

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

Avo Bites

Avocado and Goat Cheese Cream, Roasted Garlic, topped with Panko crumbs on Olive Oil Grilled Naan Bites \$12

Sweet Potato Fries

Served with Sweet Chili Mayo \$9

Chips n' Dip

Your choice of Spicy Cheese Sauce or Pico de Gallo served with Tortilla chips \$8

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 Herbed Frites and Garlic Aioli \$15

Calamari

Salt & Pepper Calamari with a Lemon Aioli \$18

Bruschetta

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

Chicken Wings

1 lb of Crispy Wings tossed in sea salt & cracked pepper or with 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

Nashville Chicken Kale Salad

Sweet and Spicy Chicken served over a Lemon Ginger Kale Salad with cucumber, apple and slaw \$17

Chipotle Tacos

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

Add Chicken or Beef \$5.00 | Sweet & Spicy Chicken \$5.50 | Vegan - sub Fauxmage \$3.00

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, 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

 Gluten Free  Vegan  Vegetarian *Ask your server for details

Sides

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

Little Ones

Chicken Strips & Fries \$ 8 | Burger & Fries \$ 8

Desserts

Malteser Cheesecake \$8

Cookies n' Cream Ice Cream Sandwich \$8

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