



Proud to be completely gluten free!

APPETIZERS

FEATURE SOUP | 9

see your server for details

BRUSSEL SPROUTS | 15

chipotle aioli, agave mint, smoked applewood cheddar **(V, DF)**

HUMMUS | 15

hummus, olives, feta, house chips, toast points **(V, VV, DF)**

ONION RINGS | 13

white onions, house batter, burnt onion aioli **(V, VV, DF)**

POUTINE | 13

fries, montreal curds, house gravy
add: pulled pork | 5

WINGS | 19

chicken wings, house ranch served with celery & carrots
flavors: salt & pepper, dill pickle, house hot, bbq, honey garlic, spicy plum, teriyaki

TRUFFLE PARM FRIES | 11

fries, truffle oil, parmesan, parsley, burnt onion aioli dip

CALAMARI | 22

calamari, tzatziki, fried capers, pickled red onion and chilies

BUFFALO CHICKEN DIP | 21

buffalo chicken, cream cheese, spinach, artichoke, sour cream, parsley, tortilla chips

BONELESS PORK BITES | 17

flavors: salt & pepper, dill pickle, house hot, bbq, honey garlic, spicy plum, teriyaki

CHICKEN TENDERS | 19

chicken tenders, fries
flavors: salt & pepper, dill pickle, house hot, bbq, honey garlic, spicy plum, teriyaki

STEAK BITES | 19

6oz steak bites covered in garlic oil served with japanese steak sauce.
Add chimichurri sauce | 1

CREATE YOUR OWN PLATTER | 49

pick any three items: hummus, onion rings, fries or truffle parm fries, poutine, wings, pork bites, chicken tenders or buffalo dip.

DESSERTS

CREME BRULÉE | 9

creme brulé, whipped cream

CHOCOLATE ALMOND TORTE | 12

chocolate cake, whipped cream

HUSH PUPPIES | 11

beignet, sugar, cinnamon, chocolate sauce, caramel sauce, whipped cream

BOWLS

Add protein*: grilled or cajun chicken 7, crispy chicken 8, prawns 8, steak, salmon, or tuna 12, Sub: Vegan cheese 2

CAESAR | 15

Add protein*
romaine hearts, caesar dressing, bacon, parmesan, herb & garlic croutons **(V)**

SELIA SALAD | 17

Add protein*
mixed greens, maple dijon dressing, pickled red onion & carrot, cucumbers, cherry tomatoes, radish, avocado, roasted pumpkin seeds **(V, VV, DF)**

TEX MEX BOWL | 17

Add protein*
mixed greens, romaine hearts, black beans, roasted corn, pico de gallo, tortilla crisps, avocado, radish, mixed cheddar, chipotle ranch **(V, DF)**

GREEK CHICKPEA SALAD | 16

Add protein*
romaine hearts, chickpeas, olives, cucumber, red peppers, cherry tomatoes, red onion, feta, lemon dill dressing **(V, VV, DF)**

TUNA POKE BOWL | 25

jasmine rice, tuna, cucumber, pickled carrot, edamame, avocado, radish, nori, Japanese steak sauce

BURGER BOWL | 24

6oz smash patty, burnt onion aioli, cheddar, bacon, lettuce, cherry tomato, red onion, pickle and sunny side up egg.

SPICY CHICKEN BOWL | 22

crispy, cajun or grilled chicken breast, jalapeno jack cheese, house hot sauce, jalapeno aioli, pickles, slaw, lettuce and cherry tomato

MAIN

Add: japanese steak sauce 2.5

FISH & CHIPS | 28

two 4oz battered cod, coleslaw, fries, house tartar sauce

CHICKEN PARMESAN | 29

fried or grilled chicken breast, san marzano tomato sauce, mozzarella, arugula, parmesan, basil chimichurri, balsamic glaze

SALMON | 30

atlantic salmon, arugula, edamame, dill, lemongrass, nori, miso, miso broth served with smashed fried potatoes **(DF)**

5 OZ PRIME CENTER SIRLOIN | 29

10 OZ AAA PRIME SIRLOIN | 39
served with chef's vegetables, herb butter, crushed baby potatoes with a side of chimichurri **(DF)**

BURGERS

Our burgers are made with local wagyu & chuck beef!

Served with fries or small salad substitute:
truffle parm fries 2, onion rings 3, caesar 3, poutine 5, soup 3

Selia size it: onion ring, bacon, sunny side up egg, 5

CHEESEBURGER | 24

6oz smash patty, burnt onion aioli, aged cheddar, lettuce, red onions, tomato, pickles

COWBOY BURGER | 24

6oz smash patty, BBQ sauce, bacon, smoked applewood cheddar, crispy onions, pickles, burnt onion aioli

HAWAIIAN BURGER | 24

6oz smash patty or 5oz grilled or crispy chicken, teriyaki, marinated pineapple, jalapeno jack cheese, lettuce, tomato, red onion, burnt onion aioli

SPICY CHICKEN BURGER | 22

crispy, cajun, or grilled chicken breast, jalapeno jack cheese, house hot sauce, jalapeno aioli, pickles, slaw

PORTOBELLO BURGER | 20

marinated sliced portobello, arugula, balsamic glaze, roasted red pepper, jalapeno jack cheese **(V, DF)**

SANDWICHES

Served with fries or small salad substitute:
truffle parm fries 2, onion rings 3, caesar 3, poutine 5

STEAK SANDWICH | 26

5oz prime center cut sirloin, fries, garlic toast, herb butter, served with two onion rings **(DF)**
Add sauce: Japanese steak sauce \$1
Chimichurri: \$1.50

CHICKEN PARMESAN SANDWICH | 23

grilled or chicken crispy breast, san marzano tomato sauce, mozzarella, arugula, parmesan, basil chimichurri, burnt onion aioli, balsamic glaze

TACO AL PASTOR | 21

two tacos, shredded pork shoulder or shrimp, corn tortilla, grilled pineapple, red onion, cilantro, salsa verde, avocado yogurt **(DF)**
add: extra pork/shrimp taco | 6

Vegan (VV)

Vegetarian (V)

Dairy Free (DF)

Please let us know of any allergies.

All tables of 6 or more will have 18% gratuity added to the receipt.