



RESTAURANT • BAR • LATE NIGHT

LUNCH MENU 10:30am – 3pm

STARTERS

Guacamole | 12

Made fresh to order. May cause addictive reordering.

Black Bean Dip **or** Hummus Spread | 7

Served with a bread round and homemade tomato relish.

Portobello Cap | 9

Spinach, melted gorgonzola & mozzarella, with fresh basil.

The Trio | 16

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

Falafel and Hummus Platter | 11.50

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 | 10

Whipped ricotta cheese with EVOO and fresh herbs.

Caprese Salad | 12.50 (Add prosciutto + 5)

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

Truffled Lobster Mac & Cheese | 18.50

Lobster, three cheese sauce, panko bread crumbs.

Jumbo Chicken Wings (Seven | 11, Fifteen | 20)

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

SOUP & SALADS

Add chicken + 4 | shrimp + 6 | salmon or mahi + 8

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 | 12.50

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

Greek Salad | 12.50

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 | 10

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 | 13.75

Thinly sliced ham, melted Swiss, honey mustard.

Rosemary Chicken | 13.75

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

Sausage | 13.75

Whipped ricotta, mozzarella, marinara sauce.

Eggplant Parmesan | 13.75

Sub Chicken + 1, Sub Meatballs + 2

Parmesan-ricotta blend, mozzarella, marinara sauce.

Portobello Mushroom | 13.75

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

Danny Boy | 14.25

Grilled chicken BLT with melted cheddar and ranch.

Chicken Pesto | 14.25

Homemade pesto, spinach, red peppers, Swiss cheese.

Buffalo Chicken | 14.25

Mozzarella, gorgonzola, lettuce, tomato, ranch dressing.

BBQ Chicken | 13.75

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

Falafel | 13.75

Homemade hummus, tomatoes, cucumbers, red onions.

Beef Gyro | 14.25

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

Gorgonzola Melt | 14.25

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

Chicken Dijon | 13.75

Spinach, onion, mozzarella, smoked mozzarella, Dijon.

Philly Cheesesteak | 13.75

Sautéed mushrooms, peppers, and sweet onions.

Blackened Red Snapper or Mahi* | 18.50

Homemade coleslaw, sliced avocado. Tartar sauce on side.

COMBO MEALS

Sandwiches with an asterisk (*) not available.

Half Sandwich & Salad | 13.75 (Specialty salad + 2.50)

Choice of House or Caesar Salad

Half Sandwich & Soup | 13.75

Choice of any daily soup.

Soup & Salad | 12.50 (Specialty salad + 2.50)

House or Caesar salad, choice of daily soup.

POKE BOWLS

Sub cauliflower rice + 2.50

Solé Poke **or** Spicy Solé Poke | 15

Ahi tuna **or** salmon. Avocado, white rice, cucumber, scallion, sesame seeds.

Combo Poke **or** Spicy Combo Poke | 18

Ahi tuna & salmon. Avocado, white rice, cucumber, scallion, sesame seeds.



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PASTA

Add chicken + 4 | shrimp + 6 | salmon or mahi + 8

Sub zucchini noodles + 3 | 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

Cheese | 11.50 (Add Pepperoni + 1)

Traditionally thin and crispy. Marinara and mozzarella.

Solé | 14.50

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

Margherita | 12.50

Sliced tomatoes, fresh basil, fresh & smoked mozzarella.

Veggie | 13.75

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

Spinach & Artichoke | 13.75

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

Greek | 13.75

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

Portobello | 14.50

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

BBQ Chicken | 14.50

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 | 14.50

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

Shrimp Pesto | 14.50

Sautéed shrimp, pesto, diced tomatoes, mozzarella.

Tostada | 13.75

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

Hawaiian | 13.75

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 | 16.50

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 | 19.50

Sautéed spinach, cauliflower rice.

ROLL UPS (WRAPS)

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

Veggie | