

## DESSERTS .....

### SIGNATURE SWEETS .....

**SALTED CARAMEL & PECAN BROWNIE \$3.25**  
Maldon sea salt, candied pecans

**LEMON SQUARE \$2.99**  
shortbread crust

**MAPLE PANNA COTTA \$4.25**

**CHOCOLATE & PEANUT BUTTER SQUARE \$3.25**  
chocolate cookie crust

**CRÈME BRULEE \$4.99**

**MINI SEASONAL PARFAIT \$4.99**  
please inquire

### COOKIES .....

**SNICKERDOODLE \$1.75**

**PEANUT BUTTER \$1.75**

**CHOCOLATE CHIP \$1.75**

**M&M \$1.75** 

**TRIPLE CHOCOLATE \$1.75**

**SALTED CARAMEL \$1.75**

**COCONUT MACARON \$1.75**  
dipped in chocolate

**FROSTED SHORTBREAD HEART \$4.25**

**CHOCOLATE DIPPED SHORTBREAD HEART \$4.25**

### CUPCAKES .....

**HIGH HAT \$3.75**  
chocolate cake, chocolate dipped meringue

**RED VELVET \$3.75**  
red velvet cake, cream cheese frosting

**SEASONAL CUPCAKE \$3.75**  
please inquire

**GLUTEN SENSITIVE CUPCAKE \$3.95**  
chocolate cake, chocolate fudge frosting, chocolate curls

### CAKES & TORTES .....

**CARROT CAKE \$5.50 slice**  
cream cheese frosting, toasted walnuts

**DOUBLE CHOCOLATE CAKE \$5.50 slice**  
chocolate cake, chocolate fudge filling, chocolate fudge frosting, chocolate curls

**GERMAN CHOCOLATE CAKE \$5.50 slice**  
dark chocolate cake, coconut pecan filling, chocolate fudge frosting, toasted pecans

**CHOCOLATE MOUSSE TORTE \$5.50 slice**  
chocolate cookie crust, whipped cream, chocolate curls

**CHEESECAKE \$5.50 slice**  
graham cracker crust, whipped cream, white chocolate curls

# CAFÉ MENU

ESTABLISHED 2001  
**SELLAND'S**  
MARKET - CAFÉ

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**WWW.SELLANDS.COM**

## SUNDAY BRUNCH (9:30AM - 1:30PM) .....

**AMERICAN BREAKFAST \$11.50**  
—  
**TWO EGGS:**  
**SCRAMBLED WITH CHEDDAR, FRIED\* OR POACHED\***  
and  
**COUNTRY POTATOES OR FRUIT SALAD**  
and  
**PORK SAUSAGE OR PEPPERED BACON**  
and  
**TOASTED LEVAIN, TOASTED MULTIGRAIN OR BISCUIT WITH JAM**

**BREAKFAST BENEDICTS .....**  
*served with country potatoes or fruit*

**HAM BENEDICT\* \$13.75**  
two poached eggs, hollandaise sauce, toasted levain

**CRAB CAKE BENEDICT\* \$16.75**  
two poached eggs, hollandaise sauce, toasted levain

**SPINACH BENEDICT\* \$12.75**  
two poached eggs, hollandaise sauce, toasted levain

**SMOKED SALMON BENEDICT\* \$15.75**  
two poached eggs, hollandaise sauce, toasted levain

### BREAKFAST PIZZAS .....

**EGGS FLORENTINE PIZZA\* \$14.75**  
olive oil, mozzarella, spinach, hollandaise sauce, two eggs  
add prosciutto \$2.00

**EGGS IN PURGATORY PIZZA\* \$15.00**  
tomato coulis, mozzarella, caramelized onion, chili flakes, oregano, basil, two eggs

**GREENS EGGS & HAM PIZZA\* \$16.00**  
béchamel, mozzarella, kale, spinach, chard, feta, ham, scallions, two eggs, lemon

