

STARTERS

Crispy Chicken Wings 8

Six wings tossed in BBQ, teriyaki or buffalo wing sauce, served with celery, carrot sticks, blue cheese sauce

Onion Rings 6

Mozzarella Sticks 6

Calamari 6

Fried calamari, sweet chili sauce

Bacon Cheese Fries 8

House fries with cheddar cheese sauce, crumbled bacon, green onions

Chips & Salsa 6

Spinach Artichoke Dip 9

Served with choice of tortilla chips or fry bread bites

Nachos 10

Tortilla chips, cheese, chili, onions, olives, salsa, sour cream, choice of seasoned ground beef or house-smoked pork
Substitute chicken + 2

Chicken Strips & Fries 8

SOUPS & SALADS

House Salad 3/7

Spring mix, homestyle croutons, corn, red onion, grape tomatoes, cucumber, choice of dressing
Add chicken or house-smoked pork + 2
Add salmon + 6

Caesar Salad 4/8

Fresh romaine lettuce, Parmesan, homestyle croutons, Caesar dressing
Add chicken + 2
Add salmon + 6

Taco Salad 10

Fresh romaine lettuce topped with tortilla strips, olives, onions, tomatoes, cheddar, seasoned ground beef, salsa, sour cream

Chef Salad 13

Spring mix, turkey, ham, Swiss, cheddar, grape tomatoes, cucumber, croutons, hard boiled egg, choice of dressing

Southwest Salad 10

Spring mix topped with black bean corn salsa, fresh cilantro, tortilla strips, chipotle ranch dressing
Add chicken or house-smoked pork + 2
Add salmon + 6

Chili 6

Hearty three-bean chili seasoned and simmered to perfection. Topped with cheese and diced onion, choice of seasoned ground beef, house-smoked pork or vegetarian

Soup of the Day 3/5

Daily house-made soup

Clam Chowder - Fridays 4/6

Wetlands Burger* 13

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

Grilled Bison Burger* 14

Served with onion, lettuce, tomato, pickle, mayo, choice of Swiss, cheddar or pepper jack, choice of one side

Mushroom & Swiss Burger* 13

Served with sautéed mushrooms, Swiss, mayo, choice of one side

Classic Hamburger* 10

Served with onion, lettuce, tomato, pickle, mayo, choice of one side
Add cheese + 1

Chili Burger* 13

Served with house-made chili, topped with shredded cheddar, diced onion, choice of one side

French Dip 12

Thinly sliced roast beef and Swiss on a toasted hoagie, served with au jus, choice of one side
Add caramelized onions, mushrooms, peppers + 3

Pulled Pork Sliders 11

Mini slider buns topped with house-smoked pulled pork, BBQ sauce, creamy coleslaw, choice of one side

BLT 7

Choice of white, wheat or sourdough, five bacon strips, lettuce, tomato, mayo, choice of one side

Brisket Sandwich 12

House-smoked brisket, caramelized onion, BBQ sauce, choice of one side

Club Sandwich 12

Choice of white, wheat, or sourdough, turkey, ham, bacon, Swiss, cheddar, lettuce, tomato, mayo, choice of one side

Turkey Club Wrap 10

Sliced turkey, bacon, mayo, lettuce, tomato, Swiss, cheddar, in a spinach or flour tortilla, choice of one side

Chicken Bacon Ranch Wrap 10

Crispy chicken, chopped bacon, romaine, cheddar, ranch, in a spinach or flour tortilla, choice of one side

Grilled Chicken Caesar Wrap 10

Grilled chicken breast with romaine lettuce, Parmesan, house-made Caesar dressing, in a spinach or flour tortilla, choice of one side

Wetlands Grilled Cheese 9

Choice of white, wheat or sourdough and choice of cheddar, Swiss or pepper jack, three bacon strips, two onion rings, honey-mustard dressing, choice of one side

ENTRÉES

Stir Fry Bowl 12

Jasmine rice, sautéed vegetables, house teriyaki sauce, choice of chicken or pork
Substitute brisket + 1.5

