



RESTAURANT • BAR • LATE NIGHT

LUNCH MENU 10:30am – 4pm

## STARTERS

### Guacamole | 13

Made fresh to order. May cause addictive reordering.

### Black Bean Dip **or** Hummus Spread | 8

Served with a bread round and homemade tomato relish.

### Portobello Cap | 10

Spinach, melted gorgonzola & mozzarella, with fresh basil.

### The Trio | 17

Black bean dip, homemade hummus, and our portobello cap.

### Falafel and Hummus Platter | 13

Served with a bread round and homemade tomato relish.

### Basket of Fries | 7.50 (Add Truffle and Parmesan +2)

Baked — never deep fried.

### Garlic Bread & Ricotta Dip | 12

Whipped ricotta cheese with EVOO and fresh herbs.

### Caprese Salad | 13.50 (Add prosciutto + 5)

Fior di latte, tomatoes, fresh mozzarella, EVOO, balsamic.

### Truffled Lobster Mac & Cheese | 19.50

Lobster, three cheese sauce, panko bread crumbs.

### Jumbo Chicken Wings (Seven | 13, Fifteen | 22)

Choice of lemon pepper, garlic parmesan, BBQ, or buffalo.

## SOUP & SALADS

Add chicken + 5 | shrimp + 7 | salmon or mahi + 10

All dressings are made in-house.

### Bowl of soup | 7.50

Choice of three homemade soups, prepared daily.

### Solé Salad | 13.75

Mixed greens, grilled zucchini, eggplant, portobello mushrooms, roasted red pepper, red onions, diced tomatoes, gorgonzola cheese, croutons, balsamic dressing.

### Yama's Salad | 13.50

Mixed greens, tomatoes, mushrooms, cucumbers, shredded carrots, red cabbage, peanuts, croutons, Yama dressing.

### Greek Salad | 13.50

Mixed greens, tomatoes, red onions, black olives, pepperoncini, feta, croutons, Greek dressing.

### Spinach Salad | 13.75

Fresh spinach, portobello mushrooms, red onions, diced tomatoes, gorgonzola cheese, croutons, balsamic dressing.

### Caesar Salad | 12

Romaine lettuce, parmesan, croutons, Caesar dressing.

### House Salad — Mediterranean Chop | 10

Mixed greens, diced cucumbers, diced tomatoes, fresh cilantro, EVOO, sea salt, cracked black pepper, lemon wedge.

## SANDWICHES

Choice of one side: Rice and Beans, Orzo, Chips.

### Chicken Cordon Bleu | 14.50

Thinly sliced ham, melted Swiss, honey mustard.

### Rosemary Chicken | 14.50

Lettuce, tomato, red onion, Swiss cheese, honey mustard.

### Sausage | 14.75

Whipped ricotta, mozzarella, marinara sauce.

### Eggplant Parmesan | 13.75

Sub Chicken + 3, Sub Meatballs + 4

Parmesan-ricotta blend, mozzarella, marinara sauce.

### Portobello Mushroom | 14.75

Swiss cheese, red onion, tomato, lettuce, balsamic.

### Danny Boy | 14.75

Grilled chicken BLT with melted cheddar and ranch.

### Chicken Pesto | 15.25

Homemade pesto, spinach, red peppers, Swiss cheese.

### Buffalo Chicken | 15.25

Mozzarella, gorgonzola, lettuce, tomato, ranch dressing.

### BBQ Chicken | 14.75

Red onions, lettuce, tomato, fresh & smoked mozzarella.

### Falafel | 13.75

Homemade hummus, tomatoes, cucumbers, red onions.

### Beef Gyro | 15.25

Homemade pesto, feta, red onions, iceberg lettuce, tomatoes.

### Gorgonzola Melt | 15.25

Grilled portobello, mozzarella, red onions, tomato, spinach, balsamic.

### Chicken Dijon | 14.75

Spinach, onion, mozzarella, smoked mozzarella, Dijon.

### Philly Cheesesteak | 14.75

Sautéed mushrooms, peppers, and sweet onions.

### Blackened Red Snapper or Mahi\* | 19.50

Homemade coleslaw, sliced avocado. Tartar sauce on side.

## COMBO MEALS

Sandwiches with an asterisk (\*) not available.

### Half Sandwich & Salad | 14.75 (Specialty salad + 2.50)

Choice of House or Caesar Salad

### Half Sandwich & Soup | 14.75

Choice of any daily soup.

### Soup & Salad | 13.50 (Specialty salad + 2.50)

House or Caesar salad, choice of daily soup.

## TACOS — Flour or gluten-free soft corn tortillas.

3 tacos served with avocado, black beans, and rice.

### Shrimp | 15

### Mahi-Mahi | 17

### Chicken BLT | 15

Veggie | 14 - Portobello, zucchini, eggplant, red peppers.

BBQ Pulled Pork | 16 - House coleslaw

Falafel | 14 - Hummus, tahini, lettuce, tomato, cucumber.



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## PASTA

Add chicken + 5 | shrimp + 7 | salmon or mahi + 10  
Sub zucchini noodles + 4 | Sub gluten free pasta + 2

### Fettuccini Alfredo | 15

Parmesan cream sauce, garlic, fresh herbs.

