

GLUTEN SENSITIVE MENU

Our gluten sensitive products are prepared in kitchens that handle may other wheat products. Therefore we cannot and do not guarantee that any menu item is completely gluten free.



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WWW.SELLANDS.COM

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

GLUTEN SENSITIVE AMERICAN BREAKFAST

PLEASE SPECIFY "GLUTEN SENSITIVE TOAST" WHEN ORDERING

TWO EGGS:
SCRAMBLED WITH CHEDDAR, FRIED* OR POACHED*
and
COUNTRY POTATOES OR FRUIT SALAD
and
PORK SAUSAGE OR PEPPERED BACON
and
G.S. TOAST WITH JAM
\$12.50

G.S. BREAKFAST BENEDICTS

served with country potatoes or fruit

PLEASE SPECIFY "GLUTEN SENSITIVE BENEDICT" WHEN ORDERING

- G.S. HAM BENEDICT* \$14.75
two poached eggs, hollandaise sauce, toasted g.s. bread
- G.S. SPINACH BENEDICT* \$13.75
two poached eggs, hollandaise sauce, g.s. bread
- G.S. SMOKED SALMON BENEDICT* \$16.75
two poached eggs, hollandaise sauce, g.s. bread

G.S. BREAKFAST PIZZA

PLEASE SPECIFY "GLUTEN SENSITIVE PIZZA" WHEN ORDERING

- G.S. EGGS FLORENTINE PIZZA* \$16.75
olive oil, mozzarella, spinach, hollandaise sauce, two eggs
add prosciutto \$2.00
- G.S. EGGS IN PURGATORY PIZZA* \$17.00
tomato coulis, mozzarella, caramelized onion, chili flakes, oregano,
basil, two eggs

G.S. BREAKFAST TARTINES

garnished with sliced tomato and red onion and a side of fruit

PLEASE SPECIFY "GLUTEN SENSITIVE BREAD" WHEN ORDERING

- G.S. AVOCADO TARTINE \$12.00
olive oil, sea salt, sunflower seeds, pepitas, basil, toasted g.s. bread,
lemon wedge
- G.S. SMOKED SALMON TARTINE \$16.75
cream cheese, avocado, red onion, capers, dill, g.s. bread,
lemon wedge
- G.S. FRIED EGG & PROSCIUTTO TARTINE* \$15.25
avocado, olive oil, sea salt, green onion, toasted g.s. bread

*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.

A LA CARTE

- COUNTRY POTATOES \$3.50
- 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
- FRUIT SALAD \$3.75
- GLUTEN SENSITIVE TOAST WITH BUTTER & JAM \$3.50

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

G.S. WOOD-FIRED PIZZAS

PLEASE SPECIFY “GLUTEN SENSITIVE PIZZA” WHEN ORDERING

G.S. COMBINATION \$19.25

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

G.S. PEPPERONI \$18.00

tomato coulis, mozzarella, parmesan, basil

G.S. PEPPERONI & FETA \$18.75

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

G.S. PROSCIUTTO \$19.00

fontina, caramelized onion, parmesan, sage

G.S. HAM & PINEAPPLE \$18.75 ^{new}

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

G.S. MARGHERITA \$17.00

tomato coulis, fresh mozzarella, tomato, parmesan, basil

G.S. CHEESE \$13.75

tomato coulis, mozzarella, parmesan, oregano

G.S. SPINACH & ARTICHOKE \$18.00 ^{new}

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

add Calabrian chili oil to any pizza \$1.00

G.S. HOT ENTREES

HERB SALMON FILET \$9.50

olive oil, lemon, parsley, dill

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 ^{new}

saffron, honey, onions

COTTAGE PIE \$6.25 ^{new}

beef, carrots, tomato, peas, mashed potato topping

BEEF CHUCK ROAST \$11.00 ^{new}

slow-roasted with tomato and onion

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

slow-smoked, house made BBQ sauce

G.S. WARM SANDWICHES

PLEASE SPECIFY “GLUTEN SENSITIVE SANDWICH” WHEN ORDERING

G.S. FRENCH DIP \$14.75

thinly sliced slow-roasted beef, horseradish mayo, jus

G.S. CITRUS-CURRY TURKEY DIP \$11.75 ^{new}

turkey breast, jack, caramelized onion, mayo, citrus-curry jus

G.S. BBQ BEEF BRISKET \$12.00

pickled red onion, horseradish mayo

G.S. TUNA MELT \$10.00 ^{new}

tuna salad, red onion, pickle, cheddar, mayo

G.S. GRILLED CHEESE \$7.50 ^{new}

cheddar, parmesan

add ham \$3.00 add tomato \$0.50

CHOOSE ANY TWO \$10.00

1/2 g.s. cold sandwich
small garden salad
small simple green salad
small g.s. cold side

G.S. COLD SANDWICHES

PLEASE SPECIFY “GLUTEN SENSITIVE SANDWICH” WHEN ORDERING

G.S. ROAST BEEF \$11.75 ^{new}

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

G.S. BLTA \$10.50

peppered bacon, romaine, tomato, avocado, mayo

G.S. TUNA SALAD \$9.00

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

G.S. CHICKEN & PROSCIUTTO \$10.25

fontina, romaine, lemon-basil aioli

G.S. GREEN GODDESS CHICKEN \$11.50 ^{new}

chicken, apple, celery and green onion salad, arugula

G.S. TURKEY, AVOCADO & JACK \$10.75

tomato, pickle, red onion, romaine, mayo

G.S. AVOCADO & JACK \$9.75

tomato, pickle, red onion, romaine, mayo

G.S. ROASTED BEET & GOAT CHEESE \$9.75 ^{new}

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

G.S. GREEK VEGGIE \$9.75 ^{new}

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

G.S. 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

G.S. 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 ^{new}

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

GREEK sm \$6.75 | lg \$9.25 ^{new}

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

RANCH HEART OF ROMAINE \$5.25

blue cheese, tomato, green onion

GREEN GODDESS HEART OF ROMAINE \$5.75 ^{new}

feta, green onion, sunflower seeds

G.S. 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 ^{new}

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

G.S. HOT SIDES

CHEESY POTATOES AU GRATIN sm \$3.75 | med \$5.75 | lg \$9.75 ^{new}

cheddar, cream

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

hand mashed

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

best of season

G.S. 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 ^{new}

apple, celery, green onion, green goddess dressing

ROASTED BEET sm \$3.75 | med \$5.25 | lg \$8.95 ^{new}

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

ROASTED CAULIFLOWER & CHICKPEA sm \$3.75 | med \$5.25 | lg \$8.95 ^{new}

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

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 ^{new}

olive oil, garlic, lemon

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

please inquire

G.S. DESSERTS

MAPLE PANNA COTTA \$4.25

CRÈME BRULEE \$4.99

COCONUT MACARON \$1.75

dipped in chocolate

GLUTEN SENSITIVE CUPCAKE \$3.95

chocolate cake, chocolate fudge frosting, chocolate curls

GLUTEN SENSITIVE MENU