



FALL DAILY FARE

MENU PRICING: RESIDENT | GUEST

STARTERS

Steak Bites* (GS, AS, LF) NA 481 / CAL 516 grilled wagyu steak served with sweet chili sauce	11 14.25	Salmon Bites* (GS, AS, LF) NA 269 / CAL 405 cilantro and lime infused, caramelized king salmon	8.5 11
Chicken Bites (GS, AS, LF) NA 573 / CAL 528 dark meat, with teriyaki sauce	6 7.75	Onion Rings NA 1401 / CAL 1185 with roasted tomato aioli; serves two	3.5 4.5

SOUPS

Soup du Jour	6 oz. cup 2.25 3	12 oz. bowl 4 5.25
Low Sodium Chicken Rice (GS, AS, LF) NA 85 / CAL 127	6 oz. cup 2.25 3	12 oz. bowl 4 5.25

SALADS

Appetizer 2.25 3	
Classic Caesar (AS) NA 172 / CAL 223 romaine, parmesan crisps, croutons, grape tomato and house caesar dressing	The Wedge (GS, AS) NA 541 / CAL 182 iceberg lettuce, crumbled bacon, grape tomatoes, red onion, blue cheese dressing with crumbles
Copper Salad (GS, AS) NA 330 / CAL 667 mixed greens, apples, strawberries, cranberries, feta, candied walnuts, champagne vinaigrette	Madrona Garden (AS, LF) NA 393 / CAL 243 organic greens, tomato, red onion, organic carrots and cucumber, garbanzos and croutons
Choice of Dressing Italian • Blue Cheese • Ranch • Thousand Island • Honey Mustard Vinegar + Oil • Caesar • Champagne Vinaigrette	
Aztec Salad (AS, LF) NA 366 / CAL 226 black beans, quinoa, red onion, bell pepper, tomato, corn, avocado, mango, and cilantro lime vinaigrette	5.5 7.25
Fruit Salad (GS, AS, LF) orange, pineapple, cantaloupe, mango, blueberries	2.75 3.5
Berries Only (GS, AS, LF) a medley of available fresh berries	3 4
Raw Bar (GS, AS, LF)	.75 1
Broccoli • Red Onion • Grape Tomato • Bell Pepper • Spinach • Chick Peas Carrots • Cucumber • Tomato Slices • Green Beans Avocado 1 1.25	

PROTEIN OPTIONS

King Salmon* 8 10.5	Chicken Breast 5 6.5	Chicken Tenders 5 6.5
Wild Caught Shrimp 6 7.75	Pacific Cod Loin 5 6.5	Bacon - 4 slices 1.5 2
Hard-Boiled Egg 1 1.25	Tofu 1 1.25	

SIDE DISHES

1 1.25			
Daily Special	Green Beans	Lentils	Wavy Fries
Broccoli	Zucchini	Jasmine Rice	Parmesan Fries
Beets	Coleslaw	Brown Rice	Sweet Potato Fries
Carrots	Fruit Cup	Quinoa	Mashed Potatoes
Peas	Pineapple	Potato Salad	Plain Baked Potato
Spinach	Cantaloupe	Roasted Yams	‘Works’ for Potato
Kettle Chips75 1	Cottage Cheese.....75 1		Applesauce5 .75

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially with certain medical conditions*



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SANDWICHES

served with one side, or an appetizer salad, or a cup of soup

French Dip (AS, LF) NA 879 / CAL 460 6.5 | 8.5
roasted tri-tip on a grilled hoagie roll; served with au jus

BYO Burger Bar (AS) 6.5 | 8.5

Beef* | NA 995 / CAL 643 Chicken | NA 1064 / CAL 652 Impossible | NA 1300 / CAL 757
extra Beef or Impossible Patty 2 | 2.5 add Bacon 1.5 | 2 add Avocado 1 | 1.25
Cheddar • Swiss • Tomato • Lettuce • Onion • Sweet Pickles or Pickle Spear
Mayo • Mustard • Ketchup • Roasted Tomato Aioli

BYO Deli Sandwich (AS)

Half 4.5 | 5.75 Whole 6.25 | 8.25 as a Wrap 6.25 | 8.25

Choose Bread and Fillings

White • Rye • Whole Grain • Sourdough • Gluten/Dairy Free
Turkey • Ham • Combo Turkey/Ham • Tuna Salad • Egg Salad • Cheddar • Swiss
Mayo • Mustard • Lettuce • Tomato • Onion • Sweet Pickles or Pickle Spear
double Meat 2 | 2.5 add Bacon 1.5 | 2 add Avocado 1 | 1.25
Vegetarian Option - avocado may be substituted for protein; no additional charge

BLT (AS) NA 1409 / CAL 466 Half 4.25 | 5.5 Whole 6 | 7.75
toasted bread, crispy bacon, mayo, lettuce, tomato

Grilled Cheese (AS) NA 1024 / CAL 656 Whole Only 4.5 | 5.75
cheddar, swiss, or both

BUILD-YOUR-OWN PIZZAS

regular crust, or gluten-free cauliflower crust; with fire-roasted tomato sauce, mozzarella, and your choice of up to four toppings - served with an appetizer salad, or a cup of soup

