

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 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

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

FRENCH FRIES \$4.25 🥑

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

CALIFORNIA CHICKEN & AVOCADO \$13 ☆ 🍷🥑
cucumber, sprouts, bell pepper, onion, green goddess dressing, lemon-basil aioli, 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

GREEN GODDESS \$14.25 🍷🥬🥑🍷
mixed greens, avocado, cucumber, broccoli, bell pepper, green onion, dill, green goddess dressing

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

ADD TO ANY SALAD

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

DELI CASE SALADS

SALAD TRIO \$14.95 choose any three deli case salads

(add \$2 for Tarragon Chicken and Chicken & Edamame)

SUPERFOOD CHOPPED \$4.95 🍷🥬🥑🥒🥑🍷
kale, broccoli, carrot, beet, green onion, pumpkin and sunflower seeds, chickpeas, lemon vinaigrette

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

FRUIT \$5.25 🍷🥬🥑🥒🥑
season's best

SOUP

TRUFFLED MUSHROOM \$7 🍷🥬🥑
chives

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
served with
small garden salad*

DESSERTS

SIGNATURE SWEETS

ALMOND PEAR TORTE \$6.95 🍷🥬🥑🍷
toasted almonds, cinnamon, powdered sugar

LEMON MERINGUE PIE PARFAIT \$6.75
lemon curd, graham cracker streusel, torched meringue

BANANA PUDDING PARFAIT \$6.75 🍷🥬🥑🥒🥑
vanilla coconut pudding, banana, vanilla streusel, “whipped cream”

CHEESECAKE BAR \$6.95
whipped cream, graham cracker crust

BLUEBERRY CHEESECAKE BAR \$6.95 🍷
whipped cream, graham cracker crust

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

RASPBERRY LEMON CAKE \$7.50 🥬🍷
white cake, raspberry jam, lemon curd, raspberry buttercream

CUPCAKES

all vegetarian

HIGH HAT \$3.95

CARAMEL KAHLUA \$3.95 🍷

CARROT \$3.95

COOKIES

all vegetarian

RAINBOW \$3.75 (contains nuts) 🍷

CHURRO \$3.75

BUTTER NUTTER SANDWICH \$3.75 (contains nuts)

SALTED CARAMEL SANDWICH \$3.75

CHOCOLATE BROWNIE CHIP \$3.25 🍷

CHOCOLATE CHIP \$3.25

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