

ALL DAY BREAKFAST —

CHECK THE CABINET FOR TODAY'S PICK OF:

BREAD LOUNGE BREAD & PASTRIES, BAGEL BROKER BAGELS
& IN-HOUSE GOODIES

CROISSANT — FRESH OR TOASTED WITH JAM	4.5
BAGEL WITH CREAM CHEESE	5
TOASTED GRANOLA WITH FRUIT COMPOTE & MILK	8
COCONUT CHIA PUDDING WITH CITRUS & HONEY YOGURT	8
BREAKFAST BURRITO — OMELET, MUSHROOM, BACON, CHEESE, CRISPY POTATO CAKE, ARUGULA & AVOCADO	13.5
SAUSAGE & EGG BREKKIE SANDWICH — GRILLED SEASONED PORK SAUSAGE PATTY, OVER-EASY EGG, CHEESE & SOL SAUCE ADD 'EVERYTHING' CRISPY POTATO CAKE	10 +3
GREEN DREAM TOAST — SEASONED AVOCADO, LIME, FAVA BEAN, CUCUMBER, CORNICHON, & CHIVES	11
EGGS & BACON TOAST — SUNNYSIDE, SCRAM OR POACHED EGGS & CRISPY BACON	12
OG TOAST — BUTTER & PRESERVE	4

BREKKIE SIDES —

CRISPY BACON 4 / SAUSAGE 3 / SMOKED SALMON 10
SHAVED HAM 5 / IMPOSSIBLE GRILLERS 7
CIMI DI RAPA 4 / AVOCADO 3 / FETA 4
MUSHROOMS 4 / TWO EGGS 5
'EVERYTHING' CRISPY POTATO CAKE 3

FRESH SANDWICHES —

PLEASE ALSO CHECK OUR FRIDGE FOR GRAB & GO DAILY
SANDWICHES & SALADS

ST NIC — SHAVED TURKEY, ARUGULA, AVOCADO, SEMI DRIED TOMATO & MOSTARDI CRANBERRY	13.5
BLAAAAT — CRISPY BACON, LETTUCE, DOUBLE AVOCADO & TOMATO ON SESAME ROLL	13
BASIL FOWLTY — PESTO CHICKEN, SWEET POTATO, PICKLED ONION, ARUGULA & AIOLI ON CIABATTA	13.5
SOLOX BAGEL — SMOKED SALMON, CREAM CHEESE, ARUGULA, CAPERS, DILL & RADISHES	15.5
BSW — FRESH SALAD, CHEDDAR, CORNICHONS & ALFALFA SPROUTS IN A FLOUR TORTILLA	13

SIDE DISHES —

SHOESTRING FRIES CACIO E PEPE	5
GREEN LEAF SALAD, GINGER VINAIGRETTE	5
BABY BEANS, TARRAGON VINAIGRETTE	6
BREAD & EXTRA VIRGIN OLIVE OIL	4

SALADS —

CAESAR — GEM, CAESAR DRESSING, BOILED EGG, BACON, ORTIZ ANCHOVY, AVOCADO & PARMESAN SERVED WITH WARM TORTILLA	15
HERB STEAMED CHICKEN BREAST	+7
TANSANA BOWL — STEAMED RICE, BLACK BEANS, ROAST CORN, AVOCADO, GREENS, SWEET POTATO, PICKLES, CRISP TORTILLA & SALSA	13
SPICED IMPOSSIBLE GRILLERS	+7
SOL CHOP — PEAS, PUMPKIN, WILD RICE, CHICKPEAS, RADISH, BROCCOLI, CHILI DRESSING	13
THE MED CHOP — FRESH FETA, GREEN BEANS, GARBANZO, TOMATO, OLIVES, ARTICHOKE, ARUGULA & HERBS	13
CLIP ONS —	
HERB STEAMED CHICKEN BREAST 7 / SPICED IMPOSSIBLE GRILLERS 7 / SMOKED SALMON 10 / FALAFEL 5	
MARINATED AHI TUNA 10 / SHAVED LEG HAM 7 / TWO EGGS 5	

HOT SANDWICHES —

SOL BURGER — GRILLED PATTY, CHEESE, SOL SAUCE, PICKLES, WHITE ONIONS, LETTUCE & TOMATO	13
IMPOSSIBLE PATTY SWAP	+3
DOUBLE BEEF	+4
SWEET N SOUR CRISPY CHICKEN — CRISPY CHICKEN BREAST, SWEET N SOUR SAUCE, SWISS CHEESE & SHREDDED LETTUCE	15

PLATES —

ROLL YOUR OWN — GEM LETTUCE CUPS WITH FRAGRANT HERBS, PICKLES & AVOCADO	
RAW AHI TUNA	19
FRESH FALAFEL	15
BUCATINI PUTTANESCA — FRESH SPAGHETTI, SPICY MARINARA WITH OLIVES, CAPERS, HERBS AND ANCHOVY	14
GRILLED CORN & PEA FRITTER — CORN & PEA PANCAKE FRITTER WITH AVOCADO, TOMATO, ARUGULA & TOASTED SEAWEED	14
'EVERYTHING' CRISPY POTATO CAKE — WITH SMOKED SALMON, CREAM CHEESE, RADISH, ARUGULA & DILL	15

SPECIALS —

ROASTED JOHN DORY OR AHI TUNA — WITH WEDGE SALAD, FETA, AVOCADO & GREEN GODDESS SAUCE	20
ADD STEAMED BROWN RICE	+3
FRESH FALAFEL, WILD RICE, SPICY SALSA & SALAD WRAP	13

SORRY, WE DO NOT ACCEPT CASH