**TRUFFLED MUSHROOM & EGGS PIZZA\* \$16.00**  
béchamel, fontina, mozzarella, thyme, two eggs

*add Calabrian chili oil to any pizza \$1.00*

### BRIOCHE BREAKFAST SANDWICHES .....

**HAM, EGG & CHEESE\* \$8.00**  
cheddar, tomato, green onion

**BACON, EGG & CHEESE\* \$8.50**  
cheddar, tomato, green onion

**EGG & CHEESE\* \$7.00**  
cheddar, tomato, green onion

**BREAKFAST TARTINES .....**  
*garnished with sliced tomato and red onion and a side of fruit*

**AVOCADO TARTINE \$11.00**  
olive oil, sea salt, sunflower seeds, pepitas, basil, toasted multigrain pugliese, lemon wedge

**SMOKED SALMON TARTINE \$15.75**  
cream cheese, avocado, red onion, capers, dill, toasted multigrain pugliese, lemon wedge

**FRIED EGG & PROSCIUTTO TARTINE\* \$14.25**  
avocado, olive oil, sea salt, green onion, toasted multigrain pugliese

### A LA CARTE .....

**FRENCH TOAST CASSEROLE \$7.50**  
**BISCUIT & SAUSAGE GRAVY \$5.50**  
**WARM CINNAMON ROLL \$4.50**

**SCRAMBLED EGGS WITH CHEDDAR \$4.50**  
**SCRAMBLED EGG WHITES \$4.50**  
**POACHED EGG\* \$2.50**  
**FRIED EGG\* \$2.50**

**PEPPERED BACON (2) \$2.00**  
**PORK SAUSAGE LINKS (2) \$2.50**  
**COUNTRY POTATOES \$3.50**  
**FRUIT SALAD \$3.75**

**TOASTED LEVAIN WITH BUTTER & JAM \$2.50**  
**TOASTED MULTIGRAIN WITH BUTTER & JAM \$2.50**  
**BISCUIT WITH BUTTER & JAM \$3.25**

## BEVERAGES .....

**BELLINIS .....**  
*by the glass*

**PASSION FRUIT \$7.00**  
**PEACH \$7.00**  
**RASPBERRY \$7.00**

**MIMOSAS .....**  
*by the glass*

**ORANGE MIMOSA \$6.00**  
**KOMBUCHA MIMOSA \$6.00**  
**SANGRIA MIMOSA \$6.00**

**MIMOSAS BOTTLE SERVICE .....**  
*bottle of bubbles with choice of orange juice, kombucha or sangria*

**HOUSE \$22.00**  
**RESERVE \$35.00** (MUMM NAPA, Brut Prestige, NV)

### BLOODY MARYS .....

**BY THE GLASS \$6.00**  
**BY THE PITCHER \$18.00**

### SANGRIA .....

**BY THE GLASS \$5.00**  
**BY THE PITCHER \$15.00**

### ORANGE JUICE .....

**BY THE GLASS \$3.25**  
**BY THE CARAFE \$5.25**

\*Served raw or undercooked or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

## WOOD-FIRED PIZZAS

### COMBINATION \$17.25

tomato coulis, mozzarella, salami, pepperoni, sausage, onion, mushroom, green bell pepper, olive, parmesan

### PEPPERONI \$16.00

tomato coulis, mozzarella, parmesan, basil

### PEPPERONI & FETA \$16.75

tomato coulis, mozzarella, red onion, Kalamata olives, parmesan, basil, chili flakes

