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



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

One pound, tossed in rosemary and thyme, topped with parmesan 9

Garlic Fries (GF)

One pound, tossed in fresh minced garlic and parsley, drizzled with house made roasted garlic aioli 8

Pretzels (v)

Two house made pretzels, served with a stout beer cheese edged with stone ground mustard (Made fresh daily) 10

Chips and Salsa (GF)

De Leon Foods corn chips served with our house made salsa 5 Large house made guacamole 3

Nachos (GF) (v)

De Leon Food's corn chips, cheddar jack cheese, house pinto beans, tomatoes, onions, jalapenos, cilantro, drizzled with house sour creme', served with house salsa, and guacamole, 13.5 Add Mary's Farm chicken breast 4

Quesadilla (v)

Cheddar jack cheese, pinto beans, chipotle aioli, all inside a 14" De Leon Food's flour tortilla, garnished with cilantro, and served with salsa 10

Add Mary's Farm chicken breast 4

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

Pan fried with lemon zest, served with a house made cheesy brussels dip, topped with parmesan, and served with Alpine Bakery bread 12.5

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)

Margherita Flatbread (*GF*)(*V*)(v)

Topped with olive oil and fresh garlic, mozzarella pearls, sliced heirloom tomatoes, fresh basil, and drizzled with a balsamic glaze 11

Buffalo Cauliflower Flatbread (*GF)(V)

Based with vegan buffalo ranch sauce, lightly fried buffalo cauliflower, red onions, green onions, cilantro, and drizzled with vegan ranch 12

BBQ Chicken Flatbread (*GF*)

Tangy BBQ sauce, Mary's Farm chicken breast, red onions, mozzarella cheese, garnished with green onions 12

(Substitute a gluten free flatbread for \$2)

LEAVES & SOUP

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

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

Scratch made tomato basil soup, topped with shredded Parmesan and basil 5

Chicken BSTA Salad (*GF*)

Mary's Farm chicken breast, thick cut bacon, organic baby spinach, avocado, diced tomatoes, house croutons, and your choice of dressing 14

Oregonzola Steak Salad (*GF*)

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St. Helens Farm's coulotte, organic baby spinach, thick cut bacon, Rogue Oregonzola crumbles, dried cranberries, apples, candied walnuts, served with Oregonzola bleu cheese dressing 16.5

Try it blackened 1

NW Salmon Caesar Salad (*GF*) NW wild caught salmon fillet, fresh cut

romaine, parmesan, house croutons, tossed in Caesar dressing 16.5

Try it blackened 1

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

Organic baby spinach, cherry tomatoes, red onions, shredded carrots, croutons, topped with shredded parmesan 6 half/10 whole Make it a combo, add soup 4

Baja Chicken Salad

Mary's Farm chicken breast, romaine, house bean mix, pico, cilantro, tortilla strips, and sliced avocado, served with house salsa 14 Sub steak 2.5

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Burgers are seasoned with our house blend. All are served with fries, seasonal fruit, or house salad. Sub garlic or parm fries for \$1.5. Sub soup \$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 \$4. All sandwiches can be made gluten free with a gluten free bun \$2.

The Steak Dip

St Helen's Farm's sliced coulotte steak, fontina, house made horseradish aioli, au jus, served on an Alpine Bakery hoagie 15.5 **West Coast Philly**

St. Helens Farm's sliced coulotte steak, grilled onions and peppers, good ol'
American cheese, and chipotle aioli, served on an Alpine Bakery hoagie 15.5

Cascadia Burger

Gebber's Farm grass fed beef, thick cut bacon, Tillamook cheddar, a Wilcox Farms fried egg, butter lettuce, tomato, red onion, and chipotle aioli, served on an Alpine

Bakery bun 15.5 **Deluxe Cheeseburger**

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

Mushroom Gouda Burger △

Gebber's Farm grass fed beef, butter lettuce, tomato, sauteed mushrooms and onions, smoked gouda, and garlic aioli, served on an Alpine Bakery bun 14.5 Add thick cut bacon 2

The Trail Blazer Burger ∧

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

Chicken BLTA

Mary's Farm chicken breast, thick cut bacon, butter lettuce, tomato, avocado, and cilantro lime aioli, served on an Alpine Bakery bun 14

Turkey Club Melt

Sliced oven roasted turkey breast, thick cut bacon, smoked gouda, butter lettuce, tomato, and house pesto aioli, on thick cut grilled sourdough 14.5

Crispy Chicken Sandwich

Mary's Farm chicken breast, breaded in a blend of herbs and spices, deep fried to a golden brown, butter lettuce, tomato, pickle, thick cut bacon, pepper jack cheese, and chipotle aioli, on an Alpine Bakery bun 14.5 *Grilled Cheese*

Smoked gouda, Tillamook cheddar and American cheese, thick cut bacon, tomato, and red onion, on Parmesan crusted thick cut sourdough 14



Steak and Herbed Parmesan Fries (*GF*)

St. Helen's Farm's 10oz coulotte steak on a bed of crispy onion straws, topped with sauteed mushrooms and herb compound butter, served with herbed parmesan fries and a side salad (Please allow extra cooking time) 20

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 18.5

Mac & Cheese (v)

Smoked gouda, white cheddar, penne noodles, fresh herbs, topped with breadcrumbs and parmesan, served with toasted Alpine Bakery bread Whole 13.5 / Half 7.5

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

"Our kitchen uses shared equipment, therefore we cannot guarantee 100% allergen free."

