

## STARTERS

### **Chips with Salsa and Queso** 6

Tri-colored tortilla chips, served with salsa and queso

### **Mozzarella Sticks** 7

Six crispy mozzarella sticks served with house-made marinara

### **Onion Rings** 8

Beer-battered onion rings

### **Bacon Cheese Fries** 8

House fries with cheddar sauce, crumbled bacon, and green onion

### **Crispy Chicken Wings** 9 / 17

Six- or twelve- chicken wings tossed in BBQ, teriyaki, buffalo, or sweet chili sauce, served with celery and carrot sticks

### **Double Cheese Nachos** 14

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

## SOUPS & SALADS

### **House Salad** 4 / 8

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

Add chicken + 5

Add salmon + 8

Add steak + 10

### **Caesar Salad** 5 / 10

Fresh romaine, Parmesan, and homestyle croutons tossed in our house-made Caesar dressing

Add chicken + 5

Add salmon + 8

Add steak + 10

### **Taco Salad** 12

Fresh romaine topped with shredded cheddar, onion, olive, tomato, seasoned ground beef, tortilla strips, served with salsa and sour cream

### **Soup of the Day** 3 / 5

Daily house-made soup

### **Chili** 4 / 6

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

### **Soup & Salad Combo** 7

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

## ENTRÉES

Includes choice of one side: French fries, house salad, soup, mac & cheese. Caesar salad + 1

### **B.L.T** 10

Choice of white, wheat, or sourdough bread with five strips of bacon, lettuce, tomato, mayo. Choice of one side

### **French Dip** 12

Thinly sliced roast beef and swiss on a toasted hoagie roll with au jus  
Add grilled onion, peppers, and mushrooms + 3. Choice of one side

### **Club Sandwich** 13

Choice of white, wheat, or sourdough bread with turkey, ham, bacon, cheddar and Swiss, mayo, lettuce, tomato.  
Choice of one side

### **Classic Burger\*** 12

Served with pickle, lettuce, tomato, onion.

Choice of one side

Add cheese + 1

Substitute bison patty + 2

Substitute fry bread bun + 2

### **Chili Burger\*** 13

Topped with house-made chili, shredded cheddar, diced onion.

Choice of one side

Substitute bison patty + 2

Substitute fry bread bun + 2

### **Garlic Mushroom Burger\*** 13

Served with sautéed mushroom, Swiss, mayo. Choice of one side

Substitute bison patty + 2

Substitute fry bread bun + 2

### **Wetlands Burger\*** 14

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

Choice of one side

Substitute bison patty + 2

Substitute fry bread bun + 2

### **Stir Fry Bowl** 8

Jasmine rice, sautéed vegetable, tossed in house-made teriyaki or sweet chili sauce, side not included

Add chicken + 5

Add salmon + 8

Add steak + 10

### **Indian Taco** 13

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

### **Chicken Strips** 10

Crispy chicken strips, served with house fries, side not included

### **Fish & Chips** 14

Three beer-battered pieces of cod, served with house fries, side not included

## DINNER ENTRÉES

Dinner entrées include choice of soup or house salad  
Caesar salad + 1

### **Fettuccine** 12

Creamy parmesan alfredo sauce over fettuccine noodles with garlic and mushroom, served with "fry" breadsticks

Add chicken + 5

Add salmon + 8

### **Beef Stroganoff** 17

Creamy beef sauce over fettuccini noodles with garlic, mushroom, onion, served with "fry" breadsticks

### **Country Fried Steak** 18

8oz country fried steak, seasonal vegetable, choice of roasted red potato or mashed potato, served with country gravy or brown gravy

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### **Salmon\*** 20

8oz Alaskan wild-caught salmon, seasonal vegetable, choice of roasted red potato or mashed potato

### **Steak\*** 20

8oz top sirloin, seasonal vegetable, choice of roasted red potato or mashed potato  
Add grilled onion and mushroom + 2

## À LA CARTE

### **Fresh Fruit** 2

### **Mac & Cheese** 3

### **"Fry" Breadsticks** 3 / 5

### **French Fries** 4

### **Mashed Potatoes & Gravy** 5

### **Roasted Red Potatoes** 5

### **Fry Bread** 5

## SMALLER APPETITES

Choice of French fries 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.

## BREAKFAST

Served until 11am

### Oatmeal 6

Served with brown sugar, walnuts, raisins

### Breakfast Burrito\* 8

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

### 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

Pancakes, two eggs, choice of bacon strips or sausage links  
Substitute ham steak + 2

### Classic Breakfast\* 12

Hash browns, two eggs, choice of bacon, sausage or ham steak, 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

**Vegetable** - Green pepper, mushroom, olive, onion, tomato

**Cheese** - Cheddar, pepper jack, Swiss

**Additional meat** + 1

**Additional vegetable** + .50

**Additional per cheese** + .50

### Country Fried Steak\* 14

Served with sausage gravy, hash browns, two eggs, choice of toast or a biscuit

## À LA CARTE

**One Pancake** 2

**Toast or Biscuit** 2

**One French Toast** 2

**Two Eggs** 2

**Sausage Gravy** 2

**Two Bacon Strips** 3

**Two Sausage Links** 3

**Hash Browns** 3

**Fruit Bowl** 4

**Ham Steak** 5

**Fry Bread** 5



## SMALLER APPETITES

### Pancakes 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

Roy Rogers, Shirley Temple

### 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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