

Cascades

Dinner Menu

STARTERS

-  **Shrimp Cocktail | 9 |**
8 Jumbo Shrimp with Cocktail Sauce & Lemon
-   **Potato Boats | 10 |**
Add Crab +3
Cheese, Bacon, Chives & Sour Cream
-  **Imperial Crab Dip | 9 |**
With Baguette
-   **Starter Salad | 2 |**
Garden (Cucumber, Tomatoes, Carrots, Onions & Croutons)
Caesar (Romaine Lettuce, Caesar Dressing, Parmesan Cheese, Pine Nuts & Croutons)
- Soup Cup | 2 | Soup Bowl | 4 |**

ENTREE SALADS

  **Farmhouse Salad | 8 |**
Mixed Greens, Craisins, Red Onion, Candied Walnuts & Goat Cheese

 **Classic Caesar Salad | 6 |**
Add Anchovies +1
Romaine Lettuce, Shaved Parmesan, Croutons & Caesar Dressing

 **Black and Blue Wedge | 15 |**
Iceberg Wedge, Blackened Steak, Blue Cheese, Grape Tomatoes & Bacon

Asian Chicken Salad | 11 |
Grilled Chicken Breast with Napa Cabbage, Almonds, Mandarin Oranges, Scallions,
Toasted Sesame Seeds, Crispy Wontons & Cilantro with Sweet Chili Sauce



ENTRÉE SALAD ENHANCEMENTS: Grilled Chicken Breast | 4 | Grilled Salmon | 6 |
Dressings: Balsamic Vinaigrette | Bleu Cheese | Caesar | Honey Mustard | Italian | Ranch

Dinner Specials are available
Monday-Friday



WEEKLY SPECIALS

Weekly Specials sides may be
substituted for Your Creations sides

  **Kale Bowl | 12 |**
Marinated Kale, Quinoa, Avocado, Sauteed Squash, Black Bean & Corn Salsa,
Grape Tomatoes, Queso Fresco, Lime, Cilantro & Red Pepper Vinaigrette

Meatball Sub | 15 |

Marinara, Mozzarella, French Fries & Garlic Aioli

Steak Street Tacos | 15 |

Purple Cabbage Slaw, Cotija Cheese, Lime Crema, Fresh Avocado, Micro Cilantro & Tortilla Chips

Orecchiette Pasta | 15 |

Italian Sausage, Fennel, Garlic, Shallots, Spinach, Cream Sauce & Parmesan Cheese

  **Thai Basil Pesto | 16 |**

Rice Vermicelli, Grilled Shrimp, Micro Cilantro, Peanuts,
Purple Cabbage, Carrots, Spring Onion, Peppers & Sesame Seed

Pizza Calzone | Sm. 10 | Lg. 14 |

Ricotta, Mozzarella & Sausage

PIZZA AVAILABLE TUESDAY-SATURDAY

NUTRITION KEY: Heart Healthy  Gluten Free  Vegetarian  Dairy Free 

**Consuming raw or undercooked meat, poultry; shellfish or eggs may increase your risk of contracting food borne illness.*

Cascades Dinner Menu

HANDHELDS

HANDHELDS INCLUDE YOUR CHOICE OF: ONE SIDE

CHOOSE ONE: Applesauce | Coleslaw | Fresh Mixed Fruit | French Fries | Sweet Potato Fries
BREAD SELECTIONS (Available Upon Request): Wheat | White | Multi Grain | Gluten Free | Lettuce

Crab Cake Sandwich | 13 |

Crabmeat, Sliced Tomato, Lettuce & Remoulade on Brioche Bun

CASCADDES Grilled Seven Hills Burger | 10 |

8 oz. Ground Angus Beef*, Lettuce, Tomato, Onion & Choice of Cheese on Brioche Bun

Grilled Cheese | 8 |

Sourdough Bread, Swiss, Provolone, Mozzarella, Tomato & Pesto













YOUR CREATIONS

Steaks ordered Well Done will take at least 30 minutes











Choose 1 entrée & 2 sides

Vegetables can be: Blanched, Sauteed, Baked, or Salt-free
 Proteins can be: Grilled, Seared, Blackened, or Salt-free

Entrees

-   Vegetable Plate (4 sides) | 10 |
-   Boneless Skinless Chicken Thigh or Breast | 13 |
-   Ora King Salmon | 15 |
-   Filet Mignon | 21 |
-   Scallops | 20 |
-   Catch of the Day | 13 |
- 2 Pan Seared Crab Cakes | 18 |
- 3 Fried Chicken Tenders | 12 |

Sides

- Baked Sweet Potato   
- Wild Rice  
- Steamed Jasmine Rice 
- Mashed Potatoes  
- Baked Potato  


Sides

- Green Beans  
- Carrots  
- Spinach  
- Asparagus  
- Green Peas  





Sides





- Sweet Potato Fries  
- French Fries  
- Applesauce  
- Coleslaw  
- Fresh Mixed Fruit  
- Vegetable of the Day  





SWEET ENDINGS

Scoop of Ice Cream du jour | 1 | 

Fresh Fruit Cup | 1 | 

Creme Brulee of the Week: Cherry & Almond | 5 |    

Cake of the Week: Vanilla Cake with Vanilla Frosting | 2 |    

Pie of the Week: Peanut Butter Pie with Reese's | 3 |    

Seven Hills Beef Farm
Locally Sourced Beef



Sustainable



Local



Vegetarian



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