nuts\*) 9

**Buffalo or BBQ TOFU Sticks (GF) (V)**

Small Planet TOFU sticks, deep fried to a golden brown, served with celery and carrots, and a sauce of your choice 11.5

LEAVES AND SOUPS

All salads are served with Alpine Bakery bread. Any salad can be served as a wrap with a side of fries for just \$1. Dressing choices are house pear vinaigrette, house bleu cheese, Caesar, honey mustard, house balsamic vinaigrette (V), house ranch, or house vegan ranch (V)

**Chicken BSTA Salad (\*GF\*) (\*v\*)**

Mary's Farm chicken, house cut bacon, organic baby spinach, avocado, diced tomatoes, house croutons, and your choice of dressing 13.5

**NW Salmon Caesar Salad (\*GF\*)**

NW wild caught salmon fillet, fresh cut romaine, parmesan, house croutons, tossed in Caesar dressing 16 Blackened add 1

Substitute a Mary's Farm chicken breast for no charge

**Oregonzola Steak Salad (\*GF\*) (\*v\*)**

St. Helens Farm's culotte, organic baby spinach, Hill's Farm house cut bacon, Rogue Oregonzola, dried cranberries, apples, candied walnuts, served with Oregonzola bleu cheese dressing 16.5 Blackened add 1

**Soup and Salad (\*V\*) (v)**

Our house salad with your choice of dressing, and a cup of our house made creamy tomato basil soup, topped with shredded parmesan. 10

**Tomato Basil Soup (\*V\*) (v)**

Our house made creamy tomato basil soup, topped with shredded parmesan, served with Alpine Bakery bread. 5 \*Ask about our rotating soup\*

**Cascadia House Salad (\*GF\*) (\*V\*) (v)**

Organic baby spinach, cherry tomatoes, red onions, shredded carrots, croutons, and topped with shredded parmesan 6 half/10 whole

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## BURGERS AND SANDWICHES

Burgers are seasoned with our house blend. All are served with fries, seasonal fruit, or house salad. Sub garlic or parm fries for \$1 and soup for \$2. Add a Gebber's Farm grass fed beef patty for \$4. Substitute a Mary's Farm chicken breast for \$1.50. Sub mac or Curry mac for \$3.5. All sandwiches can be made gluten free with a gluten free bun \$2.

### **The Steak Dip**

St Helen's Farm's sliced culotte steak, fontina, house made horseradish aioli, au jus, served on an Alpine Bakery hoagie 15 Add grilled or crispy onions .75

### **Cascadia Burger** <sup>^</sup>

Gebber's Farm grass fed beef, hand cut bacon, Tillamook cheddar, topped with a Wilcox Farms fried egg, butter lettuce, tomato, red onion, and chipotle aioli, served on an Alpine Bakery pretzel bun 15.5

### **Deluxe Cheeseburger** <sup>^</sup>

Gebber's Farm grass fed beef, Tillamook cheddar, butter lettuce, tomato, and red onion, served on an Alpine Bakery pretzel bun 13  
Add bacon 2

### **D's BBQ Burger** <sup>^</sup>

Gebber's Farm grass fed beef, hand cut bacon, butter lettuce, tomato, BBQ sauce, onion straws, and Tillamook cheddar, served on an Alpine Bakery pretzel bun 14.5

### **The Trail Blazer Burger** <sup>^</sup>

Gebber's Farm grass fed beef, Tillamook pepper jack, hand cut bacon, Sriracha aioli, lettuce, tomato, grilled jalapenos, onion straws, served on an Alpine Bakery pretzel bun 15

### **Chicken BLTA** <sup>^</sup>

Mary's Farm chicken breast, hand cut bacon, lettuce, tomato, avocado, and cilantro lime aioli, served on an Alpine Bakery pretzel bun 13.5 Add cheese 1

### **Alaskan Cod Sandwich**

Hand breaded Alaskan cod, spinach, tomatoes, and lemon dill aioli, served on an Alpine Bakery hoagie 14.5 Substitute NW Salmon 2.5

### **West Coast Philly**

St. Helens Farm's sliced culotte steak, grilled onions and peppers, good ol' American cheese, and chipotle aioli, served on an Alpine Bakery hoagie 15 Add au jus for .75

### **Buffalo Chicken Sandwich**

Grilled Mary's Farm chicken breast, house made buffalo sauce, hand cut bacon, bleu cheese crumbles, tomato, lettuce, served on an Alpine Bakery pretzel bun 13.5

### **Grilled Cheese** (\*v\*)

Tillamook cheddar, fontina, hand cut bacon, tomato, and grilled onion on Alpine Bakery French bread 13

### **Small Planet Philly** (V)

Small Planet TOFU, grilled onions and peppers, Chao cheese and chipotle aioli, served on a ciabatta hoagie 14.5

### **Small Planet TLTA** (V)

Small Planet TOFU, marinated in our house smoky sauce, lettuce, tomato, avocado and basil garlic aioli, served on toasted Alpine Bakery sourdough 13.5 Add Chao cheese 1.5

### **BBQ TOFU Sandwich** (V)

Small Planet TOFU, tossed in BBQ Sauce, creamy slaw, and crispy onion straws, served on a ciabatta bun 13.5 Add Chao cheese 1.5

### **The Bean Beet Burger** (V) (Contains nuts)

House made bean and beet patty, butter lettuce, tomato, red onion, cilantro, and plant based chipotle aioli, served on a ciabatta bun, 13.5 Add Chao cheese 1.5

### **The Impossible** <sup>TM</sup> or **Beyond Burger** <sup>TM</sup> (V)

Your choice of one of our plant based burgers, butter lettuce, tomato, red onion, and house sauce, served on a ciabatta bun. Impossible 16 Beyond 15 Add Chao cheese 1.5

## DISHES

### **Cod and Chips**

Hand cut wild Alaskan cod, beer battered, panko crusted, fried to a golden brown, served with lemon dill aioli, and house cocktail sauce 14.5

### **Steak and Herbed Parmesan Fries** (\*GF\*)

St. Helen's Farm's culotte steak, herbed parmesan fries, served on a bed of crispy onions, topped with herb compound butter, served with a side salad. (Please allow extra cooking time) 18

### **Blackened Salmon and Herbed Parmesan Fries** (\*GF\*)

Blackened NW wild caught salmon fillet, on a bed of onion straws, lemon, dill, served with herbed parmesan fries and a side salad 17.5

### **Mac & Cheese** (v)

Tillamook smoked cheddar, fontina, penne noodles, fresh herbs, topped with breadcrumbs and parmesan, served with toasted Alpine Bakery bread Whole 12 / Half 7 Add a grilled Mary's Farm chicken breast 4

### **Curry Mac** (V)

Penne pasta, coconut and herb base with yellow curry, topped with bread crumbs, served with toasted Alpine Bakery bread Whole 13 / Half 7.5 Add Small Planet TOFU for 3

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