

## COMBINATION PLATES \$21.75



not available between 1:30 pm - 4:30 pm



CHOOSE ANY HOT ENTRÉE WITH CHOICE OF TWO HOT SIDES

\*add \$2 for Salmon  
\*2 pieces per Teriyaki Chicken Thigh order



## HOT ENTRÉES (À LA CARTE)



not available between 1:30 pm - 4:30 pm


**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





not available between 1:30 pm - 4:30 pm

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

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


**MAPLE BUTTERNUT SQUASH \$6.95**       
red onion, sage

**ROASTED BRUSSELS SPROUTS \$6.95**     
peppered bacon, onion, balsamic

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

## WOOD-FIRED PIZZAS

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


**BRUSSELS SPROUTS & SAUSAGE \$18.50**   
béchamel, mozzarella, parmesan, calabrian chili


**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 burger or 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


## SALADS





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

**CHOPPED CHICKEN & FUJI APPLE \$14.95**    
romaine, arugula, kale, shaved brussels sprouts, golden raisins, toasted pepitas and sunflower seeds, crispy chickpeas, maple-sherry vinaigrette

**FARMER'S MARKET \$14.50**      
mixed greens, avocado, cucumber, 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


**CLASSIC CAESAR sm \$8.50 | lg \$13.50**  
chopped romaine, parmesan, croutons, chives, lemon


## DELI CASE SALADS





**SALAD TRIO \$14.95**  
choose any three deli case salads  
(add \$2 for Tarragon Chicken and Chicken & Edamame)




**ARTICHOKE & ROASTED PEPPER 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

## SOUP

**PUMPKIN GINGER \$7**     
toasted pepitas

**TOMATO BASIL \$7**  

**BEEF & BEAN CHILI \$8**    
cheddar, red onion

### SOUP & SALAD COMBO \$12.75

with whole wheat focaccia and butter

choice of soup or chili


with choice of


small garden salad





small caesar salad

## DESSERTS

### SIGNATURE SWEETS

**MAPLE PECAN TART \$6.95**   
caramel pecan filling, maple whipped cream

**PUMPKIN PIE PARFAIT \$6.75**   
pumpkin cream cheese mousse, gingersnap streusel, whipped cream




**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

### CUPCAKES

**HIGH HAT \$3.95**   
**GERMAN CHOCOLATE \$3.95**    
**CARROT**

### COOKIES

all vegetarian


**CHURRO \$3.25**  
**BUTTER NUTTER SANDWICH \$3.25**   
**SALTED CAMEL SANDWICH \$3.25**  
**MAPLE PECAN COOKIE \$3**   
**CHOCOLATE BROWNIE CHIP \$3**   
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
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 foodborne illness.

☆ = can be modified gluten-sensitive + \$2 pizza

 = gluten-sensitive

 = vegetarian

 = vegan

 = dairy-free