

Tapas

Local Oysters

House Mignonette, Fresh Lemon, or Salt & Sol "Heat" Whisperer \$3 each \$15 ½ dozen \$30 dozen

Marinated Olives

Tangy, rich Olives with Garlic, Lemon zest & Chilies served with bread \$8

Chermoula Mayo Fries

Island Fries & Chermoula Mayo \$8

Sweet Potato Fries

Served with Sweet Chili Mayo \$9

Chips n' Pico

Pico de Gallo served with Tortilla chips \$8

Lobster Dip

Creamy & Savory Lobster Dip served with Tortilla Chips \$10

Shareables

Seacuterie Board

An ocean of Seafood with Maple Pepper Salmon, Fresh Oysters, cold Smoked Salmon, Mussels, fresh pickle, cream cheese, house mignonette, capers & mini naan \$26

Mussel & Frites

Island Mussels with Parm & Parsley Frites and Garlic Aioli \$15

Bruschetta

Grilled naan, fresh Tomato, Basil, Goat Cheese and Balsamic Reduction \$12

Calamari

Salt & Pepper Calamari with Chermoula Mayo \$18

Chicken Wings

1 lb of Crispy Wings tossed in sea salt & cracked pepper or with a sauce of your choice
~bbq, honey garlic, hot, thai sweet chili~\$15

BBQ Nachos

BBQ Crispy Chicken, Cheddar, Pickles, Tomatoes & Green Onions \$15

Tapas and Shareables will be delivered to your table as they are ready for your enjoyment!
Please advise your server of any allergies or dietary concerns.

Whole Sol Food

Sol Seafood Caesar

Salt & Pepper Calamari and Bacon Wrapped Scallops served over a Caesar Salad \$22

Lobster Chowder

Not your average Chowder, Flavourful and full of Fresh PEI Lobster, Haddock, Bacon, Corn & Island Potatoes \$16

Nashville Chicken Kale Salad

Lemon Ginger dressed kale, cucumber, apple, & slaw, topped with a buttermilk fried sweet & spicy chicken breast \$18

Chipotle Tacos

3 Tacos with Pico de Gallo, Avocado, Corn, Cheddar on a Corn tortilla \$12

Add Beef | Fried Chicken | Beer Battered Fish | Beyond Beef \$5.00

Feisty Beyond Bowl

Ancient grains, Tomatoes, Corn, Jalapeno, Red Onion, Avocado with Beyond Beef Crumble \$18

Lobster Burger

PEI Lobster served cold with a fresh kick of Lemon Ginger slaw on a Brioche Bun with Island Fries
\$ Market Price

Sol Burger

Fresh Island Beef patty, Lettuce, Tomato, Bacon, Cheddar cheese & Bacon Jam served with Island Fries \$13

The Forbes

Buttermilk fried Chicken, Nashville Hot sauce, Lettuce, Tomato & crunchy Pickles in a savory toasted bun served with Island Fries \$16

Haddock & Chips

Fresh Island Beer Battered Haddock served over Island Fries with homemade Tartar Sauce
1 pc \$14 | 2 pc \$18

Sides

Fries \$5 | Caesar Salad \$5 | Kale Salad \$7

Little Ones




Chicken Strips & Fries \$ 8 | Burger & Fries \$ 8 | Fish & Chips \$10

Desserts

Malteser Cheesecake \$8

Brownie Explosion \$8

Cookies n' Cream Ice Cream Sandwich \$8

 Gluten Free  Vegan  Vegetarian *Ask your server for details.
Please advise your server of any allergies or dietary concerns.