

HOT A LA CARTE ENTRÉES

SALMON FILET PROVENCAL \$12.50 🌿🥚🥛
roasted cherry tomatoes, leeks, rosemary, thyme, oregano

HERB SALMON FILET \$12 🌿🥛🥛
olive oil, lemon, parsley, dill

CLASSIC MEATLOAF \$9
beef and pork with tomato, onion, cheddar

TERIYAKI CHICKEN THIGH \$6.25 🌿🥚🥛
sesame seeds, green onion

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

MUSHROOM CHICKEN BREAST \$10.25 🌿
sherry, cream

HOT SIDES

MACARONI & CHEESE \$6.50 🥚
cheddar, gruyère, parmesan, toasted breadcrumbs

MASHED POTATOES \$5.75 🌿🥚
cream, butter (gravy upon request)

ROASTED ZUCCHINI \$6.95 🌿🥚🥛🥛🥛🥛 **NEW**
roasted cherry tomatoes, leeks, garlic, rosemary, thyme, oregano

RAINBOW CHARD \$6.25 🌿🥚 **NEW**
spiced butter, ginger, garlic

BROCCOLI \$4.75 🌿🥚🥛🥛
shallots, olive oil

FRENCH FRIES* \$4.25 🥛

WOOD-FIRED PIZZAS

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

RAINBOW CHARD & FETA \$18.50 🌿🥚🥛 **NEW**
garlic oil, mozzarella, parmesan, caramelized onion, mint, dill, lemon

COMBINATION \$21 ☆
tomato coulis, mozzarella, salami, pepperoni, sausage, red onion, mushroom, green bell pepper, black olives, parmesan

PEPPERONI, FETA & OLIVE \$19.75 ☆
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 \$20.25 🌿🥚
tomato coulis, mozzarella, mushroom, green bell pepper, red onion, black olives, cherry tomato-leek confit, parmesan, arugula

SELLAND'S MARGHERITA \$19.50 🌿☆
tomato coulis, fresh mozzarella, cherry tomato-leek confit, parmesan, basil

CHEESE \$16 🌿☆
tomato coulis, mozzarella, parmesan, oregano

BURGERS & HOT SANDWICHES

add fries to any burger or sandwich \$4.25

BBQ BACON CHEESEBURGER \$14.50
angus beef patty, cheddar, caramelized onion, jalapeño, fried shallot, mayo, toasted brioche bun

ALL-AMERICAN CHEESEBURGER \$13.50 ☆
angus beef patty, cheddar, lettuce, tomato, onion, pickle, mayo, toasted brioche bun *(add bacon \$3)*

NUT BURGER \$13.50 🌿🥚🥛
housemade vegan nut and seed patty, cabbage, carrot and cilantro slaw, sprouts, onion, burger sauce, lemon vinaigrette, toasted bun

SPICY MOROCCAN CHICKEN BURGER \$13.50 ☆
ginger and harissa chicken patty, cabbage, carrot and cilantro slaw, feta, mayo, toasted brioche bun

SALMON BURGER \$14.75
pickled red onion, arugula, mayo, lemon vinaigrette, toasted brioche bun

FRIED CHICKEN \$13.50 **NEW**
shredded lettuce, pickle, mayo, toasted brioche bun

ROASTED TRI TIP DIP \$14.95
caramelized onion, horseradish mayo, toasted hoagie roll, jus

TUNA MELT \$13 ☆
tuna and celery salad, red onion, pickle, cheddar, toasted sourdough

COWGIRL CREAMERY GRILLED CHEESE \$10.75 🌿☆
cheddar, gruyère, cowgirl creamery wagon wheel, caramelized onion, toasted sourdough *(add tomato \$0.50 or bacon \$3)*

COLD SANDWICHES

add fries to any sandwich \$4.25

ACHIOTE CHICKEN \$12.50 ☆ **NEW**
cabbage, carrot and cilantro slaw, pickled red onion, jalapeño, chipotle ranch, hoagie roll

BLTA \$12.50 🌿☆🥛
peppered bacon, romaine, tomato, avocado, mayo, sourdough

TUNA SALAD \$11.75 🌿☆🥛
tuna and celery salad, red onion, pickle, romaine, sourdough

TURKEY & AVOCADO \$12.50 ☆
jack cheese, tomato, pickle, red onion, romaine, lemon-basil aioli, whole wheat focaccia

AVOCADO & JACK \$11.50 🌿☆
tomato, pickle, red onion, romaine, lemon-basil aioli, whole wheat focaccia

THE RAINBOW \$12.50 🌿🥚🥛
avocado, tomato, bell pepper, cabbage, carrot and cilantro slaw, red onion, kalamata olives, pumpkin and sunflower seeds,

☆ = 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.

