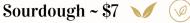


## **Tapas**







fresh sourdough served with our seasoned olive oil dip

Fresh Oysters ~ \$4 each 🛞 📳



accompanied by lemon, mignonette & hot sauce

Olives ~ \$7





citrus & garlic marinated olives

Brussels Sprout Taco ~ \$8 💜





hot honey brussels sprout, slaw and pineapple salsa

Chips & Dips ~ \$9 👔 🕡 🕡







house made salsa roja & pineapple salsa

## **Share Plates**

Nachos ~ \$22



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

Mussels ~ \$18 (\*)





thai red curry or white wine & garlic

~ add garlic bread \$4

\$1 of each order supports "Free from the Harbour" rowing across the Atlantic Ocean in 2025

Chicken Wings ~ \$21 (\*)



salt & pepper, hot honey or bbq

Calamari ~ \$16 🛞 📳



cornmeal crusted calamari served with a harissa lime aioli

Dry Ribs ~ \$25 (\*)





pork ribs with mojo glaze and pistachio crumb







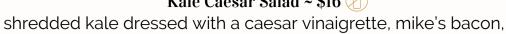






## Savour

## Kale Caesar Salad ~ \$16



garlic crumb & parm cheese

Summer P&T Salad \$18



hot honey marinated peaches & fresh heirloom tomatoes topped with citrus dressed arugula and sunflower seeds

Sol Bowl ~ \$18 (\*)







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

Add Ons

haddock \$8 | chicken \$8 | brussels \$5 | salmon \$12 | burrata \$10

Chowder ~ \$20 (\*)



mirepoix, russet potato, clams, island mussels, local fin fish & herbs ~ add garlic bread \$4

Fish & Chips ~ \$19 (\*)



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

Sol Cheese Burger ~ \$21

5 oz patty, tomato jam, pimento cheese, greens & pickles on a brioche bun served with house fries

Nashville Hot Chicken Sandwich ~ \$22



crunchy chicken, sweet & spicy sauce, greens, tomato, pickle & mayo on a brioche bun

Pulled Chicken Tacos (2) ~ \$21



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

**Lobster Roll ~ MKT price** 

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

Coconut Curry Salmon ~ \$28 (\*)





rice noodles, bok choy, peppers, shiitake & poached salmon Substitutes: kale ceasar \$3 | sweet potato fries \$5 | chowder \$10