### Penne alla Vodka | 15

Cream, tomato, flambéed in vodka.

### Penne alla Norma | 17

Tomatoes, eggplant, whipped ricotta, garlic, fresh basil.

### Linguini Scampi | 15

Lemon-butter wine sauce, parmesan, garlic, pepper flakes.

## PIZZA — 10" personal pies.

### Margherita (Classic Cheese) | 11.50 Pepperoni + 1

Traditionally thin and crispy. Marinara and mozzarella.

### Solé | 15.50

Grilled eggplant, mozzarella, red onions, chopped spinach, diced tomatoes, mushrooms, gorgonzola, balsamic.

### Tomato Pie | 13.50

Sliced tomatoes, fresh basil, fresh & smoked mozzarella.

### Veggie | 14.25

Red peppers, mushrooms, zucchini, eggplant, red onions, pesto, fresh & smoked mozzarella.

### Spinach & Artichoke | 14.75

Fresh spinach, artichoke heart, ricotta, mozzarella, cheddar.

### Greek | 14.75

Black olives, tomatoes, red onions, pepperoncini, pesto, ricotta, feta, mozzarella, fresh parsley.

### Portobello | 15.50

Spinach, diced tomatoes, red onions, gorgonzola, mozzarella.

### BBQ Chicken | 15.50

Red onions, fresh & smoked mozzarella, cilantro, BBQ sauce.

### Chicken Dijon | 14.50

Fresh spinach, red onions, fresh & smoked mozzarella, homemade Dijon sauce.

### Potato Chicken Pie | 15.50

Chicken, potatoes, bacon, red onions, tomatoes, mozzarella.

### Shrimp Pesto | 15.50

Sautéed shrimp, pesto, diced tomatoes, mozzarella.

### Tostada | 15.75

Black bean spread, cheddar & mozzarella, lettuce, tomatoes, red onions, black olives, crispy corn tortilla, homemade ranch.

### Hawaiian | 14.25

Sliced ham, pineapple, red onions. The debate is over.

## LUNCH COCKTAILS | 12

**Negroni** – Dry gin, Campari, sweet vermouth.

**Margarita** – tequila, triple sec, fresh lime. Available frozen.

**Solé Sunset** – Malibu, pineapple, orange, grenadine, cherry.

**Malibu Bay Breeze** – Coconut rum, pineapple, cranberry.

**Mojito** – Muddled mint, white rum, fresh lime, simple syrup.

**Aperol Spritz** – Aperol, sparkling wine, club soda.

**Daiquiri** – Rum, fresh lime, simple syrup. Available frozen.

## ENTRÉES

### Chicken Milanese or Parmigiana | 17.50

Mixed arugula salad, EVOO, cherry tomatoes, lemon juice.

### Red Snapper or Mahi-Mahi | 19.50

Sautéed zucchini, eggplant, peppers, onions, cauliflower rice.

### Filet of Salmon | 22.50

Sautéed spinach, cauliflower rice.

## ROLL UPS (WRAPS)

White, wheat, or spinach tortilla. Served with chips.

### Veggie | 14.50

Portobello, eggplant, zucchini, red peppers, mushrooms, red onions, pesto, fresh & smoked mozzarella.

### Caribbean | 14.50

Grilled chicken, black bean spread, tomatoes, red onions, red peppers, mozzarella, cheddar, homemade ranch.

### Shrimp Pesto | 15.50

Sautéed shrimp, spinach, tomatoes, pesto, mozzarella.

### Veggie Chicken | 14.50

Grilled chicken, eggplant, zucchini, red peppers, mushrooms, red onions, pesto, fresh & smoked mozzarella, balsamic.

### Mushroom Chicken | 14.50

Grilled chicken, portobello & domestic mushrooms, ricotta, mozzarella, white wine cheese sauce. Served with marinara.

### Spinach & Portobello | 15.50

Fresh spinach, portobello, tomatoes, red onions, gorgonzola, ricotta, mozzarella, balsamic.

### Greek | 14.50

Grilled chicken, black olives, tomatoes, red onions, pepperoncini, pesto, mozzarella, ricotta, feta, Greek dressing.

### The Ethan | 14.50

Fresh spinach, pesto, portobello, artichoke, ricotta, mozzarella, cheddar. Served with marinara.

### Chicken Caesar | 14.50

Sub sautéed shrimp (+4), or grilled fish (+8).

Lettuce, parmesan, white wine cheese sauce, melted mozzarella, homemade Caesar.

## BEER & WINE

**\$5 Beers** – Budweiser/Bud light/Landshark/Miller lite/Coors light.

**\$6 Beers** – Corona/Pacifico/Modelo/Negra Modelo/Stella/Floridian.

**\$7 Beers** – Lagunitas IPA/60 Minute IPA/Hop Gun IPA.

Rosé | 10 or Pinot Grigio | 10

Sauvignon Blanc, New Zealand | 10

Chardonnay, California | 12 or France / Spain | 10

Moscato or Riesling | 12

Prosecco DOC | 12

Cabernet Sauvignon, California | 12 or Spain | 10

Pinot Noir, California | 12 or France | 10

Merlot or Tempranillo | 10

Shiraz or Malbec | 10

Montepulciano D'Abruzzo DOC | 10

Zinfandel | 10