

## COMBINATION PLATES 22.50

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

CHOOSE ANY HOT ENTRÉE WITH CHOICE OF TWO HOT SIDES

\*Swedish Meatballs and Salmon add 2

\*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**

beef and pork, mushroom-sherry cream sauce

**CREAMY PESTO SALMON 13.50**  

spring herbs, dijon, white wine, lemon, cream

**HERB SALMON FILET 12**  

olive oil, lemon, parsley, dill

**CLASSIC MEATLOAF 9**

beef and pork with tomato, onion, cheddar

**TERIYAKI CHICKEN THIGH 6.50**  

sesame seeds, green onion

**LEMON CHICKEN BREAST 9**  

lemon, garlic, thyme

**MUSHROOM CHICKEN BREAST 10.50** 

sherry, cream

## HOT SIDES

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

**MACARONI & CHEESE 7.50** 

cheddar, gruyère, parmesan, toasted breadcrumbs

**MASHED POTATOES 5.50**  

cream, butter (gravy upon request)

**MISO ASPARAGUS 7**    

lemon, sesame

**ROASTED MUSHROOMS 7**  

charred cabbage, leeks, porcini butter

**BROCCOLI 5.50**   

shallot, olive oil

**FRENCH FRIES 5**  

## WOOD-FIRED PIZZAS

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

**ASPARAGUS & SPRING ONION 22**  

béchamel, mozzarella, lemon, parmesan

**COMBINATION 23** 

tomato coulis, mozzarella, salami, pepperoni, sausage, red onion,

mushroom, green bell pepper, black olives, parmesan

**PEPPERONI, FETA & OLIVE 22** 

tomato coulis, mozzarella, red onion, parmesan, basil, chili flakes

**CHICKEN, BACON, JALAPEÑO & GOAT CHEESE 22**

béchamel, mozzarella, parmesan, arugula

**PEPPERONI 21** 

tomato coulis, mozzarella, parmesan, basil

**VEGGIE COMBO 21**  

tomato coulis, mozzarella, mushroom, green bell pepper, red onion,

black olives, cherry tomato-leek confit, parmesan, arugula

**SELLAND’S MARGHERITA 20**  

tomato coulis, fresh mozzarella, cherry tomato-leek confit, parmesan, basil

**CHEESE 18**  

tomato coulis, mozzarella, parmesan, oregano

## BURGERS & HOT SANDWICHES

*add fries to any burger or sandwich 3.50*

**TURKEY PORCHETTA 14.50** 

sage and rosemary turkey breast, arugula, onion, lemon aioli, salsa verde,

toasted baguette

**ROASTED TRI-TIP DIP 15.50**

caramelized onion, horseradish mayo, toasted hoagie roll, jus

**FALAFEL BURGER 13**  

cucumber, tomato, onion, romaine, tahini-dill sauce, calabrian chili,

toasted bun

**BBQ BACON CHEESEBURGER 16**

angus beef patty, cheddar, caramelized onion, jalapeño,

fried shallot, mayo, toasted sesame seed brioche bun

**ALL-AMERICAN CHEESEBURGER 14.50** 

angus beef patty, cheddar, lettuce, tomato, onion, pickle, mayo,

toasted sesame seed brioche bun *(add bacon 4)*

**TUNA MELT 14** 

tuna and celery salad, red onion, pickle, cheddar, toasted sourdough

**ASPARAGUS MELT 14.50**  

jack cheese, roasted red onion and red peppers, lemon-basil aioli,

toasted sourdough

**COWGIRL CREAMERY GRILLED CHEESE 12**  

cheddar, gruyère, cowgirl creamery wagon wheel, caramelized onion,

toasted sourdough *(add tomato 0.50 or bacon 4)*

## COLD SANDWICHES

*add fries to any sandwich 3.50*


**ACHIOTE CHICKEN 14.50** 

cabbage, carrot and cilantro slaw, red onion, jalapeño, chipotle ranch,

mayo, hoagie roll

**BLTA 14**  

bacon, romaine, tomato, avocado, mayo, sourdough

**TUNA 13**  

tuna and celery salad, red onion, pickle, romaine, sourdough

**TURKEY & AVOCADO 14.50** 

jack cheese, tomato, pickle, red onion, romaine, lemon-basil aioli,

whole wheat

**AVOCADO & JACK 13**  

tomato, pickle, red onion, romaine, lemon-basil aioli,

whole wheat

**THE RAINBOW 14**  

avocado, tomato, bell pepper, cabbage, carrot and cilantro slaw,

