

VEGAN MENU

Vegan Burger 17.5
vegan pattie made with chick peas, sweet corn, coriander, paprika, cumin and lemon zest, cos lettuce, fresh tomato, caramelized onion, beetroot served with our house tomato sauce, side of sweet potato wedges (vg)

The following dishes have a choice between Angel Hair Zucchini or Black Bean Pasta

Shitake Mushroom 21.9
shitake mushrooms pan braised with garlic, thyme, shallots, artichokes and capers, deglazed with white wine topped with vegan cheese (vg, gf)

Puttanesca 20.5
marinated tomato, raw olives and herbs combined with pine nuts, oregano leaves, thyme leaves and basil topped with vegan cheese (vg, gf)

Mediterranean 20.9
portobello mushroom, red onions, roast capsicum and baby spinach tossed in a porcini and garlic infused olive oil topped with vegan cheese (vg, gf)

Vegetarian 21.5
roast pumpkin, rosemary, sundried tomato, baby spinach, paned in olive oil (vg, gf)



KIDS ONLY MENU

Kids Pasta 12.0
choice of red or white sauce penne pasta topped with parmesan cheese or bolognese

Kids Fish n Chips 12.0
beer battered barramundi fillet served with chips

Kids Pizza 13.5
choice of; hawaiian, margherita and chicken



WOOD OVEN PIZZA

No half pizzas - gluten free base on request
gluten free base (add 3.0) - replace mozzarella with vegan cheese (add 2.0)

The Cascada 19.9
house made Nap sauce, smoked mozzarella, Barossa bacon, ham, chorizo and prosciutto with baby bocconcini finished with rocket leaf

Traditional Hawaiian 18.5
house made Nap sauce, smoked mozzarella, Barossa double smoked gourmet ham with tender pineapple pieces

Lamb Yiros 19.9
house made Nap sauce, smoked mozzarella succulent pieces of tender lamb marinated in lemon herbs and garlic, fresh tomato and fetta finished with our house made Tzatziki

Margherita 17.9
house made Nap sauce, cherry tomato, buffalo mozzarella and fresh basil topped with garlic oil (v)

Tandoori Chicken 19.9
house made Nap sauce, smoked mozzarella, fragrant Indian tandoori spice marinated chicken with Spanish onion, roast capsicum finished with minted yoghurt

Pulled Pork 19.9
house made Nap sauce, smoked mozzarella, slow cooked pulled pork, cherry tomato finished with drizzled lemon juice and topped with rocket leaves

Capricciosa 19.9
house made Nap sauce, smoked mozzarella, Barossa salami, mushrooms and olives (anchovy optional)

Vegetarian 19.9
house made Nap sauce, smoked mozzarella, roast capsicum, roast mushrooms, Spanish onion, Kalamata olives, torn bocconcini (v)

Prawn 21.5
garlic butter, light sprinkles of cheese, king prawns & sea salt served with lemon wedges

Pizza Gabriel 19.9
house made Nap sauce, smoked mozzarella, bocconcini and gorgonzola cheese topped with fresh prosciutto

Melanzana 21.5
housemade Nap sauce, mushrooms, olives, mozzarella and eggplant

Diavola 19.9
housemade nap sauce, mozzarella cheese and spiced Barossa salami topped with chilli oil

Tartufata 21.5
truffle oil base, mozzarella cheese, cherry tomato and mushrooms topped with rocket and shaved parmesan (v)



PASTA

choice of either linguine or penne

Crab 25.9
blue swimmer crab, chili, baby spinach, cherry tomato paned in a rich rosé sauce

Chicken 24.5
panned chicken with sundried tomato and parmesan in a creamy rosé sauce and topped with sliced avocado

Prawn Vongole 26.5
king prawns, cockles, white wine, olive oil, sea salt, garlic and chili flakes tossed and paned

Mediterranean 22.9
chorizo, portobello mushroom, red onions, roast capsicum and baby spinach tossed in a porcini and garlic infused olive oil

Vegetarian 22.5
roast pumpkin, rosemary, sundried tomato, baby spinach, paned in olive oil (v)

Meatballs & Bolognese 22.9
wagyu mince & pork slow cooked in rich Napolitan sauce served with meatballs



CAFÉ | BAR | WOOD OVEN

GASGADA

CASCADE

CAFÉ | BAR | WOOD OVEN

STARTERS

Garlic Bread	5.9
wood oven bread topped with garlic butter and sprinkled with sea salt (v)	
Bruschetta	7.9
diced tomato, freshly torn basil and bocconcini drizzled with balsamic glaze on wood oven bread *(on request vegan cheese add 1.0) (v) *(vg)	
Zaatar	6.9
mediterranean herbs mixture of thyme, sumac and sesame seeds, served on wood oven bread drizzled with olive oil (v)	

