

Cascades

Lunch Menu



STARTERS

  **Potato Boats | 10 |**
Add Crab +3

Cheese, Bacon, Chives & Sour Cream

Chicken Quesadilla | 12 |

Tortilla, Melted Cheese, Grilled Chicken, Peppers, Onions, Salsa & Sour Cream


  **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 Onions, Candied Walnuts & Goat Cheese

Asian Chicken Salad | 11 |

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

 **Black and Blue Wedge | 15 |**

Iceberg Wedge, Blackened Steak, Blue Cheese, Grape Tomatoes & Bacon

 **Classic Caesar | 6 |**

Add Anchovies +1

Romaine Lettuce, Shaved Parmesan, Croutons & Caesar Dressing

ENTRÉE SALAD ENHANCEMENTS: Grilled Chicken Breast | 4 | Grilled Salmon | 6 |

Dressings: Balsamic Vinaigrette | Bleu Cheese | Caesar | Honey Mustard | Italian | Ranch

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

 **Turkey Club Wrap | 10 |**

Turkey, Bacon, Lettuce, Tomato, Swiss Cheese & Dijonnaise on Herb Wrap

Chicken Salad Wrap | 10 |


Roasted Chicken Salad, Lettuce & Tomato on Herb Wrap

Crabcake Sandwich | 13 |

Pan Fried Crabcake, Remoulade, Lettuce & Tomato on Brioche Bun

 **Grilled Cheese | 8 |**

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

 **CASCADES Grilled Seven Hills Burger | 10 |**

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

Patty Melt | 10 |

Sauteed Onions, Mushrooms, & Provolone Cheese on Rye

Meatloaf Sandwich | 10 |

On a Hoagie Roll with Cheddar Cheese

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.*

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Lunch Menu



WEEKLY SPECIALS

Lunch Specials are available
Monday-Saturday

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

Weekly Specials sides may be
substituted for Your Creations sides

YOUR CREATIONS

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 |
- Catch of the Day | 13 |
- Grilled Marinated Beef Medallions | 15 |
- Grilled Boneless Skinless Chicken Thigh or Chicken Breast | 13 |
- 3 Fried Chicken Tenders | 12 |

Steaks ordered Well Done
will take at least 20 minutes

Sides

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

Sides

- Green Beans
- Carrots
- Spinach
- Vegetable of the Day
- Applesauce
- Coleslaw
- Fresh Fruit

SWEET ENDINGS

Scoop of Ice Cream du jour | 1 |

Fresh Fruit Cup | 1 |

Crepe 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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