

STARTERS

Calamari 8

Fried calamari served with sweet chili sauce

Onion Rings 9

Beer-battered onion rings

Crispy Chicken Wings 10 / 18

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

Cougar Gold Cheese Dip 12

Warm Cougar Gold cheddar dip served with naan, carrots, and celery

Charcuterie Board 15

A variety of cured meat, cheese, spreads, and bread

Double Cheese Nachos 17

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 steak + 10

Add salmon + 12

Caesar Salad 6 / 12

Fresh romaine, Parmesan, homestyle croutons tossed in Caesar dressing

Add chicken + 5, Add steak + 10

Add salmon + 12

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

Summer Salad 14

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

Add chicken + 5, Add steak + 10

Add salmon + 12

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

SMALLER APPETITES

Choice of French fries, tater tots, or fresh fruit and a small drink

Cheese Quesadilla 5

Grilled Cheese 6

Peanut Butter and Jelly Sandwich 5

Pulled Pork Sandwich 12

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

BLT 12

Five bacon strips, garlic aioli, lettuce, tomato, served on choice of bread

Grilled Three Cheese Sandwich 12

Cheddar, provolone, tomato, served on choice of Parmesan-crust bread
Add grilled ham or bacon + 4

Club Sandwich/Wrap 14

Bacon, ham, turkey, cheddar, Swiss, lettuce, tomato, and mayo on choice of bread (white, wheat, or sourdough) or choice of tortilla (classic or spinach)

Chicken Bacon Ranch Wrap 14

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

French Dip 14

Thinly sliced roast beef, horseradish aioli, and Swiss on a toasted hoagie roll with au jus

Add grilled onion, peppers, and mushroom + 3

Salmon Roll 18

Fresh salmon salad served in a grilled split-top bun. Choice of one side

ENTRÉES

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

Classic Burger* 13

Served with pickle, lettuce, tomato, onion

Add cheese + 1

Substitute bison patty + 2

Substitute chicken breast + 2

Substitute fry bread bun + 2

Garlic Mushroom Burger* 14

Served with sautéed mushroom, Swiss, garlic aioli

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

Fish Basket 16

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

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

DINNER ENTRÉES

Include choice of soup or house salad. Caesar salad + 1

Fettuccine 13

Creamy Parmesan Alfredo sauce over fettuccine with garlic and mushroom, served with "fry" breadsticks

Add chicken + 5

Add salmon + 12

Sirloin Steak* 22

8oz top sirloin, seasonal vegetable, choice of roasted red potato or mashed potato

Add grilled onion and mushroom + 2

Salmon* 25

8oz Atlantic salmon, seasonal vegetable, choice of roasted red potato or mashed potato

Country Fried Steak 22

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

Meatloaf Dinner 22

House-made bison and beef meatloaf, seasonal vegetable, mashed potato, brown gravy

Frybread Beef Tips 22

A piece of Netty's fry bread topped with mashed potato and beef sautéed with onion, carrot, and celery in a rich brown gravy

Stir Fry Bowl 12

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

Add chicken + 5

Add steak + 10

Add salmon + 12

1/2 Rack of Ribs 25

House BBQ sauce, seasonal vegetables, choice of roasted red potato or mashed potato

Ribeye Steak* 30

12oz rib eye, seasonal vegetable, choice of roasted red potatoes or mashed potato

Add grilled onion and mushroom + 2

À LA CARTE

Fruit 3

"Fry"
Breadsticks
3 / 5

Seasonal
Vegetable 4

French
Fries 5

Roasted Red
Potatoes 5

Fry
Bread 5

Mashed
Potatoes
& Gravy 5

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. 3/20/23

BREAKFAST

Served until 11am

Oatmeal 8

Creamy oatmeal served with brown sugar, walnuts, raisins

Biscuits & Gravy* 12

Homestyle sausage gravy over two biscuits, served with two eggs

French Toast* 12

Two thick-cut slices of French bread, two eggs, choice of bacon or sausage
Substitute ham steak + 3

Pancakes* 12

Two pancakes, two eggs, choice of bacon or sausage
Substitute ham steak + 3

Breakfast Burrito* 12

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

Classic Breakfast* 13

Hash browns, two eggs, choice of bacon or sausage, served with toast or biscuit
Substitute ham steak + 3

Country Fried Steak* 15

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

Build Your Own Omelet/Scramble* 14

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

Meat - Ham, bacon, sausage

Cheese - Cheddar, pepper jack, Swiss

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

Additional meat + 1

Additional cheese + .50

Additional vegetable + .50

À LA CARTE

Toast or Biscuit 2

Two Eggs 3

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 7

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

French Toast Sticks 7

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

Classic 8

Hash browns, scrambled egg with cheese, 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.



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