SHARE PLATES / SMALL PLATES

served with wood oven bread
*(gluten free available on request for 1.5)

Trio of Dips	13.9
trio of dips served with flat bread (v) *(gf)	
Halloumi	13.9
lightly pan fried served with cherry tomato, watermelon & drizzled balsamic (v) *(gf)	
Paella Arancini	15.9
risotto balls, stuffed with crab, prawn, chorizo and warm saffron rice sitting on a brocolli puree *(gf)	
Meat Plate	25.9
grilled skewers of marinated lamb, beef & chicken *(gf)	
Lemon Butter Scallops	19.5
*(gf)	
Meatballs	14.9
wagyu mince & pork served with rich Napolitan sauce *(gf)	
Nachos	11.9
corn chips, cheddar cheese, refried beans, salsa, guacomole, sour cream (jalapenos optional) *(gf)	

SALADS

Chicken Caesar Salad	21.9
traditional Caesar salad of crisp cos lettuce, grilled bacon, croutons and anchovies with home-made Caesar dressing and warm soft poached egg (gf)	
Greek Salad & Lamb	22.9
grilled lamb tossed in a Greek salad served with Tzatziki on side (gf)	
Eggplant, Zucchini & Goats Cheese	22.9
roasted eggplant and zucchini mixed in with red capsicum and crumbed goats cheese, topped with pine nuts and fresh mint (v, gf)	
Caprese Salad	13.5
mozzarella, fresh tomato, basil and olive oil on a bed of iceberg lettuce (v, gf)	

SIDES

Cascade Fries	7.9
golden fries with our very own seasoning served with guacamole and sweet chilli sauce (on request guacamole & sweet chilli sauce, add 1.0) (vg, gf)	
Sweet Potato Wedges	7.9
with sour cream and sweet chilli (vg, gf)	
Pear Rocket & Parmesan Salad	9.5
drizzled with lemon & olive oil (on request vegan cheese instead of parmesan add 1.0) (v, gf) *(vg)	
Fried Potatoes	9.9
with rosemary and sea salt (vg, gf)	
Vegetables	9.9
roasted seasoned vegetables (vg, gf)	

BURGERS

Chicken Burger	16.9
150g grilled organic free range chicken, Barossa bacon, cheddar cheese, fresh tomato, cos lettuce with homemade aioli dressing on a brioche bun	
Beef Burger	16.9
150g Angus beef pattie, Barossa bacon, egg, beetroot, fresh tomato, caramelized onion, iceberg lettuce & tomato relish on a brioche bun	
Italian Burger	16.9
150g Angus beef pattie, tomato relish, fresh mortadella, mozzarella, lettuce, pickles on a brioche bun	

MAINS

Chicken & Prawn	25.9
grilled chicken breast and pan fried prawns served on roast vegetables topped with lemon garlic cream sauce (gf)	
Atlantic Salmon Crispy Skin	25.9
Atlantic salmon grilled, drizzled with olive oil and sea salt served on seasoned vegetables topped with hollandaise sauce (gf)	
Lemon Pepper Barramundi	22.5
grilled barramundi tossed in lemon pepper drizzled with olive oil served on fresh garden salad	
Crispy Skin Pork Belly	25.5
served with herbed potato on cauliflower puree drizzled with marsala (gf)	
Scaloppini Portobello	25.5
pan seared veal, grilled mushrooms in a reduced white wine and cream sauce served over roasted vegetables (gf)	
Barramundi	22.5
(choice battered or grilled) served with chips & salad	
Lamb Shank	24.5
slow cooked over 6 hours in a rich Napolitan sauce served with herbed potato mash (gf)	
Beef Cheek	28.5
slow braised in Sherry Vinegar, served on herbed potato mash	
Salt & Pepper Squid	22.5
lightly dusted pineapple cut squid served on a salad of mesculin, cherry tomato Spanish onion and sundried tomato drizzled with lemon and olive oil dressing	
Chicken Marsala	24.5
grilled chicken breast topped with reduced marsala and cream sauce served over roasted vegetables (gf)	
Gourmet Chicken Schnitzel	27.5
400gram chicken schnitzel topped with prawns, avocado, mozzarella and sweet chilli	

Please note many of our dishes can be modified to suit your diet eg replacing cheese with Vegan cheese etc.