

# Lunch

## START + SHARE

### TUNA CRUDO 21

sushi-grade tuna, sriracha, California olive oil, avocado, herbs, grilled baguette

### CALAMARI + JALAPEÑO 20

jalapeño, spicy marinara

### STEAMERS 22

bucket of fresh clams, tomato, roasted garlic, white wine, chili oil, grilled baguette

### CHEESE BOARD 18

artisanal cheese, seasonal jam, housemade flatbread

*charcuterie +8*

### ARTICHOKE CROQUETTES 12

artichoke, goat cheese, green onion, mustard herb aioli

### EMPANADAS 12

two empanadas served with chimichurri  
beef - spicy beef, gruyère, sun dried tomatoes  
veggie - mushroom, onion, potato, spinach gruyère

### PRAWN COCKTAIL 18

5 large prawns, housemade cocktail sauce

### ROASTED BRUSSELS SPROUTS 12

pomegranate balsamic

*goat cheese +3    bacon +3*

### CAMPGROUND BRAVAS 12

crispy potatoes, vegetarian chili, white cheddar sauce, green onion, calabrese peppers, fried egg

### DIRTY FRIES 12

rosemary, garlic, calabrese peppers, parmesan, aioli dipping sauce

## SOUP + SALAD

### ROASTED TOMATO BISQUE 7

gruyère croutons, olive oil

### CLAM CHOWDER 12

clams, white wine, mushroom, thyme, eucalyptus

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### CAESAR 14

Caesar dressing, gruyère croutons, hemp seeds  
*add boquerones (white anchovies) +4*

### COSTANOA CAPRESE 16

fresh mozzarella, heirloom tomato, roasted pine nuts, shallots, kalamata olives, arugula, lemon, olive oil

*add boquerones (white anchovies) +4*

### WARM GOAT CHEESE + ROASTED BEET 20

Costanoa farm kale, almonds, lemon vinaigrette, hemp seeds

### HOUSE SALAD 12

mixed greens, tomato, cucumber, beet + carrot curls, raspberry walnut vinaigrette

*add to any salad: goat cheese +3 avocado +5  
shrimp +8    steak +9    salmon +10  
grilled chicken +6*

## BURGERS + SANDWICHES

all sandwiches are served on a brioche bun.  
side of fries or side salad (unless otherwise noted)  
*dirty fries +3*

### CASCADE BURGER 18

American wagyu beef, sharp cheddar, lettuce, caramelized onion, house sauce

### IMPOSSIBLE® BURGER 18

house-blended plant-based burger, sharp cheddar, lettuce, caramelized onion, house sauce  
*black bean burger upon request*

**SALMON + AVOCADO TOAST 18**

pickled shallot, radish, dill, multigrain bread  
*avocado only 12*

**CRAB CAKE SANDWICH 18**

house-made crab cake, arugula, lemon dijonaise, avocado, pickled green tomato

**FRIED CHICKEN SANDWICH 18**

smoked gouda sauce, cole slaw, calabrese peppers

**GRILLED CHEESE 14**

candied onions, sharp cheddar cheese, sourdough. choice of salad or tomato soup

**CLASSIC FRENCH DIP 18**

sliced pime rib, gruyère, horseradish cream, baguette, au jus

**CAPRESE 16**

arugula pesto, virgin olive oil, crushed black pepper, marinated tomato, buffalo mozzarella, artichoke purée, ciabatta

**TURKEY CLUB 17**

turkey, bacon, avocado, lettuce, tomato, garlic mayo, sourdough

**add to any sandwich or burger:**

*bacon +3    avocado +5*

**CRISPY TOSTADAS 18**

select two tostadas

**PORK CARNITAS**

spicy slaw, pickled shallot, salsa roja

**GRILLED SHRIMP**

avocado mousse, golden pepper, cilantro

**TEMPURA ARTICHOKE**

lemon aioli, Costanoa arugula

**SEASONAL SELECTION**

ask your server for the seasonal offering

# KIDS

kids menu is for kids 12 and under only please

**FRESH VEGGIES, FLATBREAD + RANCH 8**

**MAC + CHEESE 8**

**CHICKEN FINGERS + FRIES 12**

**BURGER + FRIES 12**

**VEGGIE MEATBALL + POMODORO PASTA 12**

**CHEESE OR PEPPERONI PIZZA 12**

**FRUIT SALAD 8**



## COCKTAILS, BEER + WINE

Here at Cascade, we have a list of craft cocktails with fresh ingredients, local wines and a constantly changing, creative tap list - we strive to consistently offer local favorites hand-selected from top breweries and wineries to provide the our guests with the best on the North Coast.

Ask your server for our latest selection.  
Cheers!

AT CASCADE WE FEEL THAT LOCAL, ORGANIC, SUSTAINABLE HANDCRAFTED INGREDIENTS ARE THE KEY TO GREAT FOOD. WE DO OUR BEST TO USE SMALL FAMILY FARMS, ORGANIC GROWERS, SUSTAINABLE/FAIR-TRADE PRODUCERS, & OUR OWN FARM HERE AT COSTANOA.

GLUTEN FREE + VEGAN OPTIONS ARE AVAILABLE UPON REQUEST. PLEASE ASK YOUR SERVER ABOUT ACCOMMODATIONS TO ANY DIETARY RESTRICTIONS.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.