

SEA

FRESH SHUCKED OYSTERS gf/df	3 for 9
ISLAND OYSTERS SERVED WITH MARITIME MADNESS HOT SAUCE AND METROPOL SPRITZ	6 for 16 12 for 32
MUSSELS df	
ISLAND BLUE MUSSELS PREPARED IN A MISO LIME BROTH SERVED WITH BAGUETTE	16
SEARED TUNA NOODLE BOWL df	
BLACKENED TUNA WITH WATERMELON, PICKLED ONION & RADISH ON PONZU DRESSED SOBA NOODLES SERVED COLD	22
CALAMARI gf	
LIGHTLY DUSTED CALAMARI WITH HARISSA LIME AIOLI	16
TEQUILA LIME CRAB DIP	
ATLANTIC CRAB WITH CREAM CHEESE, WHITE CHEDDAR, HORNITOS TEQUILA AND FRESH LIME SERVED WITH BAGUETTE AND TORTILLA	19

LAND

KETTLE CHIPS & DIP gf/df/veg/v	
HOUSE MADE KETTLE CHIPS SERVED WITH HUMMUS & SALSA ROJA	12
VEGGIE BHAJI gf/df/veg/v	
VEGETABLE FRITTER (CHICKPEA BASE) SERVED WITH A ROASTED VEGETABLE BABA GANOUSH	14
CHICKEN WINGS gf/df	
TOSSED IN YOUR CHOICE OF SWEET CHILI GLAZE, HOT OR SALT & PEPPER	18
PULLED PORK TOSTADA gf/df	
SPICED PULLED PORK WITH PINEAPPLE, PICKLED ONION & FRESH SLAW	15
NACHOS gf/veg	
BLACK BEAN & CORN SALSA, CHEDDAR & PIMENTO CHEESE TOPPED WITH AVOCADO CREMA SERVED WITH SIDE SALSA ROJA AND SOUR CREAM	18
DRY RIBS gf/df	
SPICY CITRUS GLAZED BABY BACK RIBS WITH PISTACHIO CRUMB	22

ENTREES

CAESAR SALAD	
CLASSIC CAESAR WITH A BACON RASHERS, PARMESAN CHEESE, SOURDOUGH CRUMB AND CAESAR VINAIGRETTE	14
CHOP SALAD gf/df/veg	
CABBAGE, KALE, CARROT, BROCCOLI & CORN TORTILLA CHIPS WITH A CREAMY SRIRACHA LIME DRESSING	14
SALT & SOL ELOTE SALAD gf/veg	
CHARRED CORN SALAD WITH A LIME-CHILI AIOLI & FETA IN A CORN TORTILLA BOWL	16
SOL BOWL gf/df/veg/v	
MEXICAN RICE, CORN & BEAN SALSA, LETTUCE, AVOCADO CREMA, SALSA ROJA AND TORTILLA CHIPS	16
ADD GROUND BEEF OR PULLED CHICKEN	5
ADD CRISPY CHICKEN OR SALMON	8

BHAJI SANDWICH df/veg/v	
HOUSE MADE VEGGIE BHAJI SERVED WITH PICKLES, TOMATO, LETTUCE AND PICKLED ONIONS ON A TOASTED PITA SERVED WITH FRIES	16
SOL SMASH BURGER	
5 OZ ISLAND BEEF PATTY SERVED WITH BACON JAM, PIMENTO CHEESE, CRISP LETTUCE & HOUSE PICKLE ON A TOASTED BRIOCHE BUN SERVED WITH FRIES	18
THE NASHVILLE HOT CHICKEN	
SWEET AND SPICY BREADED CHICKEN BURGER WITH TOMATO, LETTUCE, PICKLES AND MAYO SERVED ON A TOASTED BRIOCHE BUN SERVED WITH FRIES	19
HADDOCK & CHIPS df	
FRESH BATTERED HADDOCK SERVED WITH HOUSE MADE REMOULADE, CITRUS SLAW AND FRIES	15 1pc 18 2pc
SUBSTITUTE CAESAR, CHOP SALAD OR SWEET POTATO FRIES	4

PRICES ARE SUBJECT TO APPLICABLE TAXES.
PLEASE ADVISE YOUR SERVER OF ANY DIETARY RESTRICTIONS
GF-GLUTEN FREE DF-DAIRY FREE VEG-VEGETARIAN V-VEGAN