

# Salto & Sol


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## Share

### Sea

**Fresh Shucked Oysters** | \$3 each | \$15 for 6 | \$30/doz  



Island Oysters served with Maritime Madness hot sauce and house mignonette

**Mussels** | \$15 

Thai style mussels served with grilled greek pita bread

**Scallop Ceviche** | \$17  

Lightly smoked, cured scallops with mango, avocado crema and beet salt served with kettle chips

**Calamari** | \$15  

Cornmeal crusted squid with chorizo sausage, peppers and tomato topped with a citrus aioli

### Land

**Kettle Chips & Dip** | \$10  


House made kettle chips served with salsa roja, chimichurri and pimento cheese

**Battered Cauliflower** | \$13  



Cauliflower bites served with warm spiced tomato jam and cashew cream

**Chicken Wings** | \$16  

Tossed in house made jerk glaze, hot or salt & pepper

**Taco Duo** | \$15 

Mojo pulled pork, fresh slaw & pickled onion | crispy chicken with sweet and spicy sauce & house pickles

**Nachos** | \$17  

Topped with avocado crema, black bean & corn salsa, cheddar & pimento cheese with side salsa roja and sour cream

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 Gluten Free  Vegan  Vegetarian  Dairy Free

*Please advise your server of any allergies or dietary concerns.*

## Savour

### Beet Salad | \$15

Served with citrus vinaigrette, chimichurri, cashew cream and arugula

### Salt & Sol Elote Salad | \$15

Charred corn salad with a lime-chili aioli, feta & greens

### Caesar Salad | \$12

Classic caesar with a bacon rashers, parmesan cheese, sourdough crumb and Caesar vinaigrette

### Summer Salad | \$14

Mixed greens with a medley of summer fruits, crispy onions, pistachio crumb, feta cheese and a citrus ranch dressing

### Sol Bowl | \$15

Mexican rice, corn & bean salsa, lettuce, avocado crema, salsa roja and tortilla chips ~ *Add a protein for \$5*

### Falafel Sandwich | \$16

House made falafel served with house tzatziki, pickles, tomato, lettuce and onions on a toasted pita served with fries

### Lobster Roll | market price

Fresh Island lobster with lime, green onion, smoked paprika & hot sauce served with fries

### Sol SmashBurger | \$17

5 oz Island beef patty with ground pork served with bacon, tomato jam, pimento cheese, crisp lettuce & house pickle on a toasted brioche bun served with fries

### The Nashville Hot Chicken | \$18

Sweet and spicy breaded chicken burger with tomato, lettuce, pickles and mayo served on a toasted brioche bun served with fries

### Haddock and Chips | \$13 1 piece | \$17 2 piece

Fresh beer battered haddock served with house made remoulade, coleslaw and fries

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