



## Tapas

**Olives ~ \$8**  

citrus & garlic marinated olives

**Poppin' Cheddar Dip ~ \$14**  

creamy jalapeño cheddar dip, tortilla chips

**Island Bravas ~ \$14**   

crispy pei fingerlings, romesco, aioli



**Steak Tacos ~ \$20** 

angus beef strips, radish, pickled onion, chimichurri, cilantro, flour tortilla (2)

## Share Plates & Salads

**Nachos ~ \$25**  


black bean & corn salsa, cheddar & pimento cheese, avocado crema, salsa roja & sour cream  
~ add chicken or ground beef \$8

**Mussels ~ \$20**  

harissa coconut lime or white wine & garlic  
~ add garlic bread \$4

**Chicken Wings ~ \$22**

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

**Tuna Ceviche ~ \$21**  

yellowfin tuna, pineapple, jalapeño, ginger, citrus, sesame

**Island Berry Whip ~ \$20** 

ricotta, pei blueberry agrodolce, pistachio, sourdough

**Caesar Salad ~ \$16** 

romaine, bacon, garlic crumb, parmesan, caesar vinaigrette

**Summer Salad ~ \$18**  

mixed greens, watermelon, feta, shallots, mint, pumpkin seeds, passionfruit dressing



gluten free



dairy free



vegetarian



vegan



## Signature Bowls

**Mediterranean Bowl ~ \$18** 

quinoa, arugula, black beans, olives, cherry tomatoes, peppers, feta, sesame vinaigrette

**Sol Bowl ~ \$19**  

dirty rice, corn & black bean salsa, lettuce, pickled onion, avocado crema, salsa roja, tortilla chips

**Chowder ~ \$20** 

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

**Add Ons: haddock \$10 | chicken or ground beef \$8 | sesame tuna or salmon \$14 | feta or garlic bread \$4**

## Savoury Selections

**Fish & Chips ~ \$23** 

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

**Smash Burger ~ \$19**

smash patty, cheddar cheese, pickles, tomato, greens, harissa aioli, sol sauce, house fries

**Nashville Hot Chicken Sandwich ~ \$22**

crispy chicken, sweet & spicy sauce, greens, tomato, pickles, house fries

**Lobster Roll ~ MKT price**

seasoned fresh island lobster, house fries

**Miso Citrus Salmon ~ \$34** 

seared atlantic salmon, yuzu citrus cream sauce, baby bok choy, red pepper, basmati rice

**Smokey Sol Chicken ~ \$34** 

pan seared skin-on chicken breast, smokey lime chimichurri, heirloom carrots, pei fingerling potatoes

**Substitutes: chowder \$10  
sweet potato fries, caesar or mixed greens & seeds \$4**