Fish & Chips 14

Three beer-battered pieces of cod, served with fries and coleslaw

Indian Taco 10

Netty's fry bread topped with chili, cheddar, lettuce, tomato, olive, onion, sour cream, salsa, choice of seasoned ground beef or house-smoked pork

Tacos, Tacos & Tacos 12

Choose one style. Includes three tacos, served with choice of one side

Black & Blue - Marinated steak, blue cheese, house-made salsa, cilantro, lime

Fish* - Beer battered cod, chipotle ranch corn salsa slaw, cilantro, lime

Chicken - Chicken, chipotle ranch corn salsa slaw, cilantro, lime

DINNER ENTRÉES

Dinner entrees include soup or salad option. Caesar +1

Steak* 20

8oz top sirloin, seasonal vegetables, choice of roasted red potatoes, garlic mashed potatoes, or pesto rice

Salmon* 20

8oz Alaskan wild caught salmon, seasonal vegetables, choice of roasted red potatoes, garlic mashed potatoes, or pesto rice

Beef Brisket 8oz 12 / 16oz 22

House-smoked brisket, seasonal vegetables, choice of roasted red potatoes, garlic mashed potatoes, or pesto rice

Country Fried Steak 17

8oz country fried steak, seasonal vegetables, choice of roasted red potatoes, garlic mashed potatoes, or pesto rice, served with country or brown gravy

Chicken Fettuccine 15

Creamy Parmesan alfredo sauce over fettuccine, garlic, mushroom, bread sticks

Beef Stroganoff 17

Served over fettuccine, garlic, mushroom, onion, bread sticks

SIDES

Add an additional side to any meal for 1.5 ea

Biscuit

Cole Slaw

French Fries

Mac & Cheese

Seasonal Veggies

Fresh Fruit

Chili

Homestyle Potato Salad

Baked Beans

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

Classic Breakfast* 10

Two eggs, hash browns, choice of sausage or bacon, choice of toast or biscuit

Vanilla Cinnamon French Toast 9

Thick-cut French bread served with butter, syrup, choice of two sausage links or two bacon strips

Pancakes* 8

Two pancakes served with butter, syrup, two eggs, choice of two sausage links or two bacon strips

Biscuits & Gravy* 10

Homestyle country gravy over two biscuits, served with two eggs

Oatmeal 5

Served with brown sugar, chopped walnuts, raisins

Brisket Hash* 10

Sliced brisket, hash browns, red bell pepper, served with two eggs, choice of toast

Wetlands Scramble* 8

Two scrambled eggs with hash browns, diced yellow onion, cheddar, choice of two sausage links or two bacon strips, choice of toast or biscuit

Country Fried Steak* 12

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

Breakfast Sandwich* 6

English muffin, fried egg, cheddar, choice of ham or bacon

Breakfast Burrito* 7

Bacon or sausage, scrambled eggs, hash browns, cheddar, served in a flour tortilla

Omelets On Omelets* 9

Served with hash browns and choice of toast or biscuit

Meat Lovers - Bacon, sausage, ham, cheddar

Denver - Ham, onion, green bell pepper, cheddar

Veggie - Spinach, mushroom, onion, green bell pepper, tomato, cheddar

Cheese - Cheddar

BREAKFAST ADD ONS

Add an additional side to any breakfast for 1.5 ea

Two Bacon Strips

Toast

Two Sausage Links

Biscuit

Two Eggs*

Homestyle Sage Gravy

Hash Browns

Fresh Fruit



SMALLER APPETITES

Choice of French fries, seasonal vegetables, or fresh fruit

Chicken Strips 5

Grilled Cheese 4

Choice of sourdough, white or wheat

Hamburger or Cheeseburger* 5

Peanut Butter and Jelly Sandwich 4

Mac & Cheese 4

BEVERAGES

Soda 2.5

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

Red Bull 3

Blueberry, regular or sugar-free

Mocktail 3

Roy Rogers, Shirley Temple, Virgin Mary

Juice 3

Apple, grapefruit, cranberry, orange, lemonade, tomato, clamato

Hot Beverage 2.5

Apple cider, cocoa, Thomas Hammer coffee, decaf, tea

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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