

**BAKERY & DESSERTS**

all desserts are made in house including our pastry creams, doughs, pie crusts, tart shells and caramel

**PERSONAL SWEETS**

- APPLE CROUSTADE** \$4.95 – EA  
*flaky pie crust filled with fresh sautéed apples and cinnamon*
- BANANA CREAM TART** \$4.25 – EA  
*shortbread cookie crust topped with whipped cream*
- FUDGE BROWNIE** \$2.25 – EA  
*rich chocolate topped with powdered sugar*
- RASPBERRY BAR** \$2.25 – EA  
*with toasted pecan topping*
- DREAM BAR** \$2.50 – EA  
*chocolate chips, pecans, coconut and a creamy filling on graham cracker crust*
- CLASSIC CANNOLI** \$3.75 – EA  
*filled with fresh ricotta and hand shaved chocolate shavings*
- LEMON SQUARE** \$2.25 – EA  
*made with house made fresh lemon curd and shortbread crust*
- PANNA COTTA** \$3.95 – EA  
*italian custard with real maple syrup or cherry topping*
- CHOCOLATE AND PEANUT BUTTER SQUARE** \$2.50 – EA  
*with a chocolate cookie crust*
- SELLAND'S CAKE BITES** \$2.35 – EA  
*chocolate cake with a hint of real peanut butter coated in chocolate*
- PETITS FOURS** \$2.50 – EA  
*(made by Divine Delights of Petaluma, CA) seasonal designs and flavors*

**CAKE BY THE SLICE**

- CARROT CAKE** \$4.25 – SLICE  
*with toasted walnuts and cream cheese frosting*
- GERMAN CHOCOLATE CAKE** \$4.25 – SLICE  
*rich dark chocolate cake covered with a coconut pecan custard frosting*
- CHOCOLATE CAKE** \$4.25 – SLICE  
*with rich dark chocolate frosting*
- CHOCOLATE MOUSSE** \$4.75 – SLICE  
*oreo cookie crust and topped with freshly whipped cream*
- RANDALL'S CHEESECAKE** \$4.75 – SLICE  
*graham cracker crust and topped with freshly whipped cream*

**CUPCAKES**

- CHOCOLATE** \$2.75 – EA  
*with chocolate fudge frosting and chocolate sprinkles*
- BLACK AND WHITE** \$2.75 – EA  
*with chocolate cake and vanilla frosting*
- COCONUT** \$2.75 – EA  
*with cream cheese frosting and fresh coconut*
- LEMON** \$2.75 – EA  
*with lemon curd and meringue frosting*
- RED VELVET** \$2.75 – EA  
*with cream cheese frosting and sprinkles*
- STRAWBERRY** \$2.75 – EA  
*with real strawberry frosting and whipped cream*
- VANILLA** \$2.75 – EA  
*with vanilla frosting*

**COOKIES**

- CHOCOLATE CHIP** \$1.35 – EA | \$15.00 DZ
- CHOC. CHIP WITH WALNUTS** \$1.35 – EA | \$15.00 DZ
- CLASSIC OATMEAL RAISIN** \$1.35 – EA | \$15.00 DZ
- PEANUT BUTTER** \$1.35 – EA | \$15.00 DZ
- SNICKERDOODLE** \$1.35 – EA | \$15.00 DZ
- LEMON COOLER** \$1.35 – EA | \$15.00 DZ
- TRIPLE CHOCOLATE CHIP** \$1.35 – EA | \$15.00 DZ
- COCONUT MACARON** \$1.65 – EA | \$16.00 DZ  
*dipped in chocolate*
- SEASONAL FROSTED COOKIES** \$3.00 – EA  
*colorfully decorated shortbread cookie*

COME IN AND EAT ON SITE  
OR TAKE YOUR FOOD OUT

◆  
CALL YOUR ORDER IN  
FOR FASTER SERVICE

◆  
CATERING IS OUR SPECIALTY

◆  
DELIVERY AVAILABLE



**EAST SACRAMENTO**  
5340 H Street, Sacramento, CA 95819  
TEL 916.736.3333 • FAX 916.736.3488



**EL DORADO HILLS**  
4370 Town Center Blvd. Ste. 120 EDH, CA 95762  
TEL 916.932.5025 • FAX 916.932.5020

**HOURS**

- MON – TUE 10:30AM – 8:00PM
- WED – SAT 10:30AM – 9:00PM
- SUN 9:30AM – 8:00PM



**CAFÉ MENU**

GOOD FOOD MADE FROM SCRATCH

IF YOU LOVE  
**FOOD & WINE**  
YOU'LL LOVE  
**SELLAND'S**

**WWW.SELLANDS.COM**

| <b>SANDWICHES</b>   |         |
|---|---------|
| <b>TURKEY</b> (served warm)<br><i>citrus and curry marinated turkey breast with brie, caramelized onions and curry mayo on a soft roll</i>  | \$8.75  |
| <b>SELLAND'S PRIME RIB</b> (served warm)<br><i>slow roasted prime rib, thinly sliced, on a toasted roll and house made au jus</i>           | \$12.95 |
| <b>MEATLOAF</b> (served warm)<br><i>with mayo, red onions and romaine on levain</i>   | \$7.75  |
| <b>ROAST PORK</b> (served warm)<br><i>caramelized onions, brie and mayo on a soft roll</i>  | \$8.75  |
| <b>CARNITAS</b> (served warm)<br><i>spicy pork with cheddar cheese, salsa, red onions and mayo on a soft roll</i>                           | \$8.75  |
| <b>BBQ BEEF BRISKET</b> (served warm)<br><i>marinated red onions and horseradish mayo on a soft roll</i>                                    | \$9.25  |
| <b>TURKEY</b><br><i>tomatoes, onions, jack cheese, lettuce and mayo on wheat</i>  | \$8.75  |
| <b>AVOCADO AND JACK</b> 🌿<br><i>pickles, red onions, tomatoes, romaine and mayo on wheat</i>  | \$8.75  |
| <b>BLTA</b><br><i>peppered bacon, tomatoes, lettuce, avocado and mayo on levain</i>   | \$8.75  |
| <b>SALAMI</b><br><i>cheddar and jack cheeses, tomatoes, pickles, red onions, pepperoncini, olive oil, mayo, vinegar and dijon on levain</i> | \$9.00  |
| <b>TUNA</b><br><i>white albacore with onions, celery, dill pickles, mayo and romaine on levain</i>  | \$7.75  |
| <b>CHICKEN BREAST</b><br><i>prosciutto, fontina, romaine and lemon basil aioli on levain</i>  | \$8.75  |
| <b>CURRY CHICKEN</b><br><i>curry chicken salad and arugula on wheat</i>   | \$8.75  |
| <b>BREAKFAST SANDWICH</b><br><i>thick cut peppered bacon, cheddar cheese, a farm fresh egg and scallions on toasted levain</i>              | \$8.75  |
| <b>DUNGENESS CRAB AND BAY SHRIMP</b><br><i>crab and shrimp salad sandwich with greens and mayo on a soft roll</i>                           | \$14.75 |

#### ADDITIONS

|                |  |
|----------------|--|
| CHICKEN BREAST | \$2.00 – (2 oz.)   \$4.00 (4 oz.)      |
| TURKEY         | \$2.00 – (2 oz.)   \$4.00 (4 oz.)      |
| BAY SHRIMP     | \$1.75 – (1.5 oz.)   \$3.50 (3 oz.)    |
| BACON          | \$1.95 – (1 slice)   \$3.00 (2 slices) |

| <b>PIZZAS</b>   |         |
|---|---------|
| <b>CHEESE</b> 🌿<br><i>tomato coulis, mozzarella and parmesan</i>  | \$10.50 |
| <b>MARGHERITA</b> 🌿<br><i>tomato coulis, tomatoes, fresh mozzarella, parmesan and basil</i>                         | \$13.75 |
| <b>CHICKEN</b><br><i>bacon, goat cheese, mozzarella, raw jalapeños, bechamel sauce, olive oil and fresh arugula</i> | \$14.75 |
| <b>PEPPERONI</b><br><i>mozzarella, parmesan, tomato coulis and fresh basil</i>                                      | \$13.75 |
| <b>PROSCIUTTO</b><br><i>fontina, caramelized onions, parmesan and fresh sage</i>                                    | \$14.75 |
| <b>COMBINATION</b><br><i>salami, pepperoni, sausage, mushrooms, green bell peppers, onions and black olives</i>     | \$14.75 |
| <b>VEGGIE COMBO</b><br><i>mushrooms, green bell peppers, onions, black olives, fresh tomatoes and arugula</i>       | \$14.75 |
| <b>THE JOSH</b><br><i>tomato coulis, mozzarella, pepperoni, kalamata olives, basil and chili flakes</i>             | \$14.75 |

#### SMALL BITES

|   |   |
|---|---|
| <b>CRAB CAKES</b> (cold or hot)<br><i>served with house made red pepper aioli</i> | \$2.95 – EA   \$8.50 FOR 3   \$16.95 FOR 6   \$33.50 – DZ |
|---|---|

#### SOUPS

|   |                           |
|---|---------------------------|
| <b>SOUP OF THE DAY</b><br><i>please inquire for today's selection</i> | \$4.95   \$6.25   \$11.95 |
| <b>CHILI</b>  | \$5.50   \$6.75   \$12.50 |
| <b>CLAM CHOWDER</b>   | \$5.50   \$6.75   \$12.50 |

*At Selland's, we aim to bring you the finest products available. Much of our seasonal produce comes straight from the local farmer's markets, and we are committed to using local, sustainable and organic produce and hormone free meats wherever possible. All of our salad dressings, soups, gravies and aiolis are made from scratch using the freshest ingredients and no fillers or additives.*