red onion, kalamata olives, pumpkin and sunflower seeds,

lemon vinaigrette, vegan “mayo”, whole wheat

☆ = can be modified gluten-sensitive + 2 pizza

 = gluten-sensitive    = vegetarian

 = vegan    = dairy-free

## SALADS

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

**CHICKEN, GOAT CHEESE & APPLE 17**  

mixed greens, red onion, spiced southern fried walnuts,

golden balsamic vinaigrette

**GREEN GODDESS 15**  

mixed greens, avocado, cucumber, broccoli, bell pepper, green onion,

dill, green goddess dressing

**FARMER’S MARKET 16**    

mixed greens, avocado, cucumber, cherry tomatoes, carrot, radish,

green onion, dill, nut and seed mix, choice of dressing

**POWER CAESAR 15**

mixed greens, avocado, fried shallot, cherry tomatoes, parmesan,

puffed quinoa, farm egg, caesar dressing

**TURKEY COBB 18** 

mixed greens, bacon, avocado, farm egg, cherry tomatoes,

blue cheese crumble, ranch

**HOUSE sm 8.50 | lg 13.50** 

mixed greens, gruyère, green onion, fried shallot, toasted farro,

choice of dressing

ADD TO ANY SALAD

chicken 4 • chilled salmon filet 12 • bacon 4

half avocado 2 • farm egg 1

## DELI CASE SALADS

SALAD TRIO 15.50

choose any three deli case salads

*(Salmon Nicoise, Tarragon Chicken add 2)*

**SPRING VEGETABLE PEARL COUSCOUS 8**  

asparagus, snap peas, zucchini, dill, cilantro, mint, lemon, parmesan

**ARTICHOKE & ASPARAGUS CAPRESE 7**   

fresh mozzarella, basil, golden balsamic vinaigrette

**TARRAGON CHICKEN 8.50** 

sliced almonds, celery, onion, pink peppercorn ranch

**SALMON NICOISE 8.50**   

green beans, red potatoes, roasted tomatoes, olives, capers,

hardboiled egg, red wine vinaigrette

**SUPERFOOD CHOPPED 6**   

kale, broccoli, carrot, beet, green onion, pumpkin and sunflower seeds,

chickpeas, lemon vinaigrette

**ROASTED BEET 6.50**  

pistachios, feta, red onion, green onion, golden balsamic vinaigrette

**QUINOA & KALE 6**    

pecans, dill, green onion, lemon vinaigrette

**MEDITERRANEAN CUCUMBER 8**  

red bell pepper, red onion, feta, kalamata olives, red wine vinaigrette

**FRUIT 6**    

season’s best

## SOUP & CHILI

**TRUFFLED MUSHROOM 8**  

**TOMATO BASIL 8**  

**BEEF & BEAN CHILI 9** 

cheddar, red onion

SOUP & SALAD COMBO 15.50

*with focaccia and butter*

choice of soup or chili

*served with*

small house salad

## DESSERTS

### SIGNATURE SWEETS

**BLUEBERRY ALMOND TORTE 7**  

toasted almonds, cinnamon, powdered sugar

**TIRAMISU 7.50** 

mascarpone cream, coffee-soaked ladyfingers

**STRAWBERRY TRES LECHES PARFAIT 7.50** 

fresh strawberries, vanilla sponge cake, whipped cream

**CHOCOLATE PEANUT BUTTER PARFAIT 7.50**   

chocolate pudding, chocolate streusel,

peanut butter “whipped cream”

**BANANA PUDDING PARFAIT 7.50**   

vanilla coconut pudding, banana, vanilla streusel, “whipped cream”

**RASPBERRY CHEESECAKE BAR 7.50** 

whipped cream, graham cracker crust

**CHOCOLATE MOUSSE BAR 7.50**

whipped cream, chocolate cookie crust, cocoa nibs

**CARROT CAKE 7.50**  

cream cheese frosting, candied walnuts

### CUPCAKES 4

*all vegetarian*

**HIGH HAT**

**COOKIES & CREAM**

**CARAMEL KAHLUA**

### COOKIES

*all vegetarian*

**WHITE CHOCOLATE CHERRY MACADAMIA 4** 

**FUNFETTI COOKIE SANDWICH 4.50**

**FROSTED SUGAR COOKIE 4**

**SALTED CARAMEL SANDWICH 4**

**CHOCOLATE CHIP 3**

**CHOCOLATE BROWNIE CHIP 3** 

**LEMON CRINKLE 3**

*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.*

*\*\*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.*