



SHARE & SAVOUR

SEA

FRESH SHUCKED OYSTERS gf/df 3 for 9
 ISLAND OYSTERS SERVED WITH MARITIME 6 for 16
 MADNESS HOT SAUCE AND METROPOL SPRITZ 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 22
 SOBA NOODLES SERVED COLD

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

CHICKEN WINGS gf/df
 TOSSED IN YOUR CHOICE OF MISO-MAPLE GLAZE,
 SWEET CHILI, HOT OR SALT & PEPPER 18

BHAJI BITES gf/df/veg/v
 VEGETABLE FRITTER (CHICKPEA BASE) SERVED WITH A
 ROASTED RED PEPPER BABA GANOUSH 14

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, BHAJI OR PULLED CHICKEN 5
 ADD CRISPY CHICKEN OR SALMON 8

LOBSTER ON A BUN
 4 OZ ISLAND LOBSTER ON A BRIOCHE BUN WITH
 LETTUCE AND KETTLE CHIPS SERVED WITH FRIES mkt

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