

## WOOD-FIRED PIZZAS

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

### SELLAND'S MARGHERITA 22 ☆🌱

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

### PEPPERONI 22 ☆

tomato coulis, mozzarella, parmesan, basil

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

béchamel, mozzarella, parmesan, arugula

### 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

### PROSCIUTTO & HOT HONEY 22 ☆

tomato coulis, mozzarella, ricotta, rosemary ham, red onion, oregano, parmesan, arugula

### CHEESE 18 ☆🌱

tomato coulis, mozzarella, parmesan, oregano

## \$35 DINNER FOR TWO & SELECT BOTTLE OF WINE

(\$16 Single Special)

*available monday – saturday,  
4:30 pm to close (dine in or takeout)*

### FEBRUARY 17 – FEBRUARY 22

Chicken Tikka Masala with Cauliflower, Pepper, Onion,  
served with Basmati Rice & Cucumber-Red Onion Relish,  
topped with Cilantro

### FEBRUARY 24 – MARCH 1

Nonna's Pot Roast with Braised Pork,  
San Marzano Tomatoes, Peas and Pearl Onions,  
served over Mashed Potatoes

### MARCH 3 – MARCH 8

Herb Roasted Turkey Breast with Gravy  
served with Sweet Potato Puree,  
and Brussels Sprouts with Bacon and Fried Shallots

## COMBINATION PLATE 23.50

*not available between 2 pm - 4:30 pm*

### CHOOSE ANY HOT ENTRÉE WITH CHOICE OF TWO HOT SIDES

Swedish Meatballs or Salmon add 2  
2 pieces per Chicken Thigh order

## HOT ENTRÉES (À LA CARTE)

*not available between 2 pm - 4:30 pm*

### SWEDISH MEATBALLS (3) 13

beef and pork, mushroom-sherry cream sauce

### RED WINE GLAZED SALMON FILET 13.50 🌱🌱

pinot noir, roasted mushrooms, red onion, dijon

### HERB SALMON FILET 12 🌱🌱

olive oil, lemon, parsley, dill

### CLASSIC MEATLOAF 9

beef and pork with tomato, onion, cheddar

### CHIPOTLE-ORANGE CHICKEN THIGH 8 🌱🌱

garlic, ginger, cider vinegar, paprika

### LEMON CHICKEN BREAST 9.50 🌱🌱

lemon, garlic, thyme

### MUSHROOM CHICKEN BREAST 10.50 🌱

sherry, cream

## HOT SIDES

*not available between 2 pm - 4:30 pm*

### MACARONI & CHEESE 7.50 🌱

cheddar, gruyère, parmesan, toasted breadcrumbs

### MASHED POTATOES 6 🌱🌱

cream, butter *(gravy upon request)*

### MAPLE BUTTERNUT SQUASH 7.50 🌱🌱

miso-maple brown butter, wine-stewed red onion

### ROASTED BRUSSELS SPROUTS 7.50 🌱🌱

bacon, roasted onion, balsamic

### BROCCOLI 5.50 🌱🌱🌱

shallot, olive oil

### FRENCH FRIES 5 🌱🌱🌱

sea salt, side of ketchup

## SOUPS

### TOMATO BASIL 8 🌱🌱

### TRUFFLED MUSHROOM 8 🌱🌱

### BEEF & BEAN CHILI 9 🌱

cheddar, red onion

## SOUP & SALAD COMBO 16.50

*with focaccia and butter  
choice of soup  
small house salad*

## BURGERS & HOT SANDWICHES

*add fries to any burger or sandwich 4*

### ALL-AMERICAN CHEESEBURGER 15 ☆

angus beef patty, cheddar, lettuce, tomato, onion, pickle, mayo,  
toasted sesame seed brioche bun *(add bacon 4)*

### BBQ BACON CHEESEBURGER 17

angus beef patty, cheddar, caramelized onion, jalapeño,  
fried shallot, mayo, toasted sesame seed brioche bun

### FALAFEL BURGER 14 🌱🌱🌱

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

### TURKEY & BRIE 14.50 ☆ **NEW**

truffled mushrooms, roasted garlic, mayo, caramelized onion, sourdough

### COWGIRL CREAMERY GRILLED CHEESE 14 ☆🌱

cheddar, gruyère, cowgirl creamery wagon wheel, caramelized onion,  
toasted sourdough *(add tomato 0.50 or bacon 4)*

### TUNA MELT 15 ☆

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

### TURKEY REUBEN 15.50 ☆

caraway kraut, swiss, onion, dijon, thousand island, toasted sourdough

### ROASTED TRI-TIP DIP 16.50

caramelized onion, horseradish mayo, toasted hoagie roll, jus

## COLD SANDWICHES

*add fries to any sandwich 4*

### BLTA 14 ☆🌱

bacon, romaine, tomato, avocado, mayo, sourdough

### TUNA 13 ☆🌱

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

### TURKEY & AVOCADO 15 ☆

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

### THE RAINBOW 15 🌱🌱🌱

avocado, tomato, bell pepper, cabbage, carrot and cilantro slaw,  
red onion, kalamata olives, pumpkin and sunflower seeds,  
lemon vinaigrette, vegan "mayo", whole wheat

## SPAGHETTI SUNDAY SPECIAL

*includes*  
**SPAGHETTI BOLOGNESE  
 HOUSE SALAD  
 GARLIC PARMESAN FOCACCIA**

*16.50 per person*

*available sundays, 4:30 pm to close  
(dine in or takeout)*

## SALADS

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

### POWER CAESAR 17

mixed greens, avocado, fried shallot, cherry tomatoes, parmesan,  
puffed quinoa, farm egg, caesar dressing

### CHOPPED CHICKEN & FUJI APPLE 17 🌱

romaine, arugula, kale, golden raisins, crispy chickpeas,  
toasted pepitas and sunflower seeds, maple-sherry vinaigrette

### FARMER'S MARKET 17 🌱🌱🌱🌱

mixed greens, avocado, cucumber, cherry tomatoes, carrot, radish,  
green onion, dill, nut and seed mix, choice of dressing

### TURKEY COBB 18 🌱

mixed greens, bacon, avocado, farm egg, cherry tomatoes,  
blue cheese crumble, ranch

### GREEN GODDESS 17 🌱🌱

mixed greens, avocado, cucumber, broccoli, bell pepper, green onion,  
dill, green goddess dressing

### 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 17

**choose any three deli case salads**

*(Citrus Salmon, Tarragon Chicken add 2)*

### ROASTED BEET 8 🌱🌱

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

### SUPERFOOD CHOPPED 6 🌱🌱🌱🌱

kale, broccoli, carrot, beet, green onion, pumpkin and sunflower seeds,  
chickpeas, lemon vinaigrette

### CITRUS SALMON & SWEET POTATO 8.50 🌱🌱

kale, red onion, celery, capers, dijon

### TARRAGON CHICKEN 8.50 🌱

sliced almonds, celery, onion, pink peppercorn ranch

### MEDITERRANEAN CUCUMBER 8 🌱🌱

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

### BRUSSELS SPROUTS & BUTTERNUT SQUASH 7.50 🌱🌱

arugula, dried cranberries, toasted walnuts, chevre, balsamic

### QUINOA & KALE 6 🌱🌱🌱🌱

pecans, dill, green onion, lemon vinaigrette

### FRUIT 6 🌱🌱🌱🌱

season's best

## WINES

5 oz | 8 oz | bottle

### SPARKLING

#### CHAMPAGNE 58

Laurent-Perrier, Champagne, France

#### PROSECCO 24

Ostro, DOC, Friuli, Italy

### WHITE

#### PINOT GRIGIO 7.50 | 10 | 24

2021 Luna, Delle Venezie DOC, Veneto

#### SAUVIGNON BLANC 9.50 | 13 | 34

2023 Andis, Sierra Foothills, California

#### CHARDONNAY 9 | 12.50 | 32

2021 Tobias, Mendocino, California

#### CHARDONNAY 14 | 19 | 58

2022 Frank Family Vineyards, Carneros, California

#### ROSÉ 9 | 12.50 | 32

2023 The Pinot Project, France

### RED

#### PINOT NOIR 12 | 18 | 42

2021 Kosich, Sonoma, California

#### CHARBONO 12 | 18 | 42

2022 Brannan, Napa Valley, Calistoga, California

#### TEMPRANILLO 8.50 | 12 | 28

2021 Protocolo, Spain

#### CABERNET SAUVIGNON 12 | 18 | 42

2022 Vina Cobos 'Felino', Mendoza

#### CABERNET SAUVIGNON 15 | 20 | 50

2022 Painted Fields 'Curse of Knowledge', Sierra Foothills, California

## SPECIALTY BEVERAGES

TAHITIAN VANILLA LEMONADE 4

BLACK ICED TEA 3

ARNOLD PALMER 3

PASSION ICED TEA (HERBAL) 3

PASSION TEA LEMONADE 4

COFFEE (HOT OR ICED) 3

HARNEY & SONS HOT TEA 3

## BOTTLED & CANNED BEVERAGES

SPARKLING WATER 3.25

Topo Chico, La Croix Grapefruit, Spindrift Lemon

DASANI STILL WATER 3

SAN PELLEGRINO 3.25

Aranciata, Aranciata Rosso, Limonata

CANNED SODA 3.25

Coke, Diet Coke, Dr Pepper, Diet Dr Pepper, Sprite, A&W Root Beer

MEXICAN COCA-COLA 3.50

BUNDABERG GINGER BEER BOTTLE 3.50

THE REPUBLIC OF TEA 4

TREE TOP APPLE JUICE 2

### DRAFT BEERS

available by the glass and pitcher  
please inquire about this week's selection

PILSNER LAGER IPA DOUBLE IPA  
HAZY IPA SEASONAL CIDER

☆ = can be modified gluten-sensitive + 2 pizza

☼ = gluten-sensitive 🌿 = vegetarian

🌱 = vegan 🥛 = dairy-free

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.



KIDS MENU



CATERING MENU

## DESSERTS

### SIGNATURE SWEETS

PEAR ALMOND TORTE 7 ☼ 🌿  
cinnamon, powdered sugar

TIRAMISU 7.50 🌿  
mascarpone cream, coffee-soaked ladyfingers

CHOCOLATE PEANUT BUTTER PARFAIT 7.50 🌱 🌿  
chocolate pudding, chocolate streusel,  
peanut butter "whipped cream"

LEMON MERINGUE PIE PARFAIT 7.50  
lemon curd, graham cracker streusel,  
torched meringue

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

GERMAN CHOCOLATE CAKE 8 🌿  
dark chocolate cake, chocolate fudge,  
coconut caramel frosting, toasted pecans

## CUPCAKES

all vegetarian

CARROT 4 🌱 🌿

RED VELVET 4

HIGH HAT 4

COOKIES & CREAM 4

## COOKIES

all vegetarian

LEMON CRINKLE 3.50 🌱 🌿

FUNFETTI CREAM SANDWICH 4 🌱 🌿

MONSTER 4

SALTED CARAMEL SANDWICH 4

CHOCOLATE CHIP 3.50

CHOCOLATE BROWNIE CHIP 3.50 🌱 🌿

**SELLAND'S**  
CATERING

**WE'D LOVE TO CATER YOUR NEXT OFFICE LUNCH, PARTY OR SPECIAL EVENT**