



Tapas

Sourdough ~ \$7  

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

 **gluten free**

 **dairy free**

 **vegetarian**

 **vegan**



Savour

Kale Caesar Salad ~ \$16 

shredded kale dressed with a caesar vinaigrette, mike's bacon,
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