Classic Cheese Pizza (AS) NA 3210 / CAL 1445	6.5 8.5
One Topping (AS)	6.5 8.5
Two Toppings (AS)	7.5 9.75
Three Toppings (AS)	8.5 11
Four Toppings (AS)	9.5 12.25

Pizza Toppings (up to four)
Pepperoni • Italian Sausage • Salami • Crumbled Bacon • Mushrooms
Bell Pepper • Chopped Tomatoes • Red Onion • Black Olives

PASTA and RICE

Rice Bowls

smaller portion of our appetizer ‘bites’,
with jasmine rice, brown rice, or quinoa, and your choice of vegetable

Chicken (GS, AS, LF) NA 547 / CAL 561 6.5 | 8.5
Salmon* (GS, AS, LF) NA 180 / CAL 346 7.25 | 9.5
Steak* (GS, AS, LF) NA 300 / CAL 413 9.25 | 12

Choice of One Vegetable

Daily Special • Broccoli • Beets • Carrots • Green Beans • Lentils • Peas • Spinach • Zucchini

Pad Thai (GS, AS, LF) NA 1442 / CAL 739 4 | 5.25
rice noodle, egg, green onion, bean sprouts, peanuts, cilantro and lime, with pad thai sauce

Pasta Bar 4 | 5.25
choice of fettuccine, gluten-free penne, or farfalle pasta, with marinara, alfredo, or cheddar cheese sauce

Add a Protein

Chicken 5 | 6.5 Shrimp 6 | 7.75 Steak* 8 | 10.5 Tofu 1 | 1.25



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ENTRÉES: LAND

- Roasted Chicken** (GS, AS) NA 554 / CAL 155

7.25 | 9.5

stone-fired roasted chicken, with parmesan peppercorn butter; white or dark meat - served with two sides, or an appetizer salad, or a cup of soup
- Butter Chicken** (GS, AS) NA 867 / CAL 852

7 | 9

boneless chicken thigh simmered in coconut milk and curry spices, with jasmine rice and naan bread - served with one side, or an appetizer salad, or a cup of soup
- Beef Tenderloin*** (GS, AS) NA 76 / CAL 442

4 oz 9 | 11.75 6 oz 12 | 15.5

with parmesan peppercorn butter - served with two sides, or an appetizer salad, or a cup of soup

ENTRÉES: SEA

- King Salmon*** (GS, AS, LF) NA 338 / CAL 299

10 | 13

cooked medium rare - served with two sides, or an appetizer salad, or a cup of soup
- Trout Almondine** (GS, AS) NA 114 / CAL 552

7 | 9

with dill hollandaise and slivered almonds - served with two sides, or an appetizer salad, or a cup of soup
- Fish and Chips** (AS) NA 1045 / CAL 681

6.5 | 8.5

hand-battered cod - served with wavy fries, coleslaw, tartar and lemon

VEGAN • VEGETARIAN

- Tofu Popcorn** (GS, AS, LF) NA 744 / CAL 746

3 | 4

vegan - battered in a cashew milk gluten free dredge (with garlic, onion, and chili powder); fried crisp and served with sweet chili sauce
- White Bean Mushroom Ragout** (GS, AS, LF) NA 731 / CAL 446

5.25 | 6.75

vegan - with lentils, garlic, onions, tomatoes, kalamata olives, carrots and rosemary
- Thai Coconut Curry** (AS, LF) NA 446 / CAL 512

4.75 | 6.25

vegan - tofu simmered in thai coconut curry, with veggies and jasmine rice, brown rice, or quinoa
- Indian Butter Chickpeas** (AS, LF) NA 390 / CAL 895

5 | 6.5

vegetarian chickpeas simmered in coconut milk and curry spices; served with jasmine rice, brown rice, or quinoa, and naan bread (this dish is vegan without the naan bread)
- Vegetable Stir-Fry** (GS, AS, LF) NA 879 / CAL 305

5.25 | 6.75

peppers, onions, snap peas, carrots, broccoli, water chestnuts, pineapple, and teriyaki sauce; served with jasmine rice, brown rice, or quinoa
- add Chicken 5 | 6.5 add Shrimp 6 | 7.75 add Steak* 8 | 10.5 add Tofu 1 | 1.25

Veggie Quesadilla (AS) NA 1633 / CAL 777

4.75 | 6.25

grilled peppers and onions, monterey jack and cheddar cheeses, in a warm spinach tortilla; served with mild salsa, guacamole and sour cream
- add Chicken 5 | 6.5 add Shrimp 6 | 7.75 add Steak* 8 | 10.5 add Tofu 1 | 1.25

extra Guacamole75 | 1
- ## DESSERTS
- available directly from the Cascades Room dining staff
- Daily Special**

3 | 4

House-Baked Cookies (AS)

1 | 1.25

Ice Cream

Per Scoop 1 | 1.25

Bunny Tracks Ice Cream Cone

2.25 | 3

Gelato

Per Scoop 1.5 | 2

Root Beer Float

3 | 4

when available; flavors vary

Milkshakes 16 oz. 4.5 | 5.75

made with vanilla ice cream mix and real fruit - peach, strawberry, blackberry, triple berry, or pineapple mango

Dave's Happy Hour Milkshake 7.00 | 8.25

our pineapple mango shake blended with premium dark rum
- GS | Gluten Sensitive AS | Alcohol Sensitive LF | Lactose Free NA | Sodium CAL | Calories