

Lunch Salade

Le Marche – artichoke hearts, bacon, feta, tomato, olives, and hard-boiled egg..... on field greens with Selah’s own balsamic dressing	\$ 6 ¾
The Islander – plump tiger shrimp, artichoke hearts, feta, tomato, baby spinach with a lemon citrus splash	\$ 7
The Soho – slow-roasted chicken, tomato, olives, hard-boiled egg, feta, bacon on delicate field greens, with Selah’s balsamic dressing	\$ 6 ¾
Pesto Pasta Poulet – slow-roasted chicken, roasted red peppers, tomato, feta and olives on penne pasta with our homemade basil pesto sauce	\$ 6 ¾

Soups from Scratch

Our chefs start soups early in the day, second only to the baker. Ask for today’s soup	\$ 3 ¾
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Traditional-Style Sandwiches

(For those who need a sandwich built between two slices of bread).

These sandwiches are made with twice-milled wheat bread, baked daily in our kitchen, and come with sweet potato fries.

The Lexington – Mozzarella, tomato, homemade pesto, field greens	\$ 5
The South Street Club – roasted turkey, baked ham, bacon, mozzarella, tomato on field greens..... served hot or cold, make a decision for us	\$ 6 ½
The Hudson – Roasted turkey, mozzarella, tomato, and field greens on delicate field greens, with Selah’s balsamic dressing	\$ 5 ¼
Chipotle Chicken on Ciabatta – breaded chicken, lettuce, tomato, homemade chipotle sauce	\$ 6 ¾

Urban-Style Flats

Upscale, unstructured, very yummy. All created with our hand-pounded unleavened flat bread, and all come with sweet potato fries.

The Tuscan – Artichoke hearts, bacon, feta, tomato, olives, baby spinach	\$ 5 ¼
The Rustic – Mozzarella, baby spinach, tomato, herb-infused olive oil	\$ 5 ¼
The Bohemian – Feta, sun-dried roma tomatoes, baby spinach, herb-infused olive oil.....	\$ 5 ¼
The Fifth Avenue – Feta, tomato, fresh pesto	\$ 5 ¼
The Americana – Oven-roasted chicken, bacon, mozzarella, spinach, tomato	\$ 5 ¾

Service note: Parties of six or more will have 18% gratuity added. Vault seating will have a 20% gratuity added.

Kitchen Melts

Goey, melted, scrumptious, and staff favorites. Created on hand-pounded unleavened flat bread, comes with sweet potato fries

Turkey Melt – Hot roasted turkey, melted mozzarella, tomato, field greens	\$ 5 ½
Ham Melt – Hot baked ham, melted mozzarella, tomato, field greens	\$ 5 ½
Chicken Melt – hot oven-roasted chicken, melted mozzarella, roasted red peppers, field greens...	\$ 5 ¾
Roasted Red Pepper Melt – Fire-roasted red peppers, melted mozzarella, olives on delicate field greens, with Selah’s balsamic dressing	\$ 5 ¼

Staff Originals

All created and favored by our hard-working, slightly-eclectic employees, comes with sweet potato fries

Feta and Tomato Burger – Our own burger recipe, cooked to order, on Ciabata	\$ 6 ½
Bacon and Mozzarella Burger – Our own burger recipe, cooked to order, on Ciabata	\$ 6 ½
Portobello Burger – Our own burger recipe, with sauteed Portobello mushrooms on Ciabata.....	\$ 6 ½
Tuna Melt – Tuna, cheese, tomato, roasted red peppers, olives, field greens	\$ 6
Portobello Wrap – Sauteed Portobello, roasted red peppers, mozzarella, spinach	\$ 6
We think this person wants to eat healthy, but secretly loves cheese	
Monte Cristo – Roasted turkey, baked ham, fresh-baked bread, dipped and pan-grilled	\$ 6 ¾
Definitely from the South, definitely a reward for the hard-worker	
Tilapia Sandwich – Pan-seared Tilapia fillet, roasted red peppers, baby spinach	\$ 6 ¾
with Provincial lime sauce. Brian had this at a street-side café in Paris, here it is in Struthers	
Pasta de Provence – Summer squash, zucchini, tomatoes, roasted red peppers, mushrooms	\$ 7 ½
tossed with penne pasta, garlic, and olive oil. Add chicken	\$ 2
Pasta Asiago Alfredo with Spinach – Penne with homemade Alfredo, aged Asiago, baby spinach	\$ 7 ½
Add chicken	\$ 2

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

