

VEGETARIAN MENU

ESTABLISHED 2001
SELLAND'S
 MARKET - CAFE

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WWW.SELLANDS.COM

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

VEGETARIAN AMERICAN BREAKFAST

TWO EGGS:
 SCRAMBLED WITH CHEDDAR, FRIED* OR POACHED*
 and
 COUNTRY POTATOES
 and
 FRUIT SALAD
 and
 TOASTED LEVAIN, TOASTED MULTIGRAIN OR BISCUIT WITH JAM
 \$11.50

BREAKFAST BENEDICT

served with country potatoes or fruit

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

BREAKFAST PIZZA

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

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

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

Many of the pizzas on our regular café menu can be modified to be vegetarian.

BRIOCHE BREAKFAST SANDWICH

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

BREAKFAST TARTINE

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

A LA CARTE

FRENCH TOAST CASSEROLE \$7.50
 WARM CINNAMON ROLL \$4.50

COUNTRY POTATOES \$3.50

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

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)

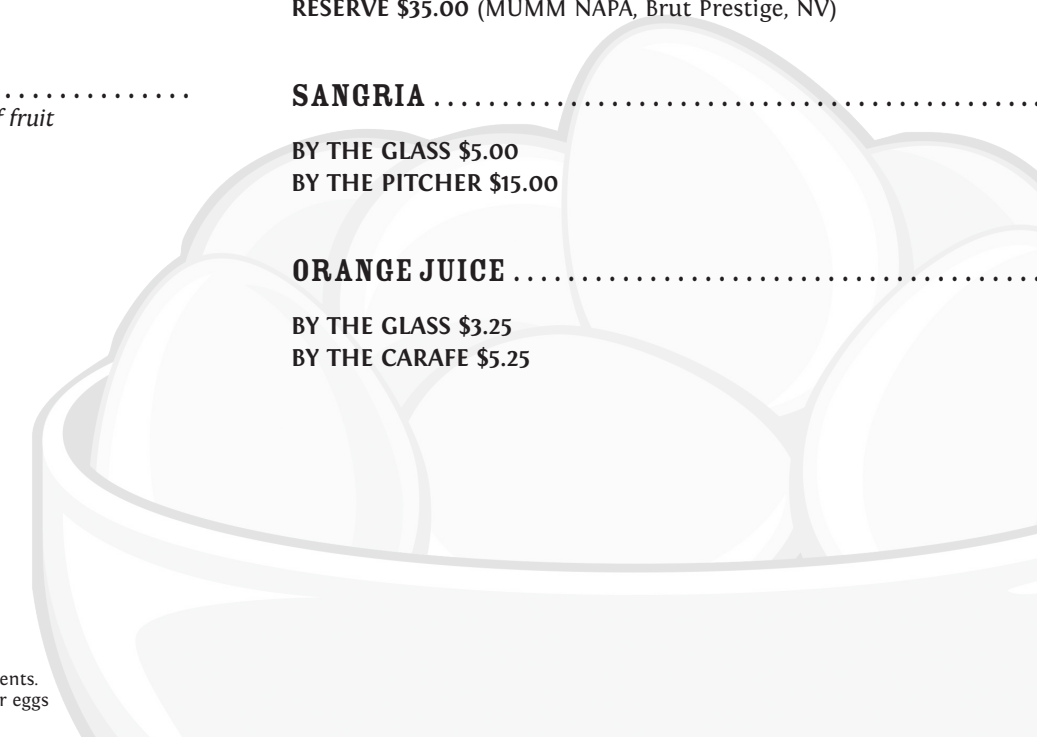
SANGRIA

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

add Calabrian chili oil to any pizza \$1.00

MARGHERITA \$15.00

tomato coulis, fresh mozzarella, tomato, parmesan, basil

CHEESE \$11.75

tomato coulis, mozzarella, parmesan, oregano

SPINACH & ARTICHOKE \$16.00

cream cheese, mozzarella, parmesan, green onion

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WARM SANDWICHES

GRILLED CHEESE \$6.50

cheddar, parmesan, toasted levain
add tomato \$0.50

CHOOSE ANY TWO \$9.50

1/2 cold sandwich
cup of soup
small garden salad
small simple green salad
small cold side

COLD SANDWICHES

AVOCADO & JACK \$8.75

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

ROASTED BEET & GOAT CHEESE \$8.75

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

GREEK VEGGIE \$8.75

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, maple-sherry vinaigrette, red wine vinaigrette, golden balsamic vinaigrette
(all dressings listed are vegan, EXCEPT FOR RANCH)*

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
hard boiled egg \$0.75

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

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

GREEK sm \$6.75 | lg \$9.25

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

COLD SALAD SIDES

SALAD TRIO \$9.00

choose any three cold salad sides

ROASTED BEET sm \$3.75 | med \$5.25 | lg \$8.95

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

ROASTED CAULIFLOWER & CHICKPEA sm \$3.75 | med \$5.25 | lg \$8.95

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

olive oil, garlic, lemon

ASIAN NOODLE sm \$3.75 | med \$5.25 | lg \$8.95

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

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

please inquire

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

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

SOUPS & CHILI

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

please inquire for today's selections

DESSERTS

SIGNATURE SWEETS

SALTED CARAMEL & PECAN BROWNIE \$3.25

Maldon sea salt, candied pecans

LEMON SQUARE \$2.99

shortbread crust

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

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