

Lunch

START + SHARE

SALMON TARTAR 18

sashimi-grade salmon, avocado, yuzu, cilantro, tostada cracker

CALAMARI + JALAPEÑO 14

jalapeño, spicy marinara

LOCAL ARTICHOKE 16

goat cheese purée, farm greens, spicy aioli

STEAMED CLAMS 20

clams, tomato, roasted garlic, white wine, chili oil, grilled baguette

CHEESE BOARD 16

artisanal cheese, seasonal jam, pickled garden veggies, housemade flatbread
charcuterie +8

EMPANADAS 12

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

TARRAGON WINGS 16

seasoned chicken wings, herbed green goddess

TEMPURA FARM VEGETABLES 14

local and Costanoa farm-grown tempura vegetables, dashi butter + sweet soy sauce

ROASTED BRUSSELS SPROUTS 12

pomegranate balsamic

goat cheese +3

CAMPGROUND BRAVAS 12

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

DIRTY FRIES 9

rosemary, garlic, calabrese peppers, parmesan

SOUP + SALAD

ROASTED TOMATO BISQUE 7

gruyère croutons, olive oil

CLAM CHOWDER 12

clams, white wine, mushroom, thyme, eucalyptus
any soup in a bread bowl +4

BIG BASIN 14

mixed greens, avocado, tomato, cucumber, boiled egg, kalamata olive, lemon vinaigrette

CENTRAL COAST CHOPPED 16

shaved fennel + brussels sprouts, Costanoa kale, avocado, radish, black beans, raspberries, almonds, marinated grapefruit, avocado lime vinaigrette

CAESAR 14

Caesar dressing, gruyère croutons, hemp seeds

WARM GOAT CHEESE + ROASTED BEET 16

Costanoa farm kale, almonds, lemon vinaigrette, hemp seeds

CASCADE FARM ARUGULA 12

Costanoa arugula, lemon, olive oil, parmesan

add to any salad: goat cheese +3 avocado +3

shrimp +8 steak +9 salmon +10

grilled chicken +6 chicken Milanese +6



BEERS ON TAP

Discretion Brewing

Accordian Man Marzen 6.1%
Redwood Blonde 5.3%
Jugo Nuevo Hazy IPA 5.6%
Uncle Dave's IPA 6.5%
Favorite Mug 5.2%
Shimmer Pilsner 5.3%

Santa Cruz Mountain Brewery

Silver Pale Ale 5.5%
Swift Street Amber 5%

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.

BURGERS + SANDWICHES

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

CASCADE BURGER 17

local beef, sharp cheddar, lettuce, caramelized onion, house sauce

IMPOSSIBLE® BURGER 17

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

SALMON + AVOCADO TOAST 17

pickled shallot, radish, dill, multigrain bread
avocado only 13

CRAB CAKE SANDWICH 19

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

FRIED CHICKEN SANDWICH 15

smoked gouda sauce, cole slaw, calabrese peppers

GRILLED CHEESE 12

candied onions, sharp cheddar cheese, sourdough
choice of salad or tomato soup add carnitas +5

BRAISED BEEF BAGUETTE 16

horseradish cream, fried onions, chimichurri

CAPRESE 14

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

TURKEY CLUB 14

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

*add to any sandwich or burger: bacon +3
avocado +3*

LUNCH SPECIALTIES

CRISPY TOSTADAS 14

select two tostadas

PORK CARNITAS

spicy slaw, pickled shallot, salsa roja

GRILLED SHRIMP

avocado mousse, golden pepper, cilantro

TEMPURA ARTICHOKE

lemon aioli, Costanoa arugula

FARM ARUGULA RIGATONI 12

rigatoni pasta, Costanoa arugula, cream
*goat cheese +3 shrimp +8 steak +9
salmon +10 grilled or fried chicken +6*

KIDS

kids menu is for kids 12 and under only please

FRESH VEGGIES, FLATBREAD + RANCH 8

MAC + CHEESE 8

CHICKEN FINGERS + FRIES 10

BURGER + FRIES 10

VEGGIE MEATBALL + POMODORO PASTA 10

FRUIT SALAD 8