

CASCADE WEST

MID-MORNING BREAKFAST & LUNCH MENU

- The Perfect Omelet** \$9
Choice of Toppings: Diced Ham, Bacon Crumbles, fresh Spinach, Diced Onions, Bell Peppers, Cheddar or Swiss Cheese, Diced Tomatoes, Sliced Mushrooms, and Choice of Toast.
- Timber Ridge Classic** \$10
Two Eggs, Choice of two Strips of Bacon, two Pork or Turkey Sausage Links, Hash Brown Potatoes, and Choice of Toast.
- Smoked Salmon and Cream Cheese Bagel** \$10
Sliced Smoked Salmon and Whipped Dill Cream Cheese, Served on a Toasted Bagel with Capers and Egg Garnish. Served with Seasonal Fruit.
- Greek Yogurt Bowl with Berries and Granola** \$6

MARKET-FRESH SALADS

All Salads are Served with your Choice of Soup of the Day or a Fresh Fruit Cup

- Cobb Salad** \$12
Hearts of Romaine, Topped with Grilled Chicken Breast, Hard-boiled Egg, Diced Bacon, Tomatoes, Avocado Slices, Black Olives, Gorgonzola Cheese, and Blue Cheese Dressing.
- Timber Ridge Taco Salad** \$10
Choice of Seasoned Ground Beef or Shredded Chicken; Lettuce, Shredded Cheddar, Diced Tomatoes, and Green Onions. Served in a Fried Tortilla Bowl with Sour Cream and Salsa. *Add Guacamole for \$2.*
- Grilled Chicken Caesar Salad** \$10
Hearts of Romaine Tossed with Shredded Parmesan Cheese, Focaccia Croutons, and Traditional Caesar Dressing. Topped with Marinated Grilled Chicken Breast.
- Traditional Greek Salad** \$10
Chopped Iceberg Lettuce, Sliced Cucumbers, Cherry Tomatoes, Kalamata Olives, Slivered Red Onions, and Crumbled Feta Cheese. Served with Greek Vinaigrette. *Add Sliced Grilled Chicken Breast for \$3.*
- Hummus Plate** \$10
Served with Grilled Flat Bread, Sliced Cucumbers, Baby Carrots, Sliced Bell Peppers, Kalamata Olives, and Cherry Tomatoes.

SANDWICH WRAPS

Served with your Choice of French Fries, Sweet Potato Waffle Fries, Cranberry Coleslaw, Soup of the Day, or a Fresh Fruit Cup

- Build Your Own Sandwich Wrap** \$10
Choose from Turkey, Applewood-Smoked Bacon, Ham, Roast Beef, Corned Beef, or Albacore Tuna. Includes Leaf Lettuce, Sliced Tomatoes, and your Choice of Cheddar, Swiss or Provolone Cheese.
- Vegetable and Hummus Spinach Tortilla Wrap** \$9

CASCADE WEST

CHEF'S FEATURED SANDWICHES AND BURGERS

Served with Choice of French Fries, Sweet Potato Waffle Fries, Cranberry Coleslaw, Soup of the Day, or a Fresh Fruit Cup

Timber Ridge BLT \$10

Hickory-Smoked Bacon, Lettuce, Tomatoes, and Mayonnaise. Choice of Toasted Bread.

Flatbread Club Sandwich \$10

Grilled Flatbread, Smoked Turkey, Applewood-Smoked Bacon, Sliced Ham, Leaf Lettuce, Sliced Tomatoes. Served with Basil Mayonnaise and Dijon Mustard.

Add Sliced Avocado for \$2.

Classic Reuben \$10

Lean, Thinly-Sliced Corned Beef, Topped with Sauerkraut, Swiss Cheese, Leaf Lettuce, and Thousand Island Dressing. Served on Toasted Rye.

French Dip Sandwich \$10

Tender Slices of Roast Beef Simmered in House-Made Au Jus, Provolone Cheese.

Served on a French Roll with a Side of Au Jus. *Add Grilled Onions for \$2.*

Egg Salad Sandwich \$8 Honey Ham & Cheddar Melt \$8 Albacore Tuna Melt \$9

BURGER SELECTIONS

Classic All-American Burger \$10

1/3 Pound USDA Choice Beef Patty, your Choice of Cheddar, American, or Swiss Cheese. TR Burger Spread, Lettuce, and Tomato Slices. *(2) Slices of Hickory-Smoked Bacon for \$2.*

***Substitution: Chipotle Black Bean Burger; Lettuce Wrap in Place of Bun.*

Mushroom Swiss Burger \$10

Topped with Melted Swiss Cheese and Grilled Mushrooms.

Grilled Marinated Chicken Breast \$9

Grilled, Boneless Chicken Breast, Topped with Lettuce, Sliced Tomatoes, and Mayonnaise. Served on a Toasted Kaiser Roll.

Meatless Vegetarian/Vegan Patty \$9

Served with Choice of Lettuce Wrap or Sesame Seed Bun, Lettuce and Tomatoes.

SPECIALTY SELECTIONS

South-of-the-Border Quesadilla \$10

Grilled Flour Tortilla filled with Menonita Mexican Cheese, Caramelized Onions, Spinach, Diced Tomatoes, Julienne Peppers, and Black Olives. Topped with Cilantro Cream and a Lime Wedge. Served with Sour Cream Dressing and Salsa.

Add your choice of Taco-Seasoned Ground Beef, Shredded Chicken, or Black Beans for \$3.

