

# la cascada

good day



## signature soups and salads

### SOUP OF THE DAY

Please ask your server what's cooking today. Bowl \$5.25 or Cup \$3.75

### TORTILLA SOUP

Spicy chicken broth with tomatoes, onion, and garlic, garnished with chunky avocado, fried tortilla strips, cilantro, and melted Cheddar cheese. Bowl \$5.99 or Cup \$4.25

### GRILLED CHICKEN CAESAR SALAD

Grilled chicken breast, romaine lettuce, shaved Parmesan cheese, garlic croutons, and our signature Caesar dressing. \$10.99

### IT'S ALL GREEK TO ME

Romaine lettuce blend, grape tomatoes, cucumbers, Kalamata olives, pepperoncini peppers, capers, red onion, green bell pepper, celery, and Feta cheese tossed with our Greek vinaigrette. \$10.99 Add grilled chicken breast for \$3.00

### TAPATIO FIESTA SALAD

Grilled chicken breast, green leaf lettuce, black beans, corn, grape tomatoes, jicama, cilantro, and pepitas tossed in our lime-cilantro vinaigrette and topped with fried tortilla strips. Ole! \$13.99

### MEDITERRANEAN SALAD

Romaine lettuce blend, artichoke hearts, hearts of palm, grape tomatoes, and avocado tossed with our lemon-chardonnay vinaigrette. \$8.99

### ENSALADA DE TOMAS

Crisp romaine lettuce, fresh berries, dried cherries, and walnuts served with Balsamic vinegar and extra-virgin olive oil. \$10.99

### CHOPPED SALAD

Green leaf lettuce, apple wood smoked bacon, turkey breast, avocado, grape tomatoes, corn, and edamame with crumbled Bleu or Feta cheese. \$13.99

### ASIAN SALMON SALAD

Grilled salmon, green leaf lettuce, Napa cabbage, cucumbers, carrots, red bell pepper, jicama, mint, roasted peanuts, and fried wontons tossed in our sesame dressing. \$15.99

### WEDGE SALAD

Iceberg lettuce with chopped tomatoes, crisp apple wood smoked bacon, crumbled Bleu cheese served with house made Bleu cheese dressing. \$9.95

### HOUSE OR CAESAR SALAD

Side salads for \$4.99

House made salad dressings: Lemon-chardonnay vinaigrette, cilantro lime vinaigrette, Caesar, Ranch, Blue cheese, Greek, and Asian.

## lunch combos

**LUNCH DUO:** Choose TWO of the following items: House or Caesar side salad; cup of soup; or a half portion of chicken salad sandwich, Mexican egg salad sandwich, or tuna salad sandwich. \$8.99

**LUNCH TRIO:** Inspired house made seasonal soup served with your choice of our house salad or Caesar salad, and a half portion of chicken salad sandwich, Mexican egg salad sandwich, or tuna salad sandwich. \$10.99

## sandwiches, burgers and other stuff

Served with your choice of French fries or Kettle chips. Substitute sweet potato fries or fruit for .99

### KATE'S CHICKEN SALAD

Grilled chicken breast, green olives, celery, and mayonnaise served on freshly baked, cracked wheat bread. \$7.50

### MEXICAN EGG SALAD

A twist on a favorite. Hard boiled eggs, celery, green onions, jalapeno, red bell pepper, and aioli with a hint of cumin and chili powder, served on freshly baked, cracked wheat bread, and garnished with avocado slices and fresh cilantro. \$7.50

**TUNA SALAD**

Tuna, celery, onion, dill pickles, hard boiled eggs, and mayo, served on freshly baked, cracked wheat bread. \$7.50

**TRES AMIGOS**

Chicken salad, Mexican egg salad, and tuna salad served on mixed greens. \$12.99

**WESTERN CLUB**

Smoked turkey, tomato, avocado, and sprouts served with jalapeno mayonnaise on freshly baked, cracked wheat bread. \$8.50

**BLAT**

Smoked apple wood bacon, lettuce, avocado, tomato, and mayonnaise on freshly baked, cracked wheat bread. \$8.95

**FISH TACOS**

Marinated, grilled white fish, broccoli slaw, and avocado cream sauce on warm corn tortillas, served with lime wedges and black beans.

Two to an order and muy delicioso!!! \$12.95

**BROWN RICE PANCAKE WITH LENTIL TOPPING**

Fried brown rice pancake with Monterrey Jack cheese, and serrano pepper, topped with a spicy lentil topping, and garnished with cilantro. DELICIOUS! \$8.95

**PAMBAZO**

Shredded pork carnitas, refried beans, Monterrey Jack cheese, red onion, tomato, avocado slices, and mayonnaise on grilled French bread. \$9.50

**MONTERREY CHICKEN**

Marinated chicken breast, Monterrey Jack cheese, lettuce, tomato, avocado slices, and mayonnaise on grilled French bread. \$9.75

**CUBAN**

Shredded pork carnitas, sliced ham, Swiss cheese, dill pickle slices, and mustard on grilled French bread. \$9.75

**A TALE OF TWO RUEBENS**

Your choice of corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing OR smoked turkey, Asian slaw, Dijon mustard, and Swiss cheese, both on marble rye. \$7.95

**PANINI ITALIANO**

Fresh mozzarella, basil pesto, and tomatoes on Ciabatta bread. \$8.25 Add turkey or ham for \$2.75

**PANINI AMERICANO**

Fresh mozzarella, Brie, corn, tomatoes, and arugula, drizzled with extra virgin olive oil on Ciabatta bread. \$8.50 Add turkey or ham for \$2.75

**PORTOBELLO MUSHROOM SANDWICH**

Portobello mushrooms and onions sautéed with Cajun spices and lemon pepper, Swiss cheese, lettuce, tomatoes, and tahini sauce on Ciabatta bread. Yum! \$8.75

**WRAP IT UP!**

Smoked turkey, apple wood smoked bacon, shredded Monterrey Jack cheese, avocado, sprouts, pickled jalapenos, and Ranch dressing in a spinach herb wrap. \$8.75

**THE TRADITIONAL**

Our all natural, Chimney Peak Black Angus hamburger with lettuce, tomato, pickles, onions, and mustard on a toasted bun. \$9.00

Add your choice of Cheddar, Swiss, Velveeta, or American cheese for .75

**BEAN BURGER**

Our all natural, Chimney Peak Black Angus hamburger with refried beans, fried tortilla chips, Cheddar cheese, and pickled jalapenos. \$9.50