



Selah

Appetizers

Spinach and Artichoke Dip - with Mesa corn chips.....	\$ 4 ¾
Roasted Red Pepper Hummus - with unleavened flat bread points	\$ 5
Stuffed Grape Leaves with feta	\$ 4 ¾
Blue Hill Mussels - from Maine, sauteed in white wine and garlic.....	\$ 8 ½
Marinated Shrimp and Avocado - with a tomato-citrus drizzle	\$ 6 ½
Southwest Chicken Dip - shredded chicken with homemade Southwest cream sauce.....	\$ 6 ¾
Crab and Shrimp Cakes - with chipotle cream sauce	\$ 7 ¼
Fried Greens - sauteed with fresh garlic and olive oil	\$ 5 ¼

Sauvignon Blanc, Pinot Bianco

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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Burgers and Sandwiches

All burgers are handmade and skillet-cooked to order. Sandwiches include sweet potato fries

Build-your-own burger - includes lettuce and tomato, plus two toppings of your choice.....	\$ 8 ½
Choose mushrooms, onions, mozzarella, feta, or bacon. For avocado (add \$2)	
Chipotle Chicken on Ciabatta - Breaded chicken breast, lettuce, tomato, chipotle sauce	\$ 8 ½
Portobello on Ciabatta - A sauteed Portobello mushroom cap, with balsamic, lettuce, tomato.....	\$ 6 ½

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

Salade

Selah House Salad – field greens, tomato, olives, feta, Selah house balsamic dressing..... gratis with entrees

Fu Fu Salad – upgrade a Selah salad with feta, granny smith apples, walnuts, raspberry vinaigrette.. \$ 2 extra

Dinner Salade

The Islander – plump tiger shrimp, artichoke hearts, feta, tomato, baby spinach served with..... \$ 8 ¾
with Selah's creamy dill dressing

The Soho – slow-roasted chicken, tomato, olives, hard-boiled egg, feta, bacon \$ 8 ½
on delicate field greens, with Selah's balsamic dressing

Sauvignon Blanc, Pinot Bianco

Grand Pastas

Palumbo's Classic Pasta and Meatballs – red sauce and meatballs, made from scratch \$ 9
Schioppettino, Cabernet, Chianti

Shrimp Florentine Linguine – San Marzano tomatoes, garlic, wine, asiago \$ 11
Sauvignon Blanc, Pinot Grigio, Chardonnay, Pinot Noir

Pasta de Provence – Fresh vegetables, wine, garlic, asiago \$ 9 ½
add chicken \$2 ½
Sauvignon Blanc, Pinot Bianco, Pinot Grigio

Homemade Ricotta Gnocchi – fresh gnocchi, cream, butter, asiago, and spinach \$ 11
Sauvignon Blanc, Pinot Grigio, Chardonnay

Penne with Chicken and Sundried tomatoes – sliced chicken breast, wine, cream \$ 11
Sauvignon Blanc, Pinot Grigio, Chardonnay

Penne a la Vodka sauce – garlic, basil, tomato, cream, vodka \$ 9 ½
add chicken \$2 ½
Sauvignon Blanc, Pinot Bianco, Pinot Grigio

Pasta with Artichoke and Crumbled Bacon – garlic, wine, asiago afredo sauce \$ 10
Chardonnay, Pinot Grigio

Penne with Pesto and Portabella – fresh basil pesto, butter, and wine. A nice simple flavor \$ 10
Sauvignon Blanc, Pinot Bianco, Reisling



Entrees

Dinner entrees include a wonderful Selah salad, fresh rolls, and your choice of one side dish (except pastas)

- Selah Chicken** – Our house original. Fillet of chicken, lightly breaded and finished with \$ 12 ½
a flavorful cream sauce. Something to say about great food made simple
Sauvignon Blanc, Pinot Grigio, Reisling
- Coq au Vin** – Chicken with Portobello mushrooms, roasted red peppers \$ 13 ½
finished with a red wine reduction. Our bistro-interpretation of a French classic
Chardonnay, Pinot Noir
- Pecan Chicken** – lightly breaded chicken breast, richly adorned with a carmelized-sugar-pecan sauce..... \$ 13 ½
Reisling, Sauvignon Blanc, Pinot Grigio
- Tuscan Chicken** – breaded chicken with sundried Roma tomatoes, artichoke hearts, in a wine sauce..... \$ 13 ¾
Pinot Bianco, Pinot Grigio, Reisling
- Midtown Bistro Chicken** – chicken breast with feta, Portobello, spinach. Finished with port wine..... \$ 13 ½
Chardonnay, Pinot Grigio
- Chicken Francaise** – pounded and floured chicken, lightly sauteed in a fresh lemon wine sauce..... \$ 13 ½
This dish always makes you happy
Sauvignon Blanc, Pinot Bianco, Pinot Grigio
- Encrusted Fillet of Pork Loin** – with apple-bacon-pecan-chutney. A rather generous portion of \$ 14 ¾
tenderloin slow-seared and finished with homemade chutney. Creative indulgence defines this dish
Chardonnay, Pinot Grigio, Reisling, Pinot Noir

Side Dishes

- Double Reds** – red skin potatoes, roasted red peppers
- Stockpot Wild Rice** – Slow-cooked wild rice in chicken stock
- Garlic Mashed Potatoes** – hand-mashed potatoes with roasted garlic
- Sweet Potato Fries** – handcut sweet potatoes, french fry style
- Daily Vegetable**

Entrees (except pastas) include one side dish. You may add another side for \$ 2 ½



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

Selah

Tilapia Francaise – A light and flakey Tilapia fillet sauteed in a fresh lemon wine sauce. Very yummy..... \$ 12 ¾
Sauvignon Blanc, Pinot Bianco

Tilapia Florentine – A Tilapia fillet skillet-cooked with fresh tomato, spinach, white wine, and Asiago..... \$ 13
Sauvignon Blanc, Pinot Grigio, Reisling

Tilapia and Tiger Shrimp – Light and flakey fillet, with sauteed shrimp and herbs..... \$ 13 ¾
Sauvignon Blanc, Pinot Bianco, Reisling

Citrus Pan-Roasted Salmon – wild Alaskan Sockeye salmon, seared on a hot skillet with a citrus-garlic ... \$ 15
marinade. Wild-caught fish is always more flavorful, meaty, and the healthiest of all fish
Pinot Grigio, Reisling, Chardonnay

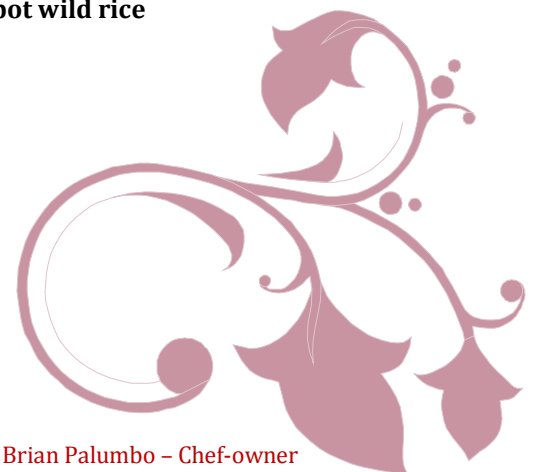
Bourbon Beef Tips – Chunks of butcher-cut beef, seared on high heat, deglazed with..... \$ 6 ¾
Kentucky bourbon sauce. This is comfort food, very flavorful, and great with mashed potatoes
Pinot Noir, Merlot, Cabernet

Steak de Boucherie – This is our ‘Butcherman’s Steak’, hand-cut and aged, seared on a hot skillet..... \$ 17 ¼
then smothered in carmelized onions. This cut of beef prefers to be fired not more than medium
Schioppettino, Cabernet, Chianti, Ancient Vine Zinfandel

Steak de Chateau – Hand-cut steak and seared, finished with grilled Portobello and burgundy wine..... \$ 17 ¾
Schioppettino, Cabernet, Chianti, Ancient Vine Zinfandel

The Devonshire – a perfectly seared steak, with Portobello, onions, spinach deglazed with fresh cream.. \$ 17 ¾
This saucy dish is incredible with garlic mashed potatoes or Stockpot wild rice
Schioppettino, Cabernet, Chianti, Ancient Vine Zinfandel

For our steaks, we cannot accept responsibility for medium-well or well done.
Healthy kitchen: Selah uses no cooking oils that contain trans fats and we try to limit the heavy use of salt. We prefer to prepare our foods with herbs, spices, and natural flavorings.



Brian Palumbo – Chef-owner