

EST 2001

SELLANDS

NEIGHBORHOOD
CAFE & BAR

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

choose any hot entrée with choice of two hot sides

Swedish Meatballs or Salmon add 2

2 pieces per Chicken Thigh order

not available between 2 pm – 4:30 pm

HOT ENTRÉES (A LA CARTÉ)

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 ☆ 🆕

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

HOUSEMADE CRAFT COCKTAILS

exclusively serving at Sacramento Broadway location

Sellands Cup 14

london dry gin, pimm's, lemon, ginger, mixed berries, cucumber soda

Hotel Pacific 16

5 island blend rum, lime, pineapple, apricot, bitters

Westside Citrus 14

vodka, lime, cucumber, green chartreuse, elderflower

Paloma Sour 16

tequila, grapefruit, lime, bergamot agave, grapefruit foam

Oak & Smoke Fashioned 16

bourbon, smoke, demerara, bitters

Gin & Tonic "Sacramento Style" 15

london dry gin, blood orange, lemon, rosemary, mediterranean tonic

Mt. Fuji 16

japanese whisky, french vermouth, benedictine, plum bitters

Sangria 12

red wine, blended citrus, blueberries, lemon

SEASONAL HOT COCKTAILS

Blood Orange Toddy 16

rum, blood orange, lemon, honey, falernum

It's Pear-fect 16

bourbon, spiced pear, lemon, ginger, cinnamon

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

Mexican Coca-Cola 3.50

Canned Soda 3.25

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

Bundaberg Ginger Beer Bottle 3.50

The Republic of Tea 4

Tree Top Apple Juice 2

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

DRAFT BEERS

available by the glass, and pitchers.
please inquire about this week's selection

Pilsner Lager IPA Double IPA

Hazy IPA Seasonal Cider

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

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

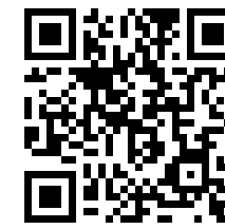
Funfetti Cream Sandwich 4

Monster 4

Salted Caramel Sandwich 4

Chocolate Chip 3.50

Chocolate Brownie Chip 3.50



KIDS MENU

☆ = 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.

SERVING
FRESH
LOCAL FARE
CATERING WITH
QUALITY
AND CARE

CATERING BY
SELLANDS



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Catered Meal