

HOT A LA CARTE ENTRÉES

SALMON FILET PROVENCAL \$10.75 🌿🥚🥛
roasted cherry tomatoes, leeks, rosemary, thyme, oregano

HERB SALMON FILET \$10.25 🌿🥚🥛
olive oil, lemon, parsley, dill

CLASSIC MEATLOAF \$7.95
beef and pork with tomato, onion, cheddar

TERIYAKI CHICKEN THIGH \$5.25 🌿🥚🥛
sesame seeds, green onion

LEMON CHICKEN BREAST \$9.25 🌿🥚🥛
lemon, garlic, thyme

MUSHROOM CHICKEN BREAST \$9.75 🌿
sherry, cream

HOT SIDES

MACARONI & CHEESE \$6.25 🥚
cheddar, gruyère, parmesan, toasted breadcrumbs

MASHED POTATOES \$5.75 🌿🥚
hand mashed (gravy upon request)

ROASTED BRUSSELS SPROUTS \$6.25 🌿🥚🥛🆕
peppered bacon, onion, balsamic

MAPLE BUTTERNUT SQUASH \$5.95 🌿🥚🥛🥛🥛🆕
red onion, sage

BROCCOLI \$4.50 🌿🥚🥛🥛
sautéed with shallots and olive oil

FRENCH FRIES \$3.25 🌿🥚🥛🥛

WOOD-FIRED PIZZAS

add to any pizza: calabrian chili \$2, ranch \$1

COMBINATION \$19.50 ☆
tomato coulis, mozzarella, salami, pepperoni, sausage, red onion, mushroom, green bell pepper, black olives, parmesan

PEPPERONI, FETA & OLIVE \$19.50 ☆
tomato coulis, mozzarella, red onion, parmesan, basil, chili flakes

CHICKEN, BACON, JALAPEÑO & GOAT CHEESE \$19.50
béchamel, mozzarella, parmesan, arugula

PEPPERONI \$18.50 ☆
tomato coulis, mozzarella, parmesan, basil

VEGGIE COMBO \$18.50 ☆🥚🥛🆕
tomato coulis, mozzarella, mushroom, green bell pepper, red onion, black olives, cherry tomato-leek confit, parmesan, arugula

SELLAND'S MARGHERITA \$18.50 ☆🥚🥛🆕
tomato coulis, fresh mozzarella, cherry tomato-leek confit, parmesan, basil

CHEESE \$15.50 ☆🥚
tomato coulis, mozzarella, parmesan, oregano

CAFÉ MENU.....

BURGERS

add fries to any burger \$3.25

BBQ BACON CHEESEBURGER \$13.50
angus beef patty, cheddar cheese, caramelized onions, jalapeño, fried shallots, mayo, toasted brioche bun

ALL-AMERICAN CHEESEBURGER \$12.50 ☆
angus beef patty, cheddar cheese, lettuce, tomato, onion, pickle, mayo, toasted brioche bun *(add bacon \$2.50)*

NUT BURGER \$12.50 🌿🥚🥛
housemade vegan nut and seed patty, slaw with carrot, cabbage, mint and cilantro, onion, vegan "mayo", lemon vinaigrette, toasted bun

SPICY MOROCCAN CHICKEN BURGER \$12.50 ☆
ground chicken with ginger, harissa and feta, slaw with carrot, cabbage, mint and cilantro, feta aioli, toasted brioche bun

SALMON BURGER \$13.50
pickled red onion, arugula, mayo, lemon vinaigrette, toasted brioche bun

HOT SANDWICHES

add fries to any sandwich \$3.25

PEPPER STEAK \$14.95 ☆
shaved tri tip, jack cheese, peperonata, roasted garlic, mayo, toasted hoagie roll

ROASTED TRI TIP DIP \$13.95
caramelized onions, horseradish mayo, toasted hoagie roll, jus

MEATLOAF \$11.95
red onion, romaine, mayo, toasted sourdough *(add cheddar \$1)*

TUNA MELT \$12.50 ☆
tuna and celery salad, red onion, pickle, cheddar, toasted sourdough

COWGIRL CREAMERY GRILLED CHEESE \$10.75 ☆🥚
cheddar, gruyère, cowgirl creamery wagon wheel, caramelized onions, toasted sourdough *(add tomato \$0.50 or bacon \$2.50)*

COLD SANDWICHES

add fries to any sandwich \$3.25

BLTA \$11.75 🌿🥚🥛
peppered bacon, romaine, tomato, avocado, mayo, sourdough

TUNA SALAD \$10.50 ☆🥛
tuna and celery salad, red onion, pickle, romaine, sourdough

