

## BAKERY & DESSERTS

all desserts including our caramel, pastry cream, dough, pie crust, and tart shells are made from scratch

## PERSONAL SWEETS

**DREAM BAR** \$3.25

chocolate chips, pecans, coconut, creamy filling, graham cracker crust

**SALTED CARAMEL & PECAN BROWNIE** \$3.25

rich chocolate brownies, soft caramel, Maldon sea salt, glazed toasted pecans

**LEMON SQUARE** \$2.99

house made fresh lemon curd, shortbread crust

**PANNA COTTA** \$4.25

italian custard with real maple syrup or seasonal fruit topping

**CHOCOLATE & PEANUT BUTTER SQUARE** \$3.25

chocolate cookie crust

**RICE KRISPY TREATS** \$4.99

**CREME BRULEE** \$4.99

**MINI SEASONAL PIES** \$4.99

served in a mason jar with seasonal filling

## COOKIES

\$1.75 - EA | \$20.00 DZ

### SNICKERDOODLE

### CLASSIC OATMEAL RAISIN

### CHOCOLATE CHIP

### TRIPLE CHOCOLATE CHIP

### SALTED CARAMEL SANDWICH COOKIE

### COCONUT MACAROON

dipped in chocolate

### SEASONAL COOKIES

please inquire

**SEASONAL FROSTED COOKIES** \$4.25 - EA

colorfully decorated shortbread cookie

## CUPCAKES

\$3.75 - EA | \$42.00 DZ

### CHOCOLATE

chocolate fudge frosting, chocolate sprinkles

### RED VELVET

red velvet cake topped with cream cheese frosting

### HIGH HAT

chocolate cake topped with meringue, dipped in chocolate

### SEASONAL CUPCAKES

please inquire

### GLUTEN SENSITIVE CUPCAKE

chocolate cake topped with chocolate buttercream

\$3.99

## CAKES BY THE SLICE

\$5.50 - SLICE

### CARROT CAKE

toasted walnuts, cream cheese frosting

### GERMAN CHOCOLATE CAKE

rich dark chocolate cake, coconut pecan frosting

### CHOCOLATE MOUSSE CAKE

Oreo cookie crust topped with freshly whipped cream

### RANDALL'S CHEESECAKE

graham cracker crust topped with freshly whipped cream

### SEASONAL CAKES

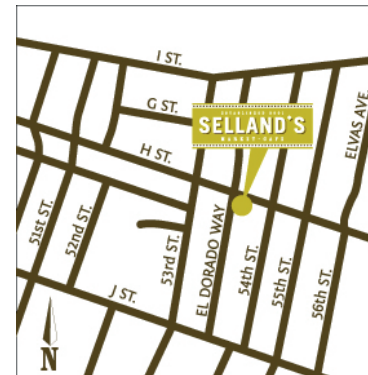
please inquire

At Selland's we aim to bring you delicious food from the finest ingredients available. Much of our seasonal produce comes straight from the local farmer's markets, and we are committed to using local, sustainable, and organic produce as well as hormone-free meats whenever possible. All of our salad dressings, soups, gravies, and aiolis are made from scratch using the freshest ingredients, no fillers, and no additives.

