

Lunch Salade

- Le Marchè** – artichoke hearts, smoked bacon, feta, tomato, olives, hard-boiled egg on field greens with Selah’s own balsamic dressing \$7.95
- The Islander** – sauteed plump shrimp, artichoke hearts, feta, tomato, spinach with a lemon-citrus splash \$8.50
- The Soho** – slow-roasted chicken breast, tomato, olives, hard-boiled egg, smoked bacon on delicate field greens with Selah’s own balsamic dressing \$8.75

Soups from Scratch

- Our kitchen starts soups early in the day, second only to the baker
- | | |
|------|---------------------------------|
| cup | \$3 ³ / ₄ |
| bowl | \$4 ¹ / ₂ |

Traditional-style Sandwiches

For those that need a sandwich built between two slices of bread.
We bake our own bread for these sandwiches and you’ll get sweet potato fries

- The Lexington** – Mozzarella, tomato, homemade pesto, field greens \$7.75
- The South Street Club** – roasted turkey, baked ham, smoked bacon, mozzarella tomato, field greens. Served either hot or cold, make a decision for us \$8.25
- The Hudson** – Roasted turkey, mozzarella, tomato, field greens \$8.25
- Chipotle Chicken on Ciabata** – breaded chicken, lettuce, tomato, chipotle sauce \$9

Urban Flats

Unstructured, deconstructed, and very yummy. All created with hand-pounded flat bread, served with sweet potato fries

- The Tuscan** – artichoke hearts, smoked bacon, feta, tomato, olives, spinach \$7.25
- The Rustic** – mozzarella, baby spinach, tomato, herbs, olive oil \$7.25
- The Bohemian** – feta, sun-dried tomatoes, spinach, olive oil \$7.25
- The Santa Monica** – mozzarella, tomato, fresh pesto \$7.25
- The Americana** – Oven-roasted chicken, smoked bacon, mozzarella, tomato, spinach \$7.75

Kitchen Melts

Goosey, melted, scrumptious, and staff favorites. Created on hand-pounded flatbread, served with sweet potato fries

Turkey Melt – hot roasted turkey, melted mozzarella, tomato, field greens	\$7.25
Ham Melt – hot baked ham, melted mozzarella, tomato, field greens	\$7.25
Chicken Melt – roasted chicken, melted mozzarella, roasted red peppers, lettuce	\$8.25
Roasted Red Pepper Melt – fire-roasted red peppers, melted mozzarella, olives	\$7.25

Staff Originals

All created by our hard-working, slightly-eclectic staff. It's what we like. Served with sweet potato fries

Feta and Tomato Burger – our own hamburgers, cooked to order, on a kaiser roll	\$8.50
Bacon Mozzarella Burger – our own hamburgers, cooked to order, on a kaiser roll	\$8.50
Portobello Mushroom Burger – our own hamburgers, cooked to order, kaiser roll	\$8.50
Chicken Pesto Wrap – slow-roasted chicken, spinach, roasted red peppers, asiago	\$8.25
Portobello Wrap – sauteed mushrooms, roasted red peppers, mozzarella, spinach	\$7.75
Monte Cristo – roasted turkey, baked ham, fresh-baked bread, dipped and pan-grilled Definitely from the South, definitely a reward for the hard-worker	\$7.75
Pasta Alfredo with Asiago and Spinach – penne with pan-made alfredo sauce	\$7 ³ / ₄
add chicken	\$2 ¹ / ₂
Smoked Salmon on Ciabata – our own hot-smoked Coho Salmon with mayo-dill	\$8.50
Tuna Melt – cheese, tomato, roasted red peppers, olives, field greens, on wheat	\$7.75

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