

## 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

### Bacon Cheese Fries - 8

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

### Chips & Salsa - 6

### Spinach-artichoke Dip - 9

Served with tortilla chips

### Nachos - 10

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

### Chicken Strips & Fries - 8

## ENTRÉES SERVED AFTER 4PM

No substitutions

### Steak - 20

8oz top sirloin, sautéed asparagus, roasted red potatoes with house-made rosemary compound butter

### Salmon - 18

8oz Alaskan wild caught salmon, sautéed asparagus, roasted red potatoes with house-made rosemary compound butter

## SOUPS & SALADS

### House Salad - 3/7

Spring mix, homestyle croutons, fire-roasted 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

### Seasonal Summer Salad - 13

Spring mix, grape tomatoes, cucumber, strawberries, slivered almonds, feta, strawberry vinaigrette.  
Add chicken or house-smoked pork + 2  
Add salmon + 6

### Taco Salad - 9

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

### Southwest Salad - 10

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

### Chili - 4

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

### Soup Of The Day - 2/4

Daily house-made soup

## ENTRÉES

### 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

### French Dip - 11

Sliced roast beef, Swiss on toasted hoagie, served with au jus and choice of one side  
Add caramelized onions + 1

### 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 slices of bacon, lettuce, tomato, mayo, choice of one side

### Brisket Sandwich - 12

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

### Beef Brisket - 8 oz 10 / 16 oz 18

House-smoked brisket served with BBQ sauce, choice of one side

### Wetlands Grilled Cheese - 9

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

### Stir Fry Bowl - 12

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

### Indian Taco - 10

Tribal member family recipe fry bread topped with chili, cheddar, lettuce, tomato, olives, onion, sour cream, salsa, choice of seasoned ground beef or house-smoked pork

### Turkey Club Wrap - 9

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

### Chicken Bacon Ranch Wrap - 8

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

### Fish & Chips - 14

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

### Tacos, Tacos & Tacos - 12

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

**Black & Blue** - Marinated steak, blue cheese crumbles, diced tomato, cilantro

**Fish** - Beer battered cod, corn salsa, cilantro lime aioli

**Pork** - Shredded pork, Sriracha aioli slaw, strawberry salsa

**Chicken** - Chicken, chipotle ranch slaw, corn salsa

## SIDES

Add an additional side to any meal for 1.5 ea

### Biscuit

### Cole Slaw

### French Fries

### Mac & Cheese

### Seasonal Veggies

### Fresh Fruit

### Side Salad

### Chili

### Home-style Potato Salad

### Baked Beans

Most items can be prepared to suit gluten-free and vegetarian diets. Please inform your server of any food allergies or diet specifications. 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 sage gravy over two biscuits, served with two eggs

### Snoqualmie 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, homestyle potatoes, 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 sage gravy, two eggs, homestyle potatoes, choice of toast or biscuit

### Breakfast Burrito - 7

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

### Omelets On Omelets - 9

**Meat Lovers** - Bacon, sausage, ham, cheddar

**Denver** - Ham, onion, green bell pepper, cheddar

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

**Cheesy** - Mozzarella, Parmesan, cheddar

### Breakfast Add Ons - 1.5 ea

Two Bacon Strips

Two Sausage Links

Two Eggs

Hash Browns

Toast

Biscuit

Homestyle Sage Gravy

Fresh Fruit

## 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

## SMALLER APPETITES

### Chicken Strips - 5

Served with french fries, seasonal vegetables or fresh fruit

### Grilled Cheese - 4

Choice of sourdough, white or wheat, served with french fries, seasonal vegetables or fresh fruit

### Hamburger or Cheeseburger - 5

Served with french fries, seasonal vegetables or fresh fruit

### Mac & Cheese - 4

Served with french fries, seasonal vegetables or fresh fruit

## 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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