

# Lunch

## START + SHARE

### TUNA POKE 18

sashimi-grade tuna, avocado, yuzu, cilantro, puffed rice cracker

### CALAMARI + JALAPEÑO 20

jalapeño, spicy marinara

### LOCAL ARTICHOKE 16

goat cheese purée, farm greens, spicy aioli

### STEAMED CLAMS 22

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

### CHEESE BOARD 18

artisanal cheese, seasonal jam, housemade flatbread

*charcuterie* +8

### 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

### 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     *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  
*any soup in a bread bowl* +4

### CENTRAL COAST CHOPPED 18

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  
*boquerones* +4

### WARM GOAT CHEESE + ROASTED BEET 20

Costanoa farm kale, almonds, lemon vinaigrette, hemp seeds

### CASCADE FARM ARUGULA 13

Costanoa arugula, lemon, olive oil, parmesan

### 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



## BEERS ON TAP

Here at Cascade, we have a constantly changing, creative tap list - we strive to consistently offer local favorites hand-selected from top breweries to provide the best beer 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.

## BURGERS + SANDWICHES

all sandwiches are served on a brioche bun. side of fries, housemade potato chips (regular or cajun), or side salad (unless otherwise noted)

*dirty fries or chips + 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  
*add carnitas +5*

### **CLASSIC FRENCH DIP 18**

sliced prime rib, 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*

## LUNCH SPECIALTIES

### **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

### **FARM ARUGULA RIGATONI 14**

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 12**

### **BURGER + FRIES 12**

### **VEGGIE MEATBALL + POMODORO PASTA 12**

### **CHEESE OR PEPPERONI PIZZA 12**

### **FRUIT SALAD 8**