



SHAREABLE

GARLIC ON GARLIC FRIES -8
garlic oil, herbs, roasted garlic aioli (GF, NF, V)

HOUSEMADE PRETZELS -11
beer cheese OR vegan queso, stone ground mustard (NF)

PULLED CHICKEN QUESADILLA -14
pinto beans, chipotle aioli, flour tortilla, cilantro, guacamole, salsa, lime crema (NF)
- make it VEGAN w/ FYH mozzarella, onions, cilantro

CHORIZO QUESO NACHOS -14
queso, chorizo crumbles, onions, cilantro, pickled jalapenos, guacamole, salsa, lime crema (NF)
- make it VEGAN w/ vegan queso and soyriso crumble

BUFFALO CAULI FLATBREAD -12
buffalo base, red onions, green onions, cilantro, vegan ranch (V, NF)
- gluten free +1.5

MARGHERITA FLATBREAD -12
roasted garlic oil base, mozzarella pearls, heirloom tomatoes, fresh basil, balsamic glaze (NF)
- make it VEGAN w/ FYH mozzarella -13
- gluten free +1.5

PAN FRIED BRUSSELS SPROUTS -10
balsamic glaze, lemon zest, alpine bakery baguette (GFO,NF)

LEAVES

- DRESSINGS -

pear vinaigrette, balsamic vinaigrette, bleu cheese, caesar, ranch, honey mustard, vegan ranch, vegan bleu cheese

- make any salad a wrap w/ side +2

CASCADIA HOUSE SALAD -6/10
half/whole
baby spinach, cherry tomatoes, red onions, shredded carrots, croutons, parmesan/VEGAN parmesan (GFO, NF)

CHICKEN BSTA SALAD -15
grilled chicken breast, bacon, baby spinach, avocado, diced tomatoes, croutons, choice of dressing. (GFO,NF)
- make it blackened +1

OREGONZOLA STEAK SALAD -16.5
NW-raised angus steak, oregonzola crumbles, bacon, baby spinach, dried cranberries, apples, candied walnuts, bleu cheese dressing (GF)
- make it blackened +1

ALASKAN SOCKEYE SALMON CAESAR SALAD -16.5
romaine, parmesan, croutons, caesar dressing (GFO, NF)
- make it blackened +1

GF - gluten free
GFO - gluten free option
NF - nut free
V - vegan

**OUR MEATS, CHEESES, AND PRODUCE ARE SOURCED PRIMARILY
IN THE CASCADIA BIO-REGION**

BURGERS / SANDWICHES

ALL burger/sandwiches served with fries, seasonal fruit, or house salad
sub garlic fries OR parm/VEGAN parm fries +1.5 - sub mac OR curry mac +4
add NW Angus beef patty +4 - sub chicken breast +1.5
sub gluten free bun on ANY sandwich +2

CASCADIA BURGER -16
bacon, tillamook cheddar, fried egg, butter lettuce,
tomato, red onion, roasted garlic aioli, alpine bakery bun
(NF)

- make it VEGAN w/ impossible patty, FYH cheddar

MARSALA-MUSHROOM & GOUDA
BURGER -16

marsala-glazed mushrooms, smoked gouda, butter
lettuce, caramelized shallot aioli, crispy onions, alpine
bakery bun (NF)

- make it VEGAN w/ beyond patty, FYH smoked gouda

BLACK & BLEU BURGER -16.5

blackened patty, oregonzola bleu cheese, bacon, butter
lettuce, red onion relish, alpine bakery bun (NF)

- make it VEGAN w/ impossible patty, bleu cheese
spread, tofu bacon.

THE TRAIL BLAZER BURGER -16

tillamook pepper jack, fire roasted jalapenos, bacon,
sriracha aioli, butter lettuce, tomato, crispy onions,
alpine bakery bun (NF)

- make it VEGAN w/ impossible patty, FYH pepperjack

NW STEAK DIP -16.5

white cheddar, au jus, horseradish aioli, crispy onions,
alpine bakery hoagie. (NF)

CASCADIA CHEESESTEAK -16.5

grilled onions, peppers and mushrooms, tillamook american
cheese, garlic aioli, alpine bakery hoagie (NF)

- make it VEGAN w/ impossible beef, FYH american

TURKEY MELT -15

sliced turkey breast, bacon, smoked gouda, butter lettuce,
tomato, basil aioli, grilled sourdough

CRISPY CHICKEN SANDWICH -16

hand breaded chicken breast, bacon, tillamook pepperjack,
butter lettuce, tomato, pickle, chipotle aioli, alpine bakery
bun (NF)

SMALL PLANET TLTA -14

small planet tofu marinated in smoky TLTA sauce, butter
lettuce, tomato, avocado, basil aioli, grilled sourdough (V, NF)

BBQ TOFU SANDWICH -15

small planet tofu glazed in BBQ sauce, creamy slaw, crispy
onions, alpine bakery bun (V, NF)

DISHES

MAC & CHEESE ...13.5 whole / 7.5 half
housemade three cheese sauce, penne, fresh herbs,
breadcrumbs, alpine bakery baguette
- add grilled mary's farm chicken breast +4

CURRY MAC ...13 whole / 7 half
coconut-herb sauce, fresh herbs, bread crumbs,
alpine bakery baguette (V)

*consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of foodborne illness** although we do our best to prevent cross contamination, we use shared equipment and cannot promise complete allergen free food*

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