

# LUNCH

## STARTERS

### Sweet Corn & Artichoke Dip 12

Local Sweet Corn, Spinach and Artichoke Hearts, Parmesan Cream Sauce, Fresh Tortilla Chips.

### Fried Green Tomatoes 10

Crispy Hand Breaded Green Tomatoes, Layered with Selu's Signature Pimento Cheese, Pecan Smoked Bacon and Tabasco Remoulade.

### Fried Pickles 9

Hand Breaded Dill Pick Spears Fried Crispy Golden Brown. Served with Chipotle Ranch Dipping Sauce.

### Crispy Chicken Wings *Half Dozen 10 | Dozen 18*

Tossed in Choice of Sauce: Sweet Peach BBQ, Hoff's Hot, Buffalo Mild, Sweet Garlic Teriyaki or Garlic-Parmesan

### \*Honey Sriracha Grilled Shrimp 14

Ten Jumbo Shrimp Grilled and Glazed with Sweet and Spicy Garlic Sriracha Honey.

## ALL DAY BREAKFAST

*Served with Hashbrowns or Grits*

### \*The Appalachian 12.50

Choice of Pecan Smoked Bacon or Sausage. Served with Choice of Bread  
*Add One Egg +2.25*

### \*Blue Ridge 25

Hand-Cut Char-Grilled 10oz Rib-Eye and Two Eggs Any Style. Served with Choice of Bread  
*Add One Egg +2.25*

### Loaded Breakfast Burrito 15

Whole Wheat Tortilla Stuffed with Pecan Smoked Bacon, Sausage, Scrambled Eggs, Tomato, Peppers, Onions, Black Beans and Cheddar Jack Cheese. Smothered in Queso and Drizzled with Chipotle Ranch.

### \*Catamount Omelet 15.50

Three Egg Omelet with Pecan Smoked Bacon, Sausage, Ham, Diced Tomatoes, Peppers, Onions and Cheese. Served with Choice of Bread.

## HANDHELDS

*Served with Choice of Side and Dill Pickle Spear*

### \*Buffalo Chicken Wrap 15

Crispy Fried Chicken Tossed in Buffalo Sauce, Romaine Lettuce, Shredded Cheddar Cheese and Creamy Gorgonzola Dressing wrapped in a Whole Wheat Tortilla

### \*Angus Burger 16

Half-Pound Angus Burger with Choice of American, Cheddar, Swiss, Pepper Jack, or Provolone Cheese. Topped with Lettuce, Tomato and Red Onion. Served on Brioche Bun

### Grilled Portobello Sandwich 14

Grilled Balsamic Portobello Mushroom, Roasted Red Peppers, Caramelized Onion, Hummus and Arugula. Served on Brioche Bun.

### Classic BLT 12.50

Pecan Smoked Bacon, Crisp Green Leaf Lettuce, Tomato and Mayonnaise. Served on Toasted Wheat Berry Bread

### Cheesy Tuna Melt 13.50

Selu's Signature Tuna Salad with Choice of Cheese. Griddle Pressed and Served on Buttery Sourdough Bread

### Barbecue Pulled Pork Sandwich 15

Smoky Pulled Pork Drizzled with Sweet Peach BBQ, Coleslaw, Crispy Breaded Onion Rings Served on Brioche Bun

### Reuben Sandwich 15.50



Half Pound of Corned Beef Piled High with Sauerkraut, Swiss Cheese and Thousand Island Dressing. Griddle Pressed and Served on Marble Rye Bread

### Triple Decker Club 15.50

Ham, Turkey, Pecan Smoked Bacon, Swiss Cheese, American Cheese, Lettuce, Tomato and Mayonnaise. Served on Choice of Bread

*Menu Subject to change or cancellation. 20% service charge add to party 6 or more*

*\*Thoroughly Cooking Foods of Animal Origin Such as Beef, Eggs, Fish, Lamb or Poultry Reduces the Risk of Foodborne Illness*

 Vegetarian  Gluten Free

## SALADS & SOUPS

*Add to Any Salad*  
*Grilled Chicken +6 \*Grilled Shrimp +8*  
*\*Grilled Salmon +12*

House Salad *Half 5.50 | Full 10.50* 🌱  
Mixed Greens, Cucumber, Tri-Colored Organic Carrots, Heirloom Grape Tomatoes and Toasted Garlic Croutons

