



Proud to be completely gluten free!

POP & JUICE

- COKE | 3
- DIET COKE | 3
- SPRITE | 3
- GINGER ALE | 3
- ICED TEA | 3
- ORANGE | 3
- GRAPEFRUIT | 3
- PINEAPPLE | 3
- CRANBERRY | 3
- MOTT'S CLAMATO | 3.5
- SODA WATER | 3

JAVA

- ESPRESSO | 4
- AMERICANO | 4
- CAPPUCCINO | 5.5
- LATTE | 5.5
- FLATE WHITE | 5.5
- CAFÉ MOCHA | 6
- COFFEE | 3
- TEA | 3

- SYRUPS | 1
- French Vanilla - Sugar Free
- Caramel - Sugar free
- White Chocolate
- Milk Options | Whole, Oat

HAPPY HOUR

- ALL DAY & NIGHT EVERY SUNDAY**
- ½ Priced Bottles of Wine & Champagne
- Peacock Lager | 6
- Highballs | 6
- Selia Size Highballs | 9
- Prosecco | 7
- House White, Red & Rose
- 9 oz glass of wine for price of 6oz

READY TO DRINK

- Somersby Apple - 473ml | 8
- Somersby Blackberry - 473ml | 8
- Ole Mango, Margarita, Tequila Sunrise | 8
- Stiegl Radler | 10

Ask your server about seasonal canned drinks!

DRAFT BEER LIST

- 16 oz | pitcher
- Peacock – Lager 7.5 | 23
- Velvet Fog – Wheat Ale 8 | 25
- Sapporo – Lager 8.5 | 26
- Dirty Bird – Dark Lager 8.5 | 29
- Just Peachy Cider 9 | 29
- Blue Buck – Pale Ale 8 | 25
- Heineken – Lager 9 | 31
- Toyko Drift – IPA 9 | 30

GLUTEN FREE

- Glutenberg – 473ml | 10
- Blond, Pale, IPA, White

BOTTLES & CANS

- Bud- 355ml | 8
- Bud Light - 355ml | 8
- Keiths - 355ml | 8
- Kokanee - 355ml | 8
- Canadian – 355ml | 8
- Coors Light – 355ml | 8

NON – ALCOHOLIC

- Village Pale Ale - 473ml | 7
- Village Blonde - 473ml | 7
- Heineken 0.0 - 330ml | 6
- Bud Prohibition – 355ml | 6

GRAB & GO

Add Tater Tots | 5

BREAKFAST SANDWICH | 9
ciabatta, bacon, fried egg, burnt onion aioli, cheddar

SOUTHWEST BREAKFAST SANDWICH | 9
ciabatta, house sausage, egg, cheddar cheese, spicy chipotle aioli

AVO BREAKFAST SANDWICH | 9
ciabatta, egg, avocado, tomato, arugula, burnt onion aioli

SMOOTHIES

All smoothies come with 1 scoop of whey or vegan protein powder*

MONSTER MATCHA | 10
banana, spinach, oat milk, vanilla protein powder, matcha

HAWAIIAN SUNRISE | 10
banana, mango, toasted coconut, coconut cream, mango & pineapple juice, vanilla protein powder

STRAWBERRY STORM | 10
strawberries, banana, vanilla protein powder, vanilla extract, oat milk

BERRY BLAST | 10
mixed berries, oats, oat milk, vanilla protein powder, grape juice

FUNKY MONKEY | 10
banana, oats, oat milk, chocolate protein powder, espresso, wow butter

PEA-NOT BUTTER | 10
banana, oat milk, wow butter, chocolate protein powder

GO BANANAS | 10
banana, pineapple, honey, oat milk, vanilla protein powder

SUBS & ADD ONS
add on - Extra Protein | 3
add on - Fresh Egg | 1
add on - Spinach | 1
add on - Wow Butter | 1.5
sub* - or Vegan Protein | 1.5

DAILY FEATURES

MONDAY
\$2 off local draft & spirits

TUESDAY
\$2 off ready to drink cans

WEDNESDAY
\$2 off Selia cocktails

THURSDAY
1/2 price bottles of champagne & wine
1.5 oz of bourbon for price of 1 oz

FRIDAY
\$6 singles | \$9 doubles
belvedere vodka

SATURDAY
1/2 price bottles of Rosé all day

SUNDAY
Happy hour every hour

COCKTAILS

(2OZ) | 14

1800 TOP SHELF MARGARITA
rooster blanco, grand marnier, lime juice

MEXICAN MULE
rooster blanco, ginger beer, lime juice,

SELIA PALOMA
1800 coconut, grapefruit, lime, agave syrup, soda

IRISH WATERMELON PUNCH
jamesons, melon liqueur, triple sec, cranberry, simple syrup

SELIA LONG ISLAND
vodka, gin, tequila, triple sec liqueur, rum, and coke.

RED SANGRIA
triple sec, house red wine, orange juice, lemon/lime soda, mixed berries

ESPRESSO MARTINI
espresso vodka, coffee liqueur, baileys, chilled espresso, coffee beans

SELIA DOUBLE DOUBLE
bourbon, coffee liqueur, baileys, espresso

SELIA CAESAR
vodka, clamato, worcester, tabasco and pickle juice, pickled bean

BLACK RASPBERRY MINT MOJITO
white rum, lime juice, agave syrup, berry compote

APEROL
Prosecco, soda, orange juice

TEQUILA SOUR
rooster blanco, egg whites, simple syrup, bitters

SELIA SUNRISE
rooster blanco, orange juice, grenadine

TROPICAL AUTUMN
brokers gin, st.germain, lime juice, cranberry juice, pineapple juice

SELIA PARALYZER
two rivers coffee vodka, kahlua, milk, coke

GIN FIZZ
prosecco, brokers gin, lemon, simple syrup

ALBERTA CLIPPER
romero dark sugarcane spirit, spiced rum, simple syrup, lime juice, bitters, ginger beer

SELIA SHAFT
belvedere vodka, two rivers coffee liqueur, baileys, chilled espresso

Please let us know of any allergies.

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