Spaghetti Bolognese \$9

Spaghetti in an Italian Meat Sauce, Served with Parmesan and Buttered Garlic Toast.

Vegetable Stir-Fry Served Over Brown Rice \$10

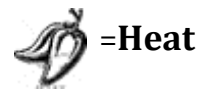
Baby Bok Choy, Celery, Bamboo Shoots, Bell Peppers, Carrots, and Onions in a Low-Sodium Stir-Fry Sauce.

6/24/2019-6/29/2019
Soup of the Week

Cup \$3.00 Bowl \$4.00
Cream of Asparagus



Bistro to go Orders
425-557-4990



Featured Salad

Mediterranean Tuna Salad

Appetizer/Side Salads

Baby Wedge \$3

Baby Iceberg, Gorgonzola Cheese,
Smoked Bacon, Roma Tomatoes,
Chopped Eggs

Classic Caesar \$3

Romaine, Creamy Caesar Dressing,
with Parmesan Cheese, Lemon Wedge
and Croutons

TR House Salad with Choice of Dressing (GF) \$3

Romaine Iceberg Blend, Shredded Carrots, Red Cabbage, Grape Tomatoes,
English Cucumbers, Sliced Mushrooms, Black Olives, Bell Peppers

Entrée Salads

Entrée Salads include your Choice of a Cup of the Soup of the Day or Soup of the Week.

Blackberry Bacon Blue Cheese Half \$10 / Full \$12

Fresh Blackberries, Crispy Bacon Crumbles & Scallions, Cucumber with Mixed Field Greens.
Suggested Salad Dressing ****Balsamic Vinaigrette**
Add Chicken Breast \$4.00 Salmon \$5.00

Chopped Kale Power Salad Half \$10 / Full \$12

Chopped Kale, Cucumbers, Cherry
Tomatoes, Chick Peas, Dried Cranberries,
Sliced Almonds, Crumbled Feta Cheese,
Kalamata Olives & Avocado **with Your**
Choice of Dressing Add Chicken
Breast \$4.00 Salmon \$5.00

****Check This Out****

Ala Carte Options

6oz Grilled Plain Salmon \$9.00
6oz Grilled Plain Chicken Breast \$8.00
Grilled Portabella Mushroom \$6.00
Side of Potatoes \$1.00
Side of Vegetables \$1.00
Side of Rice \$1.00

Classic Comforts

All Entrées include your Choice of Soup or Side Salad and Two Accompaniments

Lamb Shepard's Pie \$10

Tender Pieces of Lamb with Peas & Carrots, Onions in a Rich Brown Sauce Topped with Creamy Potatoes

Swedish Meatballs \$10

Tender Beef Meatballs Simmered in Rich Sauce of Beef Stock, Dijon Mustard & Cream Served
with Egg Noodles

Salisbury Steak \$10

Tender Beef with Herbs & Spices and Topped with a Rich Brown Mushroom Gravy

Consuming Raw or Under Cooked Foods May Increase Your Risk of Foodborne Illness



Steaks and Chops

Steak Diane \$18 (GF)

Tender 6oz Ribeye Steak Seasoned with Salt & Pepper & Served with a Rich Brandy Cream Sauce

Cherry Balsamic Pork Tenderloin \$15 (GF)

Grilled Pork Tenderloin with a House Made Cherry Balsamic Glaze

Seafood

King Salmon \$17

Ask your Server for Today's Preparation

Sea Scallops with Bacon Fennel Cream (GF) \$15

3 Large Tender Scallops Simmered in a Bacon & Fennel Cream Sauce over Parmesan Grits

Citrus & Basil Cod (GF) \$14

Alaskan Cod Grilled and Served with a Citrus Basil Butter Sauce and Fresh Herbs

Poultry

Herb Roasted Game Hen \$12 (GF)

Italian Herb Roasted Game Hen Served with a Side of Mustard Thyme Sauce ****Contains Garlic**

Coconut Lime Marinated Chicken Breast \$12 (GF)

Marinated in Coconut Milk, Fresh Lime Juice, Cilantro, Ginger & Brown Sugar

TR Classic Marinated Boneless Chicken Breast \$12

****Plain unseasoned Chicken Breast also available upon request****

Pasta

Creamy Italian Sausage Penne Pasta \$10

Ground Italian Sausage, Garlic, Onions, Spinach & Parmesan Cheese Simmered in Heavy Cream and Tossed with Penne Pasta. Served with Fresh Basil & Parmesan and Slice of Garlic Toast

Stuffed Shells with 3 Cheeses \$10

2 Pasta Shells Stuffed with Ricotta, Parmesan, Asiago Cheeses, Topped with Marinara Sauce and Fresh Basil and Parmesan

Vegetarian / Vegan

Vegetable Pot Pie \$10

Tender & Flaky Pie Crust with a Rich and Creamy Sauce of Peas, Carrots, Celery, Mushroom and Onions

Vegetarian Enchilada Stuffed Portabella Mushroom (GF) \$10

Black Beans, Corn and Scallions topped with Enchilada Sauce and Cheddar Mozzarella Cheese Blend

Tuscan White Bean Ragu \$10

Cannellini Beans, Garlic, Tender Spinach, Basil, Cherry Tomatoes Simmered Together and Served with Brown Rice

Side Accompaniments

Baked Potato, Mashed Potatoes, Baked Yams, Lentil Pilaf, Italian Roasted Tomato, Mushrooms, Cauliflower Blend, Succotash (Corn, Lima Beans, Bell Peppers, Tomato, Bacon, Chives)