**Chicken and fries may be prepared in the same oil and contain gluten.*

***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.*

SALADS

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

FARMER'S MARKET \$14.50 🌿🥚🥛🥛
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 shallot, cherry tomatoes, parmesan, puffed quinoa, farm egg

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

GARDEN sm \$7.50 | lg \$12.85 🌿🥚🥛🥛🥛
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 \$13.50
chopped romaine, parmesan, croutons, chives, lemon

ADD TO ANY SALAD

chicken \$4.25 • chilled salmon filet \$12
half avocado \$2.50 • farm egg \$1.50 • bacon \$3

DELI CASE SALADS

SALAD TRIO \$14.95

choose any three deli case salads
(\$1 upcharge will apply to tarragon chicken)

CHERRY TOMATO CAPRESE \$6.25 🌿🥚🥛 **NEW**
fresh mozzarella, basil, golden balsamic vinaigrette

TARRAGON CHICKEN \$7.95 🌿 **NEW**
pecans, celery, dried cranberry, pink peppercorn ranch

CHICKEN & EDAMAME \$6.95 🌿
cabbage, carrot, green onion, cilantro, toasted peanuts, ginger-peanut vinaigrette

ROASTED BEET \$5.25 🌿🥚
pistachios, feta, red onion, green onion, golden balsamic vinaigrette

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

CURRIED CAULIFLOWER COUSCOUS \$5.95 🌿🥚🥛
almonds, celery, dried apricot, dried cranberry, curry-date vinaigrette

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

KALE & GOLDEN BEET \$4.95 🌿🥚🥛🥛
carrot, sprouts, pumpkin and sunflower seeds, aminos, lemon vinaigrette

FRUIT \$5.25 🌿🥚🥛🥛
season's best

SEASONAL BERRIES \$5.95 🌿🥚🥛🥛
season's best

SOUP

GOLDEN PEPPER & SUMMER SQUASH \$7 🌿🥚 **NEW**

TOMATO BASIL \$7 🌿🥚

SOUP & SALAD COMBO \$12.75

choice of:
GOLDEN PEPPER & SUMMER SQUASH SOUP
TOMATO BASIL SOUP
paired with
choice of:
SMALL GARDEN SALAD
SMALL GOAT CHEESE & APPLE SALAD
SMALL CLASSIC CAESAR SALAD
served with
WHOLE WHEAT FOCACCIA & BUTTER

DESSERTS

STRAWBERRY MASCARPONE PARFAIT \$6.75
pound cake, strawberry jam, vanilla streusel

BANANA PUDDING PARFAIT \$6.75 🌿🥚🥛🥛
vanilla coconut pudding, banana, vanilla streusel, "whipped cream"

BLUEBERRY CITRUS TART \$6.95 **NEW**
blueberry compote, valrhona yuzu ganache, whipped cream

COFFEE CARAMEL TART \$6.95 **NEW**
valrhona caramel crème, whipped coffee ganache

CHEESECAKE BAR \$6.95
whipped cream, graham cracker crust

RASPBERRY CHEESECAKE BAR \$6.95 **NEW**
whipped cream, graham cracker crust

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

HUMMINGBIRD CUPCAKE \$3.95 🌿 **NEW**
banana-pineapple spiced cake, cream cheese frosting, pecans

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

CHURRO COOKIE \$3.25 🌿
brown sugar snickerdoodle, cinnamon buttercream

CHOCOLATE FUDGE PEANUT BUTTER COOKIE \$3.25 🌿 **NEW**
peanut butter chips, peanut butter ganache

SALTED CARAMEL SANDWICH COOKIE \$3.25 🌿
salted caramel filling, maldon sea salt flakes

WHITE CHOCOLATE COCONUT MACADAMIA COOKIE \$3.25 🌿 **NEW**
toasted coconut, white chocolate chips, macadamia nuts

OATMEAL PECAN CHOCOLATE CHUNK COOKIE \$3 🌿🥚 **NEW**
our gluten-sensitive version of the classic

CHOCOLATE CHIP COOKIE \$3 🌿
our version of the classic

CAFÉ
MENU