#### COLD SALADS & SIDES

\$2.95 – SIDE | \$4.95 – SM | \$8.95 – MD | \$16.95 – LG

|  |  |
|--|--|
| <b>ASIAN NOODLE</b> 🌿<br><i>with carrots, bell peppers, scallions, peanuts and a spicy sesame dressing</i>               |  |
| <b>MEDITERRANEAN CUCUMBER</b> 🌿 🌿<br><i>with bell peppers, feta cheese, kalamata olives, tomatoes and red onions</i>     |  |
| <b>BROCCOLI SALAD</b> 🌿<br><i>cashews, sunflower seeds, bacon, celery and raisins</i>                                    |  |
| <b>TOASTED COUSCOUS</b> 🌿<br><i>with roasted seasonal vegetables and parmesan, lightly tossed in olive oil and lemon</i> |  |
| <b>CAVATAPPI PASTA SALAD</b> 🌿<br><i>with tomato, arugula, ricotta, salata and buttermilk dressing</i>                   |  |
| <b>CURRY CHICKEN SALAD</b><br><i>roast chicken, cashews, golden raisins and curry dressing</i>                           |  |
| <b>BEST OF SEASON FRUIT SALAD</b> 🌿 🌿  |  |
| <b>SEASONAL SALAD</b><br><i>please inquire for today's selection</i>   |  |

#### LEAFY GREEN SALADS

|  |  |
|--|--|
| <b>CRAB AND BAY SHRIMP LOUIE</b> 🌿 \$14.75<br><i>fresh dungeness crab, bay shrimp, thousand island dressing, hard boiled egg and chives</i>  |  |
| <b>TURKEY COBB</b> 🌿 \$10.95<br><i>roast turkey, tomato, blue cheese, bacon, avocado, hard boiled egg and ranch dressing</i>   |  |
| <b>AHI TUNA SALAD</b> \$13.95<br><i>over an asian inspired slaw with a soy lime dressing</i>   |  |
| <b>BLUE CHEESE HEART OF ROMAINE</b> 🌿 🌿 \$4.95<br><i>romaine, blue cheese, tomatoes, green onions with a house made ranch dressing</i>   |  |
| <b>SHRIMP LOUIE HEART OF ROMAINE</b> 🌿 \$5.95<br><i>romaine, bay shrimp, cucumber, tomatoes, egg, green onions with thousand island dressing</i>   |  |
| <b>GARDEN</b> 🌿 🌿 \$6.95   \$4.95 – SM<br><i>greens, tomatoes, avocado, mushrooms, green bell peppers and scallions</i><br><i>choice of dressing – golden balsamic vinaigrette, ranch or thousand island</i> |  |
| <b>GOAT CHEESE AND APPLE</b> 🌿 🌿 \$6.95   \$4.95 – SM<br><i>greens, toasted walnuts, red onions and golden balsamic vinaigrette</i>  |  |
| <b>SEASONAL SALAD</b> \$ MARKET PRICE<br><i>ask our counter staff for more information</i>   |  |

#### HOT ENTREES & SIDES

|   |   |
|---|---|
| <b>ROASTED TURKEY BREAST</b><br><i>in a citrus curry marinade</i>   | \$4.50 – EA   |
| <b>TERIYAKI CHICKEN THIGHS</b><br><i>wood-fire roasted</i>  | \$2.95 – EA   |
| <b>CLASSIC MEATLOAF</b>   | \$4.75 – EA   |
| <b>CLASSIC CHICKEN BREAST</b> 🌿<br><i>wood-fire oven roasted in a marinade of lemon, garlic and chardonnay</i>                      | \$5.95 – EA   |
| <b>CHICKEN BREAST WITH MUSHROOMS</b><br><i>roasted with mushrooms, sherry and cream</i>   | \$7.95 – EA   |
| <b>PANKO CRUSTED SALMON FILET</b> 🌿<br><i>with a soy citrus glaze</i>   | \$8.95 – EA   |
| <b>SELLAND'S PORK CARNITAS</b><br><i>slow cooked, spicy</i>   | \$4.95 – SIDE   \$6.95 – SM   \$12.75 – MD   \$22.95 – LG |
| <b>BBQ BEEF BRISKET</b><br><i>braised in our house made BBQ sauce</i>   | \$5.95 – SIDE   \$7.75 – SM   \$14.95 – MD   \$27.95 – LG |
| <b>NANCY'S PORK ROAST</b> 🌿<br><i>wood fire roasted</i>   | \$4.95 – SIDE   \$6.95 – SM   \$12.75 – MD   \$22.95 – LG |
| <b>POTATOES AU GRATIN</b> 🌿 \$4.25 – SERVING<br><i>thinly sliced potatoes layered in seasoned cream, parmesan and swiss gruyère</i> |   |
| <b>MASHED POTATOES</b> 🌿 🌿<br><i>hand mashed; gravy upon request</i>  | \$2.95 – SIDE   \$4.95 – SM   \$8.95 – MD   \$16.50 – LG  |
| <b>MACARONI &amp; CHEESE</b> 🌿<br><i>4 cheeses and topped with toasted bread crumbs</i>   | \$3.50 – SIDE   \$5.50 – SM   \$9.95 – MD   \$18.50 – LG  |
| <b>ROASTED VEGETABLES</b> 🌿 🌿<br><i>best of season</i>  | \$2.95 – SIDE   \$4.95 – SM   \$8.95 – MD   \$16.50 – LG  |



VEGETARIAN OPTION



GLUTEN-FREE OPTION