

## HOT A LA CARTE ENTRÉES

**SALMON FILET PROVENÇAL \$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** 🌱🌱🌱🌱  
roasted cherry tomatoes, leeks, garlic, rosemary, thyme, oregano

**SUMMER CORN & SQUASH \$6.95** 🌱🌱🌱🌱🌱  
calabrian chili butter, lime, parmesan

**BROCCOLI \$4.75** 🌱🌱🌱🌱  
shallots, olive oil

**FRENCH FRIES\* \$4.25** 🌱

## WOOD-FIRED PIZZAS

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

**SWEET CORN & CHORIZO \$18.50** 🌱  
béchamel, mozzarella, jalapeño, red onion, cilantro, parmesan

**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**  
shredded lettuce, pickle, mayo, toasted brioche bun *(add calabrian chili \$2)*

**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*

**TARRAGON CHICKEN \$12.50** ☆ 🌱  
tarragon chicken salad with pecans, celery, radish, dried cranberry, pink peppercorn ranch, arugula, mayo, whole wheat focaccia

**ACHIOTE CHICKEN \$12.50** ☆  
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, lemon vinaigrette, vegan "mayo", whole wheat focaccia

☆ = can be modified gluten-sensitive + \$2 pizza  
🌱 = gluten-sensitive  
🌱🌱 = vegetarian  
🌱🌱🌱 = vegan  
🌱🌱🌱🌱 = dairy-free

## 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** 🌱🌱  
fresh mozzarella, basil, golden balsamic vinaigrette

**TARRAGON CHICKEN \$7.95** 🌱  
pecans, celery, radish, 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

**WATERMELON \$5.25** 🌱🌱🌱🌱🌱

## SOUP

**SUMMER CORN & ROASTED POBLANO \$7** 🌱🌱🌱🌱🌱

**TOMATO BASIL \$7** 🌱🌱

### SOUP & SALAD COMBO \$12.75

choice of:  
**SUMMER CORN & ROASTED POBLANO 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"

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

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

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

**HUMMINGBIRD CUPCAKE \$3.95** 🌱  
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** 🌱  
peanut butter chips, peanut butter ganache

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

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

**CHOCOLATE CHIP COOKIE \$3** 🌱  
our version of the classic

*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.*

CAFÉ  
MENU