
CASCADE CAFÉ



SPROUT ANTIPASTO STATION

0.90/OUNCE

spinach and artichoke dip

fingerling potato salad *greek olives, cherry tomatoes, feta, fresh parsley and dill, red wine vinaigrette*

autumn orzo salad *roasted carrot, shaved purple kale, goat cheese, toasted pine nuts, champagne vinaigrette*

chickpea green bean salad *artichoke, roasted tomato, fresh mint, tabini vinaigrette*
olives *cherry calabrian pepper, diced asiago*

stuffed grape leaves *garnish with lemon wheels, bell pepper*

CHEESE PLATE | \$7.50

SPROUT SALAD BAR

ROTATING SALADS: 0.90/OUNCE

wild rice and chickpea salad *spinach, red onion, currants, mint, evoo*

greek farro salad *diced cucumber, tomato, pepperoncini, feta, mint, parsley, red wine vinaigrette*

cucumber salad *yogurt, dill, white vinegar*

pesto pasta salad *penne, olive, cherry tomato, shredded mozzarella*

sweet corn salad *fava bean, brussel sprout, and cherry tomato, champagne vinaigrette*

broccoli and red apple salad *cranberry, raisin, shredded carrot, red onion, yogurt dressing*

cheese plate *olive, grapes, fruits*

ham salad *diced roasted chicken & turkey*



AL FORNO

PIZZA

2 varieties offered weekly | \$8.70

bacon jalapeno popper pizza *cheddar, parmesan, mozzarella*

sausage and pepper pizza *red and green bell pepper, pepperoni, mozzarella*

chicken and mushrooms *white sauce, fontina, shredded mozzarella, garnish with arugula*

margherita *basil, tomato, mozzarella, evoo*

pepperoni *tomato, mozzarella*

BAKED SANDWICHES

\$9.75

chicken caprese *fresh mozzarella, heirloom tomato, basil pesto, focaccia*

ham and camembert *arugula, extra virgin olive oil, fig jam, baguette*

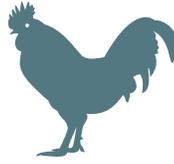
empanadas

\$5.00

spinach, caramelized onions, goat cheese

hand-cut spicy beef, raisins, olives

ham, mozzarella



the coop

Celebrate the joy and taste of locally sourced Capitol Hill free-range chicken in a multitude of forms

ROTISSERIE-ROASTED 1/4 CHICKEN WITH TWO SIDES | \$11.75

SEASONAL CHANGING SIDES: *roasted carrots, roasted green beans, whipped potatoes, mac n' cheese, broccolini, sugar snap peas, rice and black beans, honey-bacon baked beans, roasted red bliss potatoes and kale, sundried tomato mashed potatoes*

BUTTERMILK FRIED CHICKEN WINGS

JERK CHICKEN WINGS

BBQ CHICKEN WINGS

6 wings with coleslaw and mac n' cheese | \$10.50

12 wings with coleslaw and mac n' cheese | \$18.50

20 wings with coleslaw and mac n' cheese | \$25.50

chicken noodle soup, garden vegetables | \$4.50

THE COOP SALAD

rotating composed chicken salads in bowls | \$0.90/ounce

pulled chicken salad

Chicken and Pineapple Salad *scallion, raisin, pecan, lemon aioli*

Chicken and Penne Salad *cherry tomato, diced peppers, parmesan cheese, fresh spinach, champagne vinaigrette*

Mediterranean Chicken Salad *artichoke, roasted tomato, olives, capers, shredded mozzarella, basil, red wine vinaigrette, classic coleslaw*

Kicked-up Potato Salad *red bliss potato, mayo, relish, celery, red onion, scallion, crumbled bacon*



CHEF'S SPECIAL

DAILY ROTATING PROTEIN AND 2 SIDES

\$14.00



BETWEEN THE BREAD

made daily | \$9.75

chicken blt wrap

chipotle aioli, whole wheat tortilla

turkey waldorf salad

grapes, cranberries, pecans, romaine, tomato aioli, spinach wrap

virginia ham and aged cheddar

romaine, lettuce, tomato, pickles, dijonnaise, bread

tuna salad

spinach, english cucumber, caper aioli, croissant

heirloom tomato and fresh mozzarella

basil pesto aioli, balsamic reduction, french baguette

slow roasted beef

watercress, tomato, pickled red onion, horseradish crema, french baguette



the GRILL

Grill Combos include rustic potato fries OR kettle chips with fountain beverage or bottled water

NGA BURGER | \$6.75 (\$14.00 combo)

Washington cheddar, grilled onions, dijonnaise, lettuce, tomatoes

CHEESEBURGER | \$7.25 (\$13.50 combo)

HAMBURGER (SUBSTITUTE TURKEY BURGER OR VEGGIE BURGER) | \$6.50 (\$13.00 combo)

HALF SMOKE, SPICY HALF SMOKE OR ALL-BEEF HOT DOGS | \$6.15 (\$12.50 combo)

CHICKEN TENDERS AND RUSTIC FRIES | \$7.25 (\$10.00 combo)

GRILLED SALMON | \$10.50

cucumber relish, arugula, dill remoulade, brioche

ARTISAN GRILLED CHEESE | \$5.15

aged cheddar, sourdough

WEEKLY ROTATING SANDWICH SPECIAL

\$10.50

CRISPY CHICKEN SANDWICH *shaved lettuce, tomato, pickles, chipotle aioli, brioche bun*

FISH N' CHIP *battered cod, shaved romaine, bread and butter pickles, homemade tartar sauce, rustic hero roll*

BBQ PULLED PORK *classic coleslaw, brioche bun*

RUSTIC GRILLED CHEESE BLT *aged cheddar, sourdough*

MEAT BALL SUBMARINE *roasted pepper and onion, basil, shaved parmesan*

sides

RUSTIC POTATO FRIES | \$3.85

SWEET POTATO FRIES | \$4.65

PARMESAN-GARLIC FRIES | \$4.75

soup

3 varieties daily | \$4.35



the BAKERY

PASTRIES/BAKED GOODS/DESSERTS

\$2.25 - \$4.50

cinnamon rolls, fresh baked croissants, pain au chocolat, assorted bagles, donuts, muffins, scones, snickerdoodle cookies, chocolate chip cookies, oatmeal raisin cookies, pudding, yogurt parfait, bearclaws, apple turnovers

ICE CREAM NOVELTIES (ASSORTED)

\$5.00

HOT BEVERAGES

\$2.50 - \$5.00

PARLIAMENT COFFEE, PARLIAMENT DECAFFEINATED COFFEE, HOT TEA



COLD BEVERAGES

FOUNTAIN SODA | \$3.60
3 ROTATING AGUAS FRESCAS | \$3.15

BOTTLED BEVERAGES

WATER | \$3.35
SPARKLING WATER | \$3.60
SAN PELLEGRINO, LIMONATA
OR ARANCIATA | \$3.60
GATORADE | \$4.25
MINUTE MAID BOTTLED JUICE | \$4.75
MILK CARTON | \$1.50
MINI JUICE (4 oz.) | \$1.00
NAKED JUICE | \$6.50
KEVITA KOMBUCHA TEA | \$6.50

BEER

HEINEKEN OR AMSTEL LIGHT | \$6.45
DC BRAU | \$7.50

WINE

WOODBIDGE: CABERNET SAUVIGNON,
MERLOT, CHARDONNAY,
PINOT GRIGIO | \$7.00
J. LOHR: CABERNET SAUVIGNON,
CHARDONNAY 1/2 BOTTLE | \$25.00