



Share

Baked Oysters ~ \$5 each

all dressed PEI oysters with crunchy matchstick potato



Fresh Oysters ~ \$4 each ~ 6 for \$22 ~ 12 for \$42

accompanied by the usual suspects



Nachos ~ \$18

black bean & corn salsa, cheddar & pimento cheese topped with avocado crema, served with salsa roja & sour cream



Mussels ~ \$18

lobster and potato broth or lemon caper butter served with garlic bread

Sesame Crusted Seared Tuna ~ \$22

charred scallion aioli, smashed cucumber, chili crisp, herb salad, tamari reduction, cherry tomato & radish



Chicken Wings ~ \$19

coke & coffee bbq | hot honey | salt & pepper



Pulled Pork Tacos ~ \$18

BBQ pork shoulder, pimento cheese, all dressed slaw, cilantro, pickled & crispy onions ~ three tacos



Gluten Free



Dairy Free



Vegetarian



Vegan



Savour

Caesar Salad ~ \$16

green leaf lettuce dressed with caesar vinaigrette, mike's bacon, garlic crumb & parm cheese

Chowder ~ \$20



lobster broth, mikes bacon, sofrito, russet potato, PEI lobster, mussels, fin fish, chili oil & herbs ~ Add Garlic Bread \$4

Sol Bowl ~ \$18



dirty rice, corn & black bean salsa, lettuce, pickled onion, avocado crema, salsa roja served with tortilla chips & lime

Crispy Skin Salmon Chickpea Salad ~ \$26



seared salmon, hummus, chickpea, cucumber, kale, brussels sprout, mint, pumpkin seed vinaigrette, roasted pumpkin seeds & chili crisp ~ no salmon \$16



Sol Cheese Burger ~ \$21

two 3 oz patties, Sol sauce, matchstick potato, white onion, pickles, iceberg, american cheese, bone marrow condiment on a brioche bun served with house fries

Nashville Hot Chicken Sandwich ~ \$22

crunchy chicken, sweet & spicy sauce, lettuce, tomato, pickle & mayo on a brioche bun served with house fries

Fish & Chips ~ 1 pc \$18 | 2 pc \$22



rice flour battered, potato crusted haddock, served with house fries & coleslaw

Lobster Roll ~ MKT price



all dressed mayo, celery, onion & chives, topped with matchstick potato and served with house fries

Braised Beef Curry ~ \$30

spiced braised beef, caramelized onion, kale, brussels sprout, cilantro & garam masala served with yogurt, sweet potato rice & pita ~ try it vegetarian \$20



Add Ons

pulled pork | haddock | chicken \$7 | salmon | tuna \$10
caesar salad | sweet potato fries \$4 | small chowder \$10

