

# selia

## APPETIZERS

SOUP | CUP 6 | BOWL 10  
see your server for details

LUPIN BEAN HUMMUS | 14  
hummus, olives, feta, herb  
flatbread, house chips

ONION RINGS | 12  
White onions, house batter, burnt  
onion aioli

POUTINE | 17  
fries, shredded pork shoulder,  
arugula, montreal curds, house  
gravy, pickled red onion

TACO AL PASTOR | 21  
three shredded pork shoulder or  
shrimp tacos, corn tortilla, grilled  
pineapple, onion, cilantro, salsa  
verde, avocado yogurt  
*add \$1 / taco for shrimp | add \$6 for  
an extra pork taco & \$7 for a  
shrimp*

WINGS | 19  
chicken wings, house ranch  
salt & pepper, dill pickle, hot, really  
hot, bbq, honey garlic  
*add \$1 for truffle parm or buffalo*

TRUFFLE PARM FRIES | 11  
fries, or house chips, truffle oil,  
parmesan, burnt onion aioli  
*add \$2 for house chips*

## ALL DAY BREAKFAST

All breakfast sandwiches come with  
tatter tots

BREAKFAST SANDWICH | 14  
ciabatta, bacon, egg, burnt onion  
aioli, cheddar

SOUTHWEST BREAKFAST  
SANDWICH | 14  
ciabatta, house sausage, egg,  
cheddar cheese, spicy chipotle aioli

AVO BREAKFAST  
SANDWICH | 14  
ciabatta, egg, avocado, tomato,  
arugula, burnt onion aioli

# LUNCH MENU

## SANDWICHES

BURGER | 22  
two 4 oz smash patties, burnt  
onion aioli, aged cheddar, bacon,  
lettuce, onions, tomato, pickles,  
house bun

SELIA BURGER | 27  
two 4 oz smash patties, onion  
rings, fried egg, burnt onion aioli,  
herb cream cheese, aged  
cheddar, bacon, lettuce, onions,  
tomato, pickle, house bun

SPICY CHICKEN | 21  
crispy, blackened, or grilled  
chicken breast, house hot sauce,  
jalapeno mayo, pickles, slaw

PORTOBELLO | 19  
marinated portobello, arugula,  
balsamic glaze, roasted red  
pepper, herb cream cheese,  
house bun

TACO AL PASTOR | 19  
two tacos, shredded pork  
shoulder or shrimp, corn tortilla,  
grilled pineapple,  
onion, cilantro, salsa verde,  
avocado yogurt  
*add \$1 / taco for shrimp  
add \$6 for an extra pork taco | \$7  
for a shrimp*

## DESSERTS

CREME BRULÉE | 9  
creme brulée, fresh berries

CHOCOLATE CAKE | 12  
chocolate fallen tort, crème  
anglaise, whipped cream, fresh  
berries

HUSH PUPPIES | 10  
beignet, sugar, cinnamon, crème  
anglaise, chocolate sauce

## BOWLS

CAESAR | 14  
ADD CHICKEN | 21  
romaine hearts, caesar dressing,  
bacon, parmesan, cured egg yolk,  
herb & garlic croutons

SELIA SALAD | 16  
ADD CHICKEN | 23  
mixed greens, green goddess  
dressing, grilled chicken, pickled  
red onion & carrot, cucumbers,  
cherry tomatoes, radish, avocado,  
roasted pumpkin seeds  
TEX MEX BOWL | 24  
mixed greens, black beans, roasted  
corn, pico de gallo, tortilla crisps,  
avocado, radish, chipotle ranch,  
cajun chicken  
*sub 5 oz center cut sirloin 4  
BOWL ADD ONS:  
grilled, crispy, or cajun chicken  
7, prawns 8, steak 12, salmon 12,  
tuna 12*

## MAINS

FISH & CHIPS | 28  
10 oz battered cod, coleslaw, fries,  
house tartar sauce add 5 oz cod \$7

STEAK FRITES | 26  
5 oz prime center cut sirloin, garlic  
toast, herb butter, onion rings