



Tapas

Sourdough ~ \$9

fresh sourdough served with our seasoned olive oil dip

Fresh Oysters

\$12 for 3 ~ \$24 for 6 ~ \$44 for 12

accompanied by lemon, rhubarb mignonette & hot sauce

Olives ~ \$8

citrus & garlic marinated olives

Tzatziki Dip ~ \$14

served with crunchy veg, pickled veg & corn tortillas

Share Plates

Nachos ~ \$25

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

Mussels ~ \$19

local lager or white wine & garlic (gf)
~ add garlic bread \$4

Chicken Wings ~ \$22

your choice of salt & pepper (gf), gochujang or bbq (gf)

Cucumbers ~ \$16

chunky cucumbers served with lemon infused yogurt &
tahini with herbed oil, crunchy chickpeas and chili crisp

Beef Skewers ~ \$16

two cubed beef skewers drizzled in chimichurri (gf) or a
sweet, savoury and a lightly spiced gochujang



Savour

Kale Caesar Salad ~ \$16

shredded kale dressed with a caesar vinaigrette, bacon,
garlic crumb & parmesan cheese

Summer Salad \$18

mixed greens lightly dressed with watermelon, raspberries,
& red onion topped with pumpkin seeds

Sol Bowl ~ \$18

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

**Add Ons: beef skewer, haddock, chicken or ground beef \$8 |
sesame tuna or salmon \$12 | burrata \$10 | feta or garlic bread \$4**

Chowder ~ \$20

mirepoix, russet potato, clams, island mussels, local fin fish

Fish & Chips ~ \$21

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

Sol Burger ~ \$20

bbq Island beef patty with feta & tzatziki spread, cucumber,
tomato & greens served with house fries

Nashville Hot Chicken Sandwich ~ \$22

crunchy chicken, sweet & spicy sauce, greens, tomato &
pickle served with house fries

Pulled Chicken Tacos (2) ~ \$21

pulled chicken, coleslaw & pineapple salsa drizzled with
harissa aioli served on a flour tortilla with house fries

Lobster Roll ~ MKT price

fresh island lobster tossed in secret seasonings and served
with house fries

Miso Citrus Salmon - \$31

seared atlantic salmon in a creamy yuzu citrus sauce
served with broccolini & red pepper over basmati rice

**Substitutes: sweet potato fries \$5 | chowder \$10
kale caesar or mixed greens & seeds \$3**



gluten free



dairy free



vegetarian



vegan

