

LUNCH COUNTER

Tall sandwiches, fresh bread

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Downtown Charleston needed another easy-to-reach, affordable soup- and-sandwich spot. Rising High Bakery & Cafe, opened for just two months, rises neatly to the occasion.

It's located in the space that used to be That's Amore in a strip mall where parking is easy and refreshingly free. Owner Arthur Dodd has lightened up the once dark and confined-feeling space with blond-toned woods, plenty of windows and ample spacing. It feels modern and casual -- the perfect place for a light, healthy working lunch.

The menu revolves around the restaurant's tasty, fresh-made breads. Southern sourdough, whole wheat, sweet black bread (which is justifiably "famous"), veggie bread and dill rye bread are some of the many original choices for the variety of healthy, wholesome sandwiches on the menu.

The chicken salad (\$5.79) and Californian (\$5.79) both were top notch, and the basil soup special (\$3.59, cup) was chunky and hearty.

The recently trained service staff was a bit green in spots (There was a missing side, and I was delivered the wrong soup.) but worked eagerly and affably to correct these small errors.

The well-priced daily lunch specials (\$5.75) include a towering sandwich, choice of a side and 20-ounce tea or fountain drink.

Several sandwiches, panini, salads, pizza and baked potato choices round out the affordable menu nicely.

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RISING HIGH BAKERY & CAFÉ

480 East Bay St., downtown

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Credit: Of The Post and Courier Staff