

Appetizers

Spinach and Artichoke Dip	\$ 5 ¾
Roasted Red Pepper Hummus	\$ 6 ½
Blue Hill Mussels	\$ 9
Marinated Shrimp and Avocado	\$ 7 ½
Crab and Shrimp Cakes	\$ 8
Fried Green Tomatoes	\$ 6 ½
Fresh Mozzarella, Red Peppers, Basil	\$ 6 ½
Smoked Salmon	\$ 8 ½

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. Cup \$ 3 Bowl \$ 4

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.....\$ 9 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..... \$ 7 ½

Salad

- 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 Salad

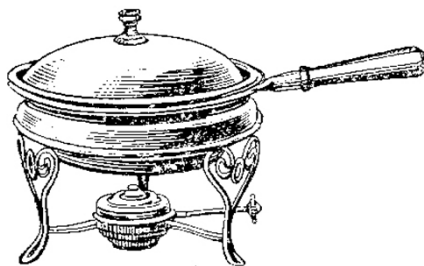
- The Islander** - plump tiger shrimp, artichoke hearts, feta, tomato, baby spinach served with..... \$ 8 ¾
with Selah's creamy dill dressing
- The Soho** - slow-roasted chicken, tomato, olives, hard-boiled egg, feta, bacon \$ 8 ½
on delicate field greens, with Selah's balsamic dressing

Sauvignon Blanc, Pinot Bianco

Grand Pastas

Pastas include a wonderful Selah salad and fresh rolls

Palumbo's Classic Pasta and Meatballs – red sauce and meatballs, made from scratch	\$ 9 ½
<i>Schioppettino, Cabernet, Chianti</i>	
Shrimp Florentine Linguine – San Marzano tomatoes, garlic, wine, asiago	\$ 12
<i>Sauvignon Blanc, Pinot Grigio, Chardonnay, Pinot Noir</i>	
Pasta de Provence – Fresh vegetables, wine, garlic, asiago	\$ 10 ½
add chicken \$2 ½	
<i>Sauvignon Blanc, Pinot Bianco, Pinot Grigio</i>	
Homemade Ricotta Gnocchi – fresh gnocchi, cream, butter, asiago, and spinach	\$ 11 ½
<i>Sauvignon Blanc, Pinot Grigio, Chardonnay</i>	
Penne with Chicken and Sundried tomatoes – sliced chicken breast, wine, cream	\$ 11 ¾
<i>Sauvignon Blanc, Pinot Grigio, Chardonnay</i>	
Penne a la Vodka sauce – garlic, basil, tomato, cream, vodka	\$ 9 ¾
add chicken \$2 ½	
<i>Sauvignon Blanc, Pinot Bianco, Pinot Grigio</i>	
Pasta with Artichoke and Crumbled Bacon – garlic, wine, asiago afredo sauce	\$ 10 ½
<i>Chardonnay, Pinot Grigio</i>	
Penne with Pesto and Portabella – fresh basil pesto, butter, and wine. A nice simple flavor	\$ 10 ½
<i>Sauvignon Blanc, Pinot Bianco, Reisling</i>	
Linguine with Smoked Pork and Asparagus – Hickory and Applewood smoked, asparagus, cream.....	\$ 12
<i>Sauvignon Blanc, Pinot Bianco</i>	



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

Entrées

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 ¾
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 ¾
Reisling, Sauvignon Blanc, Pinot Grigio
- Tuscan Chicken** – breaded chicken with sundried Roma tomatoes, artichoke hearts, in a wine sauce..... \$ 14
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

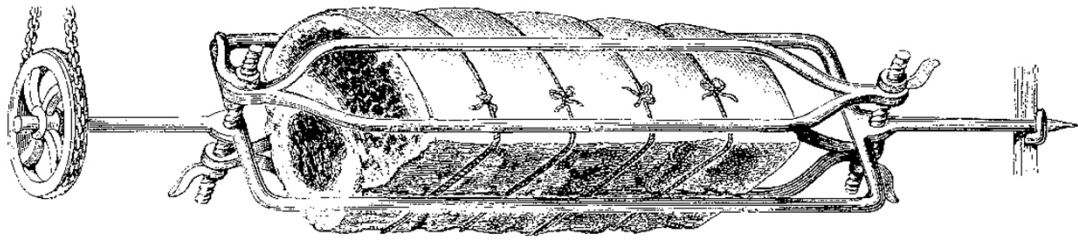
Side Dishes

- 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.



- 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..... \$ 17 ½
 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..... \$ 18
 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..... \$ 18 ½
Schioppettino, Cabernet, Chianti, Ancient Vine Zinfandel
- The Devonshire** – a perfectly seared steak, with Portobello, onions, spinach deglazed with fresh cream.. \$ 18 ½
 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