

STARTERS

Calamari 8

Fried calamari served with sweet chili sauce

Onion Rings 9

Beer battered onion rings

Garlic Parmesan Fries 9

House fries with fresh garlic and parmesan

Crispy Chicken Wings 9 / 17

Six or twelve chicken wings tossed in BBQ, teriyaki, Buffalo, or sweet chili sauce. Served with carrot and celery sticks

Charcuterie Board 15

A variety of cured meats, fruit, cheeses, spreads, and breads

Double Cheese Nachos 15

Tri-colored tortilla chips with layers of shredded cheddar, nacho cheese sauce, onion, olive, tomato, sour cream, salsa, and jalapeño, choice of seasoned ground beef, shredded chicken, or smoked pork

SOUPS & SALADS

House Salad 5 / 10

Spring mix topped with shredded carrot, cucumber, grape tomato, red onion, and homestyle croutons

Add chicken + 5

Add salmon + 10

Add steak + 10

Caesar Salad 6 / 12

Fresh romaine, parmesan, and homestyle croutons tossed in Caesar dressing

Add chicken + 5

Add salmon + 10

Add steak + 10

Summer Salad 14

Spring mix topped with fresh strawberries, red onion, avocado, toasted almond, and feta, served with blueberry pomegranate dressing

Add chicken + 5

Add salmon + 10

Add steak + 10

Taco Salad 15

Fresh romaine topped with shredded cheddar, onion, olive, tomato, and tortilla strips, served with salsa and sour cream, choice of ground beef or shredded chicken

Soup of the Day 3 / 5

Daily soup

Chili 4 / 6

House-made three-bean chili topped with shredded cheddar, onion, choice of beef or vegetarian

Soup & Salad Combo 8

A side house salad with a cup of soup, served with a "fry" breadstick
Caesar salad + 1

ENTRÉES

Served with choice of one side: French fries, fresh fruit, house salad, soup, fresh pasta salad. Caesar salad + 1

Pulled Pork Sandwich 12

Smoked pork with our house BBQ sauce, topped with coleslaw and crispy fried onion

French Dip 13

Thinly sliced roast beef, horseradish aioli, and Swiss on a toasted hoagie roll with au jus
Add grilled onion, peppers, and mushroom + 3

Club Wrap 12

Turkey, ham, bacon, cheddar, Swiss, mayo, lettuce and tomato in a classic or spinach tortilla

Chicken Bacon Ranch Wrap 14

Choice of grilled or crispy chicken, romaine, shredded cheddar, and bacon, tossed in ranch in a classic or spinach tortilla

Classic Burger* 13

Served with pickle, lettuce, tomato, onion

Add cheese + 1

Substitute bison patty + 2

Substitute fry bread bun + 2

Garlic Mushroom Burger* 14

Served with sautéed mushroom, Swiss, mayo

Substitute bison patty + 2

Substitute fry bread bun + 2

Wetlands Burger* 16

Served with bacon, ham, fried egg, lettuce, tomato, mayo, choice of cheddar, Swiss, pepper jack, or provolone

Substitute bison patty + 2

Substitute fry bread bun + 2

Tacos 14

Choice of taco on flour or corn tortillas.

Black and Bleu – Three marinated steak tacos with bleu cheese crumbles and salsa, served with cilantro and lime

Fish – Three battered cod tacos with chipotle avocado ranch slaw, served with cilantro and lime

Pork – Three seasoned pork tacos with fresh mango salsa, served with cilantro and lime

Indian Taco 15

Netty's fry bread topped with seasoned beef chili or vegetarian chili, shredded cheddar, lettuce, tomato, olive, and onion, served with salsa, sour cream, and jalapeño, side not included

Fish Basket 16

Two pieces of beer battered cod, fried shrimp, and clam strips, served with house fries and coleslaw, side not included

À LA CARTE

Fruit 3

Mac & Cheese 3

"Fry" Breadsticks 3 / 5

Seasonal Vegetable 4

Pasta Salad 5

French Fries 5

Roasted Red Potatoes 5

Fry Bread 5

Mashed Potatoes & Gravy 5

SMALLER APPETITES

Choice of tater tots or fresh fruit and a small drink

Mac & Cheese 5

Grilled Cheese 5

Peanut Butter and Jelly Sandwich 5

Cheeseburger* 6

Chicken Strips 6

Wetlands Dog* 6

Many of our dishes can be prepared gluten-free, please ask your server for details.

Our kitchen prepares food that may contain or come into contact with the same surfaces of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat (gluten), and soy. Please inform your server of any food allergies. Not all ingredients are listed on the menu.

*Eating raw or undercooked meats, shellfish, eggs or poultry may increase your risk for foodborne illnesses. 4/26/22

BREAKFAST

Served until 11am

Oatmeal 8

Creamy oatmeal served with brown sugar, walnuts, raisins

Biscuits & Gravy* 10

Homestyle sausage gravy over two biscuits, served with two eggs

French Toast* 10

Two thick-cut slices of French bread, two eggs, choice of bacon or sausage
Substitute ham steak + 2

Pancakes* 10

Two pancakes, two eggs, choice of bacon or sausage
Substitute ham steak + 2

Breakfast Burrito* 10

Scrambled eggs, hash browns, cheddar, choice of bacon, ham, or sausage, served in a flour tortilla

Classic Breakfast* 12

Hash browns, two eggs, choice of bacon or sausage, served with toast or biscuit
Substitute ham steak + 2

Country Fried Steak* 14

Country fried steak with sausage gravy, hash browns, two eggs, served with toast or biscuit

Build Your Own Omelet/Scramble* 13

Choice of one meat, one cheese, and two vegetables, served with hash browns and choice of toast or biscuit

Meat - Bacon, ham, sausage

Cheese - Cheddar, pepper jack, Swiss

Vegetable - Onion, olive, mushroom, green pepper, tomato

Additional meat + 1

Additional per cheese + 1

Additional vegetable + .50

À LA CARTE

Toast or Biscuit 2

Two Eggs 2

One Pancake 3

One French Toast 3

Two Sausage Links 3

Two Bacon Strips 3

Sausage Gravy 3

Hash Browns 4

Fruit Bowl 4

Ham Steak 5

Fry Bread 5



SMALLER APPETITES

Cakes 6

Three silver dollar pancakes, scrambled egg, choice of bacon or sausage

French Toast Sticks 6

French toast sticks, scrambled egg, choice of bacon or sausage

Classic 7

Hash browns, scrambled egg, choice of bacon or sausage, served with one slice of toast

BEVERAGES

Soda 2.5

Pepsi, Diet Pepsi, Dr Pepper, Mountain Dew, Orange Crush, Root Beer, Sierra Mist

Hot Beverage 2.5

Thomas Hammer coffee, decaf, tea, hot chocolate, spiced apple cider

Red Bull 3

Regular, sugar-free, blueberry, coconut

Mocktail 3

Shirley Temple, Roy Rogers

Juice 3

Apple, grapefruit, cranberry, orange, lemonade, tomato, Clamato

Milk 3

NETTY'S FRY BREAD

The fry bread dishes served in Wetlands use an original recipe by Kalispel Tribal member, Nanette Bigsmoke. Nanette's desire to learn how to make her own fry bread began when her girls were around 3-4 years old, nearly 30 years ago. The recipe has since become a staple dish for family gatherings and holidays. With the support and encouragement from her family, she entered her recipe into a fry bread competition, which she won. Now her recipe is featured at many Kalispel-owned venues, including ones at Northern Quest Resort & Casino, Kalispel Golf and Country Club and Kalispel Park.

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