### PROSCIUTTO \$17.00

fontina, caramelized onion, parmesan, sage

### HAM & PINEAPPLE \$16.75 <sup>new</sup>

tomato coulis, mozzarella, house-roasted pork, honey ham, parmesan, jalapeño

### SAUSAGE & MUSHROOM \$16.25 <sup>new</sup>

béchamel, mozzarella, parmesan, thyme

### CHICKEN, BACON & GOAT CHEESE \$16.75

béchamel, mozzarella, parmesan, jalapeño, arugula

### CAULIFLOWER, BACON & OLIVE \$16.00 <sup>new</sup>

béchamel, mozzarella, red onion, parmesan, Calabrian chili oil

### MARGHERITA \$15.00

tomato coulis, fresh mozzarella, tomato, parmesan, basil

### CHEESE \$11.75

tomato coulis, mozzarella, parmesan, oregano

### SPINACH & ARTICHOKE \$16.00 <sup>new</sup>

cream cheese, mozzarella, parmesan, green onion  
add chicken \$3.00

*add Calabrian chili oil to any pizza \$1.00*

## HOT ENTREES

### HERB SALMON FILET \$9.50

olive oil, lemon, parsley, dill

### SEASONAL SALMON FILET \$10.50

seasonal preparation

### LEMON CHICKEN BREAST \$8.00

lemon, garlic, chardonnay, oregano, thyme

### MUSHROOM CHICKEN BREAST \$8.75

sherry, cream

### TERIYAKI CHICKEN THIGHS \$3.50

sesame seeds, green onion

### ALMOND CHICKEN THIGHS \$4.25 <sup>new</sup>

saffron, honey, onions

### COTTAGE PIE \$6.25 <sup>new</sup>

beef, carrots, tomato, peas, mashed potato topping

### BEEF CHUCK ROAST \$11.00 <sup>new</sup>

slow-roasted with tomato and onion

### CLASSIC MEATLOAF \$5.75

beef and pork with tomato, onion, cheddar

### BBQ BRISKET sm \$7.25 | med \$10.50 | lg \$18.75

slow-smoked, house made BBQ sauce

## WARM SANDWICHES

### FRENCH DIP \$13.75

thinly sliced slow-roasted beef, horseradish mayo, toasted soft roll, jus

### CITRUS-CURRY TURKEY DIP \$10.75 <sup>new</sup>

turkey breast, jack, caramelized onion, mayo, toasted soft roll, citrus-curry jus

### CRAB CAKE PO'BOY \$13.75 <sup>new</sup>

lemon-basil aioli, arugula, toasted soft roll

### SPICY MOROCCAN CHICKEN BURGER \$11.00 <sup>new</sup>

ground chicken with ginger and harissa, feta, carrot slaw, mayo, toasted brioche bun

### CUBANO \$10.00 <sup>new</sup>

pork loin, ham, jack, pickle, mustard, mayo, pressed soft roll

### BBQ BEEF BRISKET \$11.00

pickled red onion, horseradish mayo, toasted soft roll

### MEATLOAF \$9.00

red onion, romaine, mayo, levain  
add cheddar \$0.50

### TUNA MELT \$9.00 <sup>new</sup>

tuna salad, red onion, pickle, cheddar, mayo, toasted levain

### GRILLED CHEESE \$6.50 <sup>new</sup>

cheddar, parmesan, toasted levain  
add ham \$3.00 add tomato \$0.50

### CHOOSE ANY TWO \$9.50

1/2 cold sandwich  
cup of soup + cup of chili  
small garden salad + small simple green salad  
small classic Caesar + small kale Caesar  
small cold side

## COLD SANDWICHES

### ROAST BEEF \$10.75 <sup>new</sup>

beef marinated in garlic-parsley vinaigrette, tomato, arugula, mayo, baguette

### BLTA \$9.50

peppered bacon, romaine, tomato, avocado, mayo, levain

### TUNA SALAD \$8.00

tuna and celery salad, red onion, pickle, romaine, mayo, levain

### CHICKEN & PROSCIUTTO \$9.25

fontina, romaine, lemon-basil aioli, levain

### GREEN GODDESS CHICKEN \$10.50 <sup>new</sup>

chicken, apple, celery and green onion salad, arugula, baguette

### TURKEY, AVOCADO & JACK \$9.75

tomato, pickle, red onion, romaine, mayo, multigrain

### AVOCADO & JACK \$8.75

tomato, pickle, red onion, romaine, mayo, multigrain

### ROASTED BEET & GOAT CHEESE \$8.75 <sup>new</sup>

red cabbage, green onion, maple-sherry vinaigrette, mayo, baguette

### GREEK VEGGIE \$8.75 <sup>new</sup>

cucumber, green bell pepper, tomato, red onion, feta, Kalamata olives, romaine, red wine vinaigrette, mayo, baguette

*Any cold sandwich can be made into a lettuce wrap upon request.*

## MIXED GREENS SALADS

*choice of ranch, Caesar, green goddess, maple-sherry vinaigrette, red wine vinaigrette, golden balsamic vinaigrette*

### GARDEN MIXED GREENS sm \$6.50 | lg \$9.50

mixed greens, red cabbage, avocado, tomato, carrot, green bell pepper, green onion

### SIMPLE MIXED GREENS sm \$4.00 | lg \$6.50

green onion

### ADD TO ANY SALAD

avocado \$1.50  
chicken \$3.00  
salmon filet \$9.50  
hard boiled egg \$0.75  
bacon \$2.00

