

Cascades Dinner Menu



SOUP DU JOUR

ASK YOUR SERVER ABOUT OUR DAILY SELECTION | **ala carte CUP 3** | **ala carte BOWL 5**



SALADS



CAESAR SALAD | **ala carte SIDE 4** | **ala carte ENTRÉE 8**

Romain lettuce, Caesar dressing, Parmesan cheese, pine nuts, croutons (*GF w/o croutons)



CASCADES CHOPPED SALAD | **ala carte SIDE 5** | **ala carte ENTRÉE 9**

Iceberg lettuce, grape tomato, red onion, cucumber, boiled egg, bacon, shredded cheddar cheese, croutons (*GF w/o croutons)



FARMHOUSE SALAD | **ala carte SIDE 5** | **ala carte ENTRÉE 10**

Mixed Greens, raisins, red onion, candied walnuts, goat cheese

DRESSINGS: BLEU CHEESE CITRUS VINAIGRETTE ITALIAN LITE RANCH RASPBERRY VINAIGRETTE 1000 ISLAND HONEY MUSTARD BALSALMIC LEMON POPPYSEED

ENTRÉE SALADS

AVAILABLE ONLY AS AN ENTRÉE PORTION

ENTRÉE SALADS INCLUDE YOUR CHOICE OF: Cup of Soup or One Side and Dessert



Cascades Salad Bowl | **14** |

Farro, sweet potato, marinated green beans, pumpkin seed, blue cheese balsamic vinaigrette



Roasted Beet and Kale Salad | **13** |

Shaved parmesan cheese, candied pecans, pickled turnips, lemon vinaigrette



Sesame-Ginger Green Salad | **14** |

Edamame, bell pepper, carrots, scallions, sugar snap peas, mandarin orange, sesame ginger vinaigrette

ENTRÉE SALAD ENHANCEMENTS: GRILLED CHICKEN BREAST 6 | GRILLED SALMON 9

ENTREES INCLUDE YOUR CHOICE OF: A CUP OF SOUP or SIDE SALAD and DESSERT

SIDES CAN BE SUBSTITUTED UPON REQUEST



ENTREES

(No substitutions)



Seven Hills Farm Roasted Filet Mignon | **27** |

German fingerling potato salad, broccolini, Madeira Sauce



Sauteed Ora King Salmon | **23** |

Butternut squash and Brussel Sprout hash, spinach, apple cider sauce

Ashley Farms Garlic and Rosemary Roasted Chicken | **18** |

Mascarpone polenta, red cabbage, cranberry-port wine sauce



Winter Vegetable Penne Pasta | **16** |

Sweet Potato, kale, broccoli, pine nuts, garlic, white wine sauce

NUTRITION KEY: Heart Healthy



Made with no Gluten



Vegetarian



Be Well

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

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HANDHELDS

HANDHELDS INCLUDE YOUR CHOICE OF: A CUP OF SOUP or SIDE SALAD, ONE SIDE and DESSERT

CHOOSE ONE: APPLESAUCE COLESLAW FRESH MIXED FRUIT
FRENCH FRIES SWEET POTATO FRIES

BREAD SELECTIONS: WHEAT WHITE MULTI GRAIN GLUTEN FREE

Crab Cake Sandwich | 16 |
crabmeat, sliced tomato, lettuce, remoulade on toasted brioche bun

Grilled or Blackened Fish Sandwich | 12 |
Lettuce, tomato, onion, garlic aioli

CASCADES Smashburger | 13 |
6 oz. Ground Angus Beef *, lettuce, tomato, onion, choice of cheese, brioche bun

NEW!

Your Creations




YOUR CHOICE, INCLUDES CHOICE OF: A CUP OF SOUP or SIDE SALAD and DESSERT

Choose one entrée and 2 sides



Vegetables can be: Blanched, Sauteed, Baked, Salt-free

Proteins can be: Grilled, Seared, Blackened, Salt-free

Entrees

Vegetable Plate (4 sides) | 13 |
 Chicken Breast | 16 |
 Salmon | 20 |
 Filet Mignon | 25 |
 Pork Tenderloin | 18 |

Sides

 Baked Potato
 Fingerling Potatoes
 Brown Rice Pilaf
 Baked Sweet Potato

Sides

Green beans
 Spinach
 Carrots
 Broccoli

We have also started to include locally sourced and sustainable items on the menus.
 See new logos below.

Seven Hills Beef Farm
 Locally Sourced Beef



Sustainable



Local



Vegetarian



Ashley Farms
 Sourced Chicken



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