

## 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 Swedish Meatballs and Salmon  
\*2 pieces per Teriyaki Chicken Thigh order

## HOT ENTRÉES (À LA CARTE)



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



**SWEDISH MEATBALLS (3) \$13.50**   
beef and pork, mushroom-sherry cream sauce


**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)

**ROASTED ASPARAGUS \$6.95**      
miso, lemon, sesame



**ROASTED MUSHROOMS \$6.95**     
cabbage, leeks, thyme, garlic, butter

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

**FRENCH FRIES \$4.25** 

## WOOD-FIRED PIZZAS

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


**ASPARAGUS & SPRING ONION \$18.50**    
béchamel, mozzarella, parmesan, 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 sesame seed brioche bun

**ALL-AMERICAN CHEESEBURGER \$13.50** ☆  
angus beef patty, cheddar, lettuce, tomato, onion, pickle, mayo, toasted sesame seed 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 sesame seed brioche bun

**ASPARAGUS MELT \$12.50** ☆    
jack cheese, roasted red onion and red peppers, lemon-basil aioli, toasted sourdough

**FRIED CHICKEN \$13.50**  
shredded lettuce, pickle, mayo, toasted sesame seed 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


**EGG SALAD & ASPARAGUS \$13** ☆    
egg salad with celery, green onion, dijon, mayo, arugula, 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, golden raisins, toasted pepitas and sunflower seeds, crispy chickpeas, maple-sherry vinaigrette

**GREEN GODDESS \$14.25**    
mixed greens, avocado, snap peas, cucumber, broccoli, bell pepper, green onion, dill, green goddess dressing

**FARMER'S MARKET \$14.50**      
mixed greens, avocado, asparagus, 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, caesar dressing

**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 Chicken, Basil & Apricot)





**CHICKEN, BASIL & APRICOT \$7.95**    
sliced almonds, celery, onion, green goddess dressing



**ASPARAGUS & ARTICHOKE CAPRESE \$6.25**     
fresh mozzarella, basil, golden balsamic vinaigrette





**SPRING VEGETABLE PEARL COUSCOUS \$5.95**    
asparagus, snap peas, zucchini, dill, cilantro, mint, lemon, parmesan

**SUPERFOOD CHOPPED \$4.95**      
kale, broccoli, carrot, beet, green onion, pumpkin and sunflower seeds, chickpeas, lemon vinaigrette




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



**QUINOA & KALE \$4.95**      
pecans, dill, green onion, lemon vinaigrette


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

**FRUIT \$5.25**      
season's best

## SOUP

**POTATO LEEK \$7**   




**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

**CHERRY ALMOND TORTE \$6.95**     
toasted almonds, cinnamon, powdered sugar



**TIRAMISU \$6.75**    
mascarpone cream, coffee-soaked ladyfingers

**STRAWBERRY TRES LECHES PARFAIT \$6.75**   
fresh strawberries, vanilla sponge cake, whipped cream

**BANANA PUDDING PARFAIT \$6.75**     
vanilla coconut pudding, banana, vanilla streusel, "whipped cream"

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

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

**BLUEBERRIES & CREAM CAKE \$7.50**    
vanilla cake, blueberry jam, swiss buttercream

### CUPCAKES

all vegetarian


**HIGH HAT \$3.95**

**CARAMEL KAHLUA \$3.95**


### COOKIES


all vegetarian

**RAINBOW \$3.75** (contains nuts)

**OATMEAL COOKIE CREAM SANDWICH \$3.75** 

**SALTED CARAMEL SANDWICH \$3.75**

**LEMON CRINKLE \$3.25** 

**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