Caesar Salad *Half 5.50 | Full 10.50*  
Chopped Romaine Lettuce Tossed in Creamy Caesar Dressing. Topped with Shaved Parmesan and Toasted Garlic Croutons

Wedge Salad *9.75* 🌱  
Crisp Iceberg Lettuce, Creamy Gorgonzola Dressing, Heirloom Grape Tomatoes, Pecan Smoked Bacon and Crumbled Gorgonzola Cheese

Chef's Homemade Soup of the Day *Cup 4 | Bowl 7*

Dressings  
*Balsamic Vinaigrette, Blue Cheese, Honey Mustard, 1000 Island, Ranch*

## DESSERTS

*Add a Scoop of Vanilla Bean Ice Cream +3*

Chef's Seasonal Dessert *8*  
Chef's Choice of Homemade Pies, Cakes and Tarts  
*Please Check with your Server for Details*

Bourbon & Praline Bread Pudding *8*  
Southern Bread Pudding Smothered in a Bourbon Infused Praline Sauce, Served with Vanilla Bean Ice Cream

New York Cheesecake *8*  
Traditional Silky New York Cheesecake with a Buttery Graham Cracker Crust, Whipped Cream and Fresh Strawberries

Chocolate Layer Cake *8*  
Decadent Layers of Moist, Dark Chocolate Cake, Rich Chocolate Mousse made with Fresh Cream, Madagascar Vanilla and a Touch of Honey. Frosted with Velvety Chocolate Buttercream Frosting

## BEVERAGES

Coffee | Tea | Soda *2.75*  
*Free Refills*  
Milk | Juice *3.50*  
*No Refills*

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🌱 *Vegetarian* 🌾 *Gluten Free*

## ENTRÉES

*Add to Any Entrée*  
*Grilled Chicken +6 \*Grilled Shrimp +8*  
*\*Grilled Salmon +12 \*Crab Cake +13*

\*Filet Mignon *Mkt Price* 🌾  
8 oz Tenderloin Char-Grilled to Perfection. Topped with Garlic Herb Butter. Served with Roasted Garlic Mashed Potatoes and Grilled Asparagus

\*Rib-Eye Steak *Mkt Price* 🌾  
Hand-Cut 12 oz Rib-Eye Char-Grilled to perfection. Topped with Garlic Herb Butter. Served with Roasted Garlic Mashed Potatoes and Grilled Asparagus

\*Roasted Half Chicken *23* 🌾  
Served with Roasted Garlic Mashed Potatoes and Vegetable of the Day topped with a Rosemary Chicken Demi-Glace

\*Chili-Lime Salmon *23* 🌾  
Pan Seared Blackened Salmon Served over a Bed of Sweet Corn Succotash and Topped with Chili-Lime Butter

\*Crab Cakes *28*  
Two 5 oz Pan Seared New England Style Jumbo Lump Crab Cakes with Roasted Garlic Aioli. Served with Roasted Garlic Mashed Potatoes and Grilled Asparagus

\*Southern Shrimp & Grits *24* 🌾  
Smoked Cheddar Grit Cakes, Jumbo Shrimp, Creole Cream sauce, Jalapeño Bacon and Scallions

Triple Cheese Mac *21*  
Cavatappi Pasta, Creamy Smoked Gouda, Havarti and Cheddar Cheese Sauce, Grilled Springer Mountain Farms Chicken Breast, topped with crumbled Bacon, Toasted Breadcrumbs

Southern Cobb Salad *17*  
Crisp Romaine Lettuce, Pecan Smoked Bacon, Heirloom Grape Tomatoes, Shaved Red Onion, Gorgonzola Cheese, Hardboiled Egg, Crispy Fried Chicken Tossed in Avocado Ranch.

Blackened Salmon Salad *20* 🌾  
Blackened Atlantic Salmon on a Bed of Field Greens Tossed in Balsamic Vinaigrette, Heirloom Grape Tomatoes, Red Onions, Cucumbers and Crumble Feta Cheese

## SIDES

Roasted Garlic Mashed Potatoes | Onion Rings  
Grilled Asparagus | Sweet Potato Fries  
French Fries | Chef's Vegetable of the Day

Choice of Bread  
*White, Wheatberry, Sourdough, Marble Rye*