

## 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, feta, 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 ¼ |
| bowl | 4 ½ |

## 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*

<b>Turkey Melt</b> – hot roasted turkey, melted mozzarella, tomato, field greens	7.25
<b>Ham Melt</b> – hot baked ham, melted mozzarella, tomato, field greens	7.25
<b>Chicken Melt</b> – roasted chicken, melted mozzarella, roasted red peppers, lettuce	8.25
<b>Roasted Red Pepper Melt</b> – 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*

<b>Fried Haddock and Greens sandwich</b>	8.50
<b>Seared Chicken Plate</b> – with hummus, tomato, feta, flatbread points	8.75
<b>Feta and Tomato Burger</b> – our own hamburgers, cooked to order, on a kaiser roll	8.50
<b>Bacon Mozzarella Burger</b> – our own hamburgers, cooked to order, on a kaiser roll	8.50
<b>Portobello Mushroom Burger</b> – our own hamburgers, cooked to order, kaiser roll	8.50
<b>Chicken Pesto Wrap</b> – slow-roasted chicken, spinach, roasted red peppers, asiago	8.25
<b>Portobello Wrap</b> – sauteed mushrooms, roasted red peppers, mozzarella, spinach	7.75
<b>Pasta Alfredo with Asiago and Spinach</b> – penne with pan-made alfredo sauce	7 <sup>5</sup> / <sub>4</sub>
add chicken	2 <sup>1</sup> / <sub>2</sub>
<b>Smoked Salmon on Ciabata</b> – our own hot-smoked Coho Salmon with mayo-dill	8.50
<b>Tuna Melt</b> – 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.