

# CASCADA Lunch

## 2oz Wellness Shot of Turkey Tail Thrive Honey Tonic-

Enjoy before your meal for the ultimate digestive aide. A blend of apple cider vinegar and manuka honey infused with Turkey Tail mushroom, lemon and ginger to support digestion, and balance blood sugar - 6

## Nourishment

DEFINITION: FOOD NECESSARY FOR GROWTH AND GOOD HEALTH

**Crimson Lentil & Meyer Lemon Soup-** charred pea tendrils, cilantro, Jacobson's Oregon coast smoked sea salt - 14 (VG)

**Mediterranean Mezze-** house made falafel, hummus, roasted chickpeas, garden vegetables, mixed olives, organic yogurt, cucumber and mint tzatziki, cascada grilled flatbread - small-14 medium-18 large-24 (V)

**Heirloom Beet Salad-** Portland Creamery chevre, house made organic pistachio butter, orange supremes, local bitter greens, hemp seed and flax granola - 17 (V) (GF)

**DNA Farms Little Gem Cobb Salad-** organic free range chicken breast, peppered bacon, heirloom cherry tomato, local Rogue Creamery smokey bleu cheese, pickled red onion, 6 minute free range egg - 22 (GF)

## Sustenance

DEFINITION: FOOD REGARDED AS A SOURCE OF STRENGTH

**Grilled Painted Hills Grass Fed Flat Iron Steak Sandwich-** grilled peppers, caramelized onion, bleu cheese, hazelnut romesco, choice of side - 21

**Thrive Burger-** house made lentil and black bean patty, tzatziki aioli, pickled red onion, power greens, tomato, Portland Creamery chevre - 19 (V)

**Juniper Forest Burger-** 7 oz high desert, grass fed patty, garlic aioli, power greens, sliced tomato, caramelized onion, Tillamook smoked cheddar cheese, choice of side - 22

- + bacon - 4
- + avocado - 3
- + free range egg - 2
- + mushrooms - 2

**Foragers Ancient Grains Bowl-** heirloom tricolor quinoa, wild seasonal mushrooms, organic Japanese sweet potato, broccolini, carrots, watermelon radish, local micro sprouts, fresh herb gremolata - 18 (V) (GF)

- + free range organic chicken breast - 9
- + wild king salmon - 16
- + Painted Hills grass fed flatiron steak - 18

*Key-(V) vegetarian (GF) gluten free (DF) dairy free (VG) vegan  
We have Udis gluten free bread available upon request*

*\*consuming raw or undercooked meats, poultry, shellfish or eggs  
may increase your risk of foodborne illness.*