## SIGNATURE SALADS

### GOAT CHEESE & APPLE sm \$6.25 | lg \$8.75

mixed greens, toasted walnuts, red onion, golden balsamic vinaigrette

### SUPER GREENS sm \$7.00 | lg \$9.75 <sup>new</sup>

spinach, kale, chard, roasted beets, red cabbage, sunflower seeds, pumpkin seeds, maple-sherry vinaigrette

### GREEK sm \$6.75 | lg \$9.25 <sup>new</sup>

romaine, tomato, cucumber, green bell pepper, red onion, feta, Kalamata olives, red wine vinaigrette

### AMERICAN sm \$7.00 | lg \$9.75 <sup>new</sup>

romaine, tomato, carrot, green onion, olive, cheddar, bacon, croutons, ranch

### CLASSIC CAESAR sm \$6.25 | lg \$8.50 <sup>new</sup>

romaine, parmesan, croutons

### KALE CAESAR sm \$6.75 | lg \$9.25 <sup>new</sup>

kale, parmesan, croutons

### RANCH HEART OF ROMAINE \$5.25

blue cheese, tomato, green onion

### GREEN GODDESS HEART OF ROMAINE \$5.75 <sup>new</sup>

feta, green onion, sunflower seeds

## COMPOSED SALADS

### TURKEY COBB \$12.50

mixed greens, bacon, avocado, hard boiled egg, tomato, blue cheese crumble, ranch

### ROASTED SALMON FILET ON QUINOA \$13.75

kale, pecans, parmesan, dill, green onion, lemon vinaigrette

### ASIAN CHICKEN \$12.50 <sup>new</sup>

green cabbage, carrot, red bell pepper, green onion, cilantro, avocado, almonds, Asian peanut dressing

## HOT SIDES

### MACARONI & CHEESE sm \$3.75 | med \$5.75 | lg \$9.75

four cheeses, toasted bread crumbs

### CHEESY POTATOES AU GRATIN sm \$3.75 | med \$5.75 | lg \$9.75 <sup>new</sup>

cheddar, cream

### MASHED POTATOES sm \$3.25 | med \$5.25 | lg \$9.25

hand mashed (gravy upon request)

### ROASTED VEGETABLES sm \$3.75 | med \$5.75 | lg \$9.75

best of season

### CRAB CAKE \$3.50

served with house made lemon-basil aioli

## COLD SALAD SIDES

### SALAD TRIO \$9.00

choose any three cold salad sides

### GREEN GODDESS CHICKEN sm \$4.25 | med \$5.50 | lg \$9.25 <sup>new</sup>

apple, celery, green onion, green goddess dressing

### ROASTED BEET sm \$3.75 | med \$5.25 | lg \$8.95 <sup>new</sup>

chard, red cabbage, green onion, sunflower seeds, maple-sherry vinaigrette

### ROASTED CAULIFLOWER & CHICKPEA sm \$3.75 | med \$5.25 | lg \$8.95 <sup>new</sup>

arugula, currant, creamy lemon-tahini dressing

### MEDITERRANEAN CUCUMBER sm \$3.75 | med \$5.25 | lg \$8.95

red bell pepper, red onion, feta, Kalamata olives, red wine vinaigrette

### CAVATAPPI PASTA sm \$3.75 | med \$5.25 | lg \$8.95

tomato, arugula, ricotta salata, scallions, ranch

### QUINOA & KALE sm \$3.75 | med \$5.25 | lg \$8.95

pecans, parmesan, dill, green onion, lemon vinaigrette

### ROASTED BROCCOLI & RED PEPPER sm \$3.75 | med \$5.25 | lg \$8.95 <sup>new</sup>

olive oil, garlic, lemon

### ASIAN NOODLE sm \$3.75 | med \$5.25 | lg \$8.95 <sup>new</sup>

red bell pepper, carrot, green onion, cilantro, Asian peanut dressing

### SEASONAL FRUIT sm \$3.75 | med \$5.25 | lg \$8.95

please inquire

## SOUPS & CHILI

### SOUPS OF THE DAY \$5.50 cup | \$7.50 bowl

please inquire for today's selections

### BEEF & BEAN CHILI \$5.75 cup | \$7.75 bowl

# CAFÉ MENU