



On The Lighter Side

Grilled Ahi Tuna On Baby Wild Greens - Sashimi yellow fin grilled fan sliced over organic baby field greens, sweet teriyaki vinaigrette 15

Flat Grilled Thai Shrimp and Noodles Salad - Spiced grilled shrimp soba noodles with garlic Thai spiced sesame oil and lime with a sweet Thai chili dipping sauce 15

Grilled Chicken Wrapper Cascade - Grilled breast of chicken with roasted garlic Caesar salad in a wrapper with shaved pecarino romano 9

Pan Roasted Vegetable Couscous Cascade - Button mushrooms, asparagus, zucchini, carrots, plum tomatoes, scallions, pan roasted with herbs tossed with couscous and roasted vegetable stock 14

Choice Eight Ounce Club Burger* - Ground sirloin burger, flat grilled, on a deli style bun with fries 8 With cheese or Patty melt style 9

Grilled Thai Salmon Pasta Fresco - Atlantic salmon, spicy thai chili marinade char grilled on whole wheat linguine with mini asian vegetables, thai chili oil drizzle 16

Pan Braised Tilapia Risotto Parmesan - Pan braised tilapia, parmesan risotto, grilled asparagus, parmesan cream sauce 18

Parmesan Crusted Crab Cake Pesto Linguine Alfredo - Lump crab cake dusted in parmesan, griddle fried in olive oil on whole wheat linguine, with a classic alfredo sauce and fresh basil pesto 18

Grilled Salmon Salad Asian Style - Asian spiced grilled atlantic salmon on a chiffonade of romaine with scallion and ginger crisps, teriyaki vinaigrette 16

Cascade Hills Burrito Grande - Meat burrito with our special burrito sauce, nacho chips, sour cream and salsa 11

Carne Asada Quesadilla - Marinated grilled flat iron steak, grilled peppers, onions in a flat grilled cheese quesadilla with chipotle sour cream salsa 12

Chicken Fajita Quesadilla Guacamole - Flat grilled fajita chicken grilled quesadilla with cheese and guacamole, served with a chipotle ranch dipping sauce 11

Grass Fed Grass Finished Flat Iron Steak Rancho* - Tall Grass Farms Eight ounce flat iron char grilled with haystack onion crisps, chipotle ranch sauce 24 Smaller portion 14