TURKEY & AVOCADO \$11.75 ☆
jack cheese, tomato, pickle, red onion, romaine, lemon-basil aioli, whole wheat

AVOCADO & JACK \$10.50 ☆🥚
tomato, pickle, red onion, romaine, lemon-basil aioli, whole wheat

THE RAINBOW \$11.50 🌿🥚🥛
avocado, pumpkin and sunflower seeds, tomato, slaw with carrot, cabbage, mint and cilantro, bell peppers, red onion, kalamata olives, lemon vinaigrette, vegan "mayo", whole wheat *(not available in combo)*

CHOOSE TWO COMBO \$13.75
1/2 cold sandwich
cup of soup • cup of chili
small garden salad • small caesar salad
small goat cheese & apple salad

SALADS

dressing choices: ranch, red wine vinaigrette, golden balsamic vinaigrette

FARMER'S MARKET \$13.95 🌿🥚🥛🥛
mixed greens, avocado, cucumber, cherry tomatoes, carrot, radish, green onion, dill, nut and seed mix, choice of dressing

POWER CAESAR \$13.95
mixed greens, avocado, fried shallots, cherry tomatoes, parmesan, puffed quinoa, farm egg

BACON & BLUE CHEESE \$15.25 🌿
chopped romaine, cherry tomatoes, pickled red onion, green onion, ranch

TURKEY COBB \$15.25 🌿
mixed greens, bacon, avocado, farm egg, tomato, blue cheese crumble, ranch

GARDEN SALAD sm \$7.50 | lg \$10.50 🌿🥚🥛🥛
mixed greens, carrot, cucumber, cherry tomatoes, green onion, choice of dressing

GOAT CHEESE & APPLE sm \$9.75 | lg \$13.95 🌿🥚
mixed greens, toasted walnuts, red onion, golden balsamic vinaigrette

CLASSIC CAESAR sm \$8.50 | lg \$12.75
chopped romaine, shaved parmesan, croutons, chives

ADD TO ANY SALAD
chicken \$4.25 • tri tip \$7.50 • chilled salmon filet \$10.25
half avocado \$2.50 • farm egg \$1.50 • bacon \$2.50

SOUP & CHILI

TRUFFLED MUSHROOM \$6.25 🌿🥚🆕
chives

TOMATO BASIL \$6.25 🌿🥚🆕

BEEF & BEAN CHILI \$6.75 🌿
cheddar, red onion

DELI CASE SALADS

SALAD TRIO \$13.75
choose any three deli case salads

ASIAN CHICKEN \$5.95 🌿
shaved cabbage, shaved carrot, toasted almonds, green onion, sesame ginger vinaigrette

ROASTED BEET \$4.95 🌿🥚
pistachios, feta, red onion, green onion, golden balsamic vinaigrette

KALE & QUINOA \$4.95 🌿🥚🥛🥛
pecans, dill, green onion, lemon vinaigrette

CAVATAPPI PASTA \$4.95 🥚
tomato, arugula, feta, green onion, ranch

MEDITERRANEAN CUCUMBER \$4.95 🌿🥚🥚
red bell pepper, red onion, feta, kalamata olives, red wine vinaigrette

KALE CAESAR \$4.95 🌿☆
parmesan, croutons

FRUIT \$5.25 🌿🥚🥛🥛
season's best

DESSERTS

PUMPKIN CHEESECAKE \$6.50 🆕
pumpkin cream cheese mousse, graham cracker streusel, whipped cream

BANANA PUDDING \$6.50 🌿🥚🥛🥛
vanilla coconut pudding, bananas, housemade vanilla wafer streusel, "whipped cream"

CHOCOLATE MOUSSE BAR \$6.95
whipped cream, chocolate cookie crust, cocoa nibs

CHOCOLATE & PEANUT BUTTER SQUARE \$3.75 🥚
peanut butter, chocolate ganache, chocolate cookie crust

HIGH HAT CUPCAKE \$3.95 🥚
chocolate cake, chocolate dipped meringue

PUMPKIN SPICE CHAI LATTE CUPCAKE \$3.95 🥚🆕
pumpkin spice cake, chai latte frosting

COOKIES \$2.95 🥚

SALTED CARAMEL

CHOCOLATE CHIP

CHOCOLATE BROWNIE CHIP 🌿

LEMON SUGAR

APPLE CINNAMON SNICKERDOODLE



☆ = can be modified gluten sensitive + \$2 pizza
🌿 = gluten sensitive
🥚 = vegetarian
🥛 = vegan
🥛 = dairy free

Please be aware that our gluten sensitive products are prepared in kitchens that handle many other wheat products. Therefore, we cannot and do not guarantee that any menu item is completely gluten-free.

**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.*