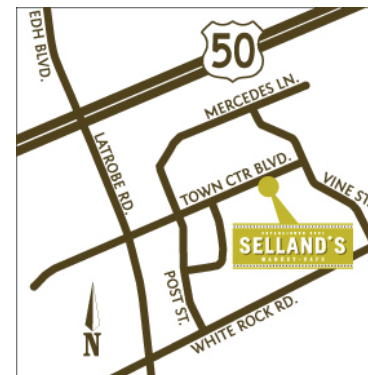
## DINE IN OR TAKE OUT

◆  
CALL AHEAD  
FOR FASTER SERVICE

## CATERING IS OUR SPECIALTY



**EAST SACRAMENTO**  
5340 H Street, Sacramento, CA 95819  
TEL 916.736.3333 • FAX 916.736.3488



**EL DORADO HILLS**  
4370 Town Center Blvd. Ste. 120 EDH, CA 95762  
TEL 916.932.5025 • FAX 916.932.5020

## HOURS

MON - TUE 10:30AM - 8:00PM  
WED - SAT 10:30AM - 9:00PM  
SUN 9:30AM - 8:00PM



# CAFÉ MENU

GOOD FOOD MADE FROM SCRATCH

IF YOU LOVE  
**FOOD & WINE**  
YOU'LL LOVE  
**SELLAND'S**

WWW.SELLANDS.COM

## SANDWICHES

<b>TURKEY (served warm)</b> <i>citrus-curry marinated turkey breast, brie, caramelized onion, curry mayo, soft roll</i>	\$9.25
<b>FRENCH DIP (served warm)</b> <i>thinly sliced slow-roasted roast beef, house made au jus, horseradish mayo, soft roll</i>	\$13.25
<b>MEATLOAF (served warm)</b> <i>red onion, romaine, mayo, levain</i>	\$8.95
<b>ROAST PORK BANH MI (served warm)</b> <b>S</b> <i>roast pork, pickled matchstick carrot and daikon radish, cucumber, cilantro, jalapeño, Sriracha mayo, soft roll</i>	\$9.25
<b>CARNITAS (served warm)</b> <b>S</b> <i>spicy pork, cheddar cheese, salsa, red onion, mayo, soft roll</i>	\$9.25
<b>BBQ BEEF BRISKET (served warm)</b> <i>pickled red onion, horseradish mayo, soft roll</i>	\$10.99
<b>TURKEY (served cold)</b> <i>tomato, onion, jack cheese, lettuce, mayo, wheat bread</i>	\$8.99
<b>CHICKEN BANH MI</b> <b>S</b> <i>chicken, pickled matchstick carrot and daikon radish, cucumber, cilantro, jalapeño, and Sriracha mayo, soft roll</i>	\$8.99
<b>AVOCADO AND JACK</b> <b>V</b> <i>pickles, red onion, tomato, romaine, mayo, wheat bread</i>	\$8.99
<b>BLTA</b> <i>peppered bacon, tomato, lettuce, avocado, mayo, levain</i>	\$8.99
<b>TUNA</b> <i>white albacore, celery, red onion, dill pickles, romaine, mayo, levain</i>	\$7.99
<b>CHICKEN BREAST</b> <i>prosciutto, fontina, romaine, lemon-basil aioli, levain</i>	\$8.99
<b>CURRY CHICKEN</b> <i>curry chicken salad, arugula, mayo, wheat bread</i>	\$8.99
<b>TOMATO AND FRESH MOZZARELLA</b> <b>V</b> <i>romaine, basil, mayo, levain</i>	\$7.99
<i>add bacon</i>	\$2.00
<i>add prosciutto</i>	\$2.00
<b>COLD ROAST BEEF</b> <i>slow roasted beef, arugula, red onion, tomato, capers, whole grain mustard, toasted levain</i>	\$10.99

## PIZZAS

<b>CHEESE</b> <b>V</b> <i>tomato coulis, mozzarella, oregano, parmesan</i>	\$11.75
<b>MARGHERITA</b> <b>V</b> <i>tomato coulis, fresh tomato, mozzarella, basil, parmesan</i>	\$14.50
<b>VEGGIE COMBO</b> <b>V</b> <i>tomato coulis, mozzarella, mushroom, fresh tomato, green bell pepper, black olive, onion, arugula</i>	\$15.50
<b>PROSCIUTTO</b> <i>fontina, caramelized onion, parmesan, sage</i>	\$16.25
<b>CHICKEN</b> <i>bechamel sauce, bacon, goat cheese, jalapeño, mozzarella, parmesan, arugula</i>	\$16.25
<b>COMBINATION</b> <i>tomato coulis, salami, pepperoni, sausage, onion, mushroom, green bell pepper, black olive</i>	\$16.25
<b>PEPPERONI</b> <i>tomato coulis, mozzarella, parmesan, basil</i>	\$15.50
<b>THE JOSH</b> <b>S</b> <i>tomato coulis, mozzarella, pepperoni, feta, Kalamata olive, red onion, basil, chili flakes</i>	\$16.25
<b>THE ITALIAN</b> <i>tomato coulis, mozzarella, coppa, salami, sausage, pepperoni, pepperoncini</i>	\$16.25

## COLD SALADS & SIDES

<b>\$3.75 – SIDE   \$5.25 – SM   \$8.99 – MD   \$16.99 – LG</b>	
<b>BEST-EVER POTATO SALAD</b> <b>V</b> <i>celery, pickled onion, black olive, hard boiled egg, cheddar</i>	
<b>MEDITERRANEAN CUCUMBER SALAD</b> <b>V</b> <i>bell pepper, feta cheese, Kalamata olive, tomato, red onion</i>	
<b>CAVATAPPI PASTA SALAD</b> <b>V</b> <i>tomato, arugula, ricotta salata, scallions, buttermilk dressing</i>	
<b>KALE AND QUINOA SALAD</b> <b>V</b> <i>pecans, parmesan, lemon vinaigrette</i>	
<b>CURRY CHICKEN SALAD</b> <i>cashews, golden raisins, celery, curry dressing</i>	
<b>BROCCOLI SALAD</b> <i>cashews, sunflower seeds, bacon, raisins, celery</i>	
<b>SOYBEAN SALAD</b> <b>VG</b> <i>cabbage, cilantro, carrot, green onion, spicy soy-lime vinaigrette</i>	
<b>FARRO SALAD</b> <b>V</b> <i>golden beets, feta, golden raisin, green onion, golden balsamic vinaigrette</i>	
<b>BEST OF THE SEASON FRUIT SALAD</b> <b>VG</b>	A.Q.

## LEAFY GREEN SALADS

<b>GARDEN</b> <b>V</b> <i>avocado, tomato, mushroom, green bell pepper, scallions, golden balsamic vinaigrette</i>	\$6.99   \$8.99
<b>BANH MI</b> <b>S</b> <i>pickled matchstick carrot and daikon radish, cucumber, cilantro, jalapeño, spicy soy-lime vinaigrette</i>	\$5.99   \$7.99
<b>GOAT CHEESE AND APPLE</b> <b>V</b> <i>toasted walnut, red onion, golden balsamic vinaigrette</i>	\$6.25   \$8.25
<b>MIXED GREENS</b> <b>V</b> <i>parmesan, red wine vinaigrette</i>	\$3.99   \$5.99
<b>BLUE CHEESE HEART OF ROMAINE</b> <b>V</b> <i>romaine, blue cheese, tomato, green onion, house made ranch dressing</i>	\$5.25
<b>SHRIMP LOUIE HEART OF ROMAINE</b> <i>romaine, bay shrimp, cucumber, tomato, egg, green onion, thousand island dressing</i>	\$6.99
<b>CAESAR HEART OF ROMAINE</b> <i>romaine, house made crouton, shaved parmesan</i>	\$5.25
<i><b>with chicken</b></i>	\$7.25
<b>TURKEY COBB</b> <i>tomato, blue cheese, bacon, avocado, hard boiled egg, house made ranch dressing</i>	\$11.50
<b>GREEK ROAST CHICKEN SALAD</b> <i>romaine, tomato, cucumber, red pepper, feta, Kalamata olive, red wine vinaigrette</i>	\$11.50
<b>ROASTED SALMON FILET ON QUINOA</b> <i>kale, pecan, parmesan, lemon vinaigrette</i>	\$13.99
<b>ROASTED PRAWN SALAD</b> <b>S</b> <i>spinach, red bell pepper, carrot, cucumber, cabbage, spicy soy-lime vinaigrette</i>	\$13.99

## SMALL BITES

**CRAB CAKES** (cold or hot)  
*served with house made red pepper aioli*  
**\$3.50 – EA | \$10.50 FOR 3 | \$21.00 FOR 6 | \$42.00 – DZ**

**SOUPS** \$5.50 | \$6.75 | \$12.50

**SOUP OF THE DAY**  
*please inquire for today's selection*

**BEAN AND BEEF CHILI** \$5.75 | \$7.50 | \$13.50

## ADDITIONS

CHICKEN BREAST	\$3.00 – (2 oz.)
TURKEY	\$3.00 – (2 oz.)
BAY SHRIMP	\$3.00 – (2 oz.)
BACON	\$2.00 – (2 slices)

## HOT ENTREES & SIDES

<b>TERIYAKI CHICKEN THIGHS</b> <i>wood-fire oven roasted</i>	\$3.50
<b>CLASSIC MEATLOAF</b> <i>beef and pork with tomato, onion, cheddar</i>	\$5.75
<b>CLASSIC CHICKEN BREAST</b> <i>wood-fire oven roasted in a marinade of lemon, garlic, and chardonnay</i>	\$7.25
<b>CHICKEN BREAST WITH MUSHROOMS</b> <i>roasted with mushrooms, sherry, and cream</i>	\$8.75
<b>SALMON FILET</b> <i>seasonal preparation</i>	\$9.50
<b>POTATOES AU GRATIN</b> <b>V</b> <i>thinly sliced potatoes layered in seasoned cream, parmesan, and Swiss gruyère</i>	\$5.25
<b>MASHED POTATOES</b> <b>V</b> <i>hand mashed; gravy upon request</i>	\$3.25 – SIDE   \$4.99 – SM   \$8.99 – MD   \$16.99 – LG
<b>ROASTED VEGETABLES</b> <i>best of season</i>	\$3.75 – SIDE   \$5.75 – SM   \$9.99 – MD   \$18.50 – LG
<b>MACARONI &amp; CHEESE</b> <b>V</b> <i>four cheeses topped with toasted bread crumbs</i>	\$3.75 – SIDE   \$5.75 – SM   \$9.99 – MD   \$18.50 – LG
<b>NANCY'S PORK ROAST</b> <i>wood-fire oven roasted</i>	\$5.25 – SIDE   \$6.99 – SM   \$12.75 – MD   \$22.99 – LG
<b>SELLAND'S PORK CARNITAS</b> <b>S</b> <i>slow cooked, spicy</i>	\$5.25 – SIDE   \$6.99 – SM   \$12.75 – MD   \$22.99 – LG
<b>BBQ BEEF BRISKET</b> <i>braised in our house made BBQ sauce</i>	\$7.95 – SIDE   \$10.25 – SM   \$18.99 – MD   \$31.99 – LG

## KID'S MENU AVAILABLE

**V** VEGETARIAN

**VG** VEGAN

**S** SPICY

**Ask about our  
Pizza of the Month,  
Seasonal Salad,  
and  
Sandwich of the Month**