

# Lunch Salad and Soup

<b>The Islander Salad</b>	13.25
Sautéed plump shrimp, artichoke hearts, feta, tomato, spinach, with a lemon-citrus splash	
<b>The Soho Salad</b>	13.25
Slow-roasted chicken breast, tomato, olives, hard-boiled egg, smoked bacon, feta, Selah's own balsamic dressing	
<b>Seared Tuna with Arugula Salad</b>	13.25
Ahi tuna steak, pan seared, zesty citrus dressing	
<b>Meatball Salad</b>	13.25
Homemade meatballs, Italian salad, Selah's own balsamic dressing, fresh-baked bread	
<b>Soup</b> - Our kitchen starts soups early in the day, second only to the baker	cup 3.75    bowl 4.75
<b>Bread Plate for two</b>	2.75
Homemade bread with homemade sweet butter, olive tapenade	



# Sandwiches

All served with hand-cut sweet potato fries

<b>The Tuscan Flat</b> - Artichoke hearts, bacon, feta, tomato, olives, spinach, flatbread	12.75
<b>The Americana Flat</b> - Roasted chicken, bacon, mozzarella, tomato, spinach, flatbread	12.75
<b>Turkey Melt</b> - Hot roasted turkey, melted mozzarella, tomato, field greens, flatbread	12.99
<b>Chicken Melt</b> - Roasted chicken, mozzarella, roasted red peppers, lettuce, flatbread	12.99
<b>Tuna Melt</b> - Cheese, tomato, roasted red peppers, olives, field greens	12.99
<b>Feta and Tomato Burger</b> - Our own hamburgers, cooked medium, Kaiser roll	13.50
<b>Bacon Mozzarella Burger</b> - Our own hamburgers, cooked medium, Kaiser roll	13.50
<b>Caramelized Onion, Goat-Cheese Burger</b> - Sweet fig spread, Kaiser roll (no substitutions)	13.50
<b>Chicken Pesto Wrap</b> - Roasted chicken, spinach, roasted red peppers, asiago	12.99
<b>The South Street Club Wrap</b> - Turkey, bacon, mozzarella, tomato. Hot	12.99
<b>Crab Cake Sandwich</b> - Chipotle sauce, lettuce, Kaiser roll	14.75
<b>Fried Haddock and Greens Sandwich</b> - Kaiser roll, large piece of Haddock filet	14.75
<b>Steak and Shrimp Sandwich</b> - with Arugula, lime sauce, torpedo roll (no substitutions)	16.25



## Hot Lunch Entrees

<b>Mac and Cheese with Chicken</b> – Comfort food. With sweet BBQ drizzle (no substitutions)	14.75
<b>Palumbo's Classic Pasta and Meatballs</b> – Homemade red sauce, meatballs, linguine	15.75
<b>Chicken Française</b> – Chicken breast, pan seared, fresh lemon, sweet potato fries	17.75
<b>Coq au Vin</b> – Breaded chicken breast, Portobella mushroom, roasted red peppers, wine reduction, sweet potato fries	17.75
<b>Chicken Marsala over linguine</b> – Flour-dusted and sautéed, with marsala wine sauce	17.75
<b>Mediterranean Pasta</b> – Mixed assorted olives, tomato, basil, feta cheese, linguine	15.75
<b>Pasta Alfredo with Asiago and Spinach</b> – Linguine with pan-made alfredo sauce	15.75
add chicken	3.00
<b>Ricotta Gnocchi</b> – Hand-rolled, fresh cream, butter, Asiago, spinach	16.75
<b>Gnocchi Pair</b> – One side Ricotta Gnocchi, the other side 2 meatballs	19.75

Lunch entrees do not include salads or bread

We encourage payment by cash or debit. Those free miles, cashback, and points cost us real money. If you choose to pay by credit card, the credit card surcharges will be passed back to you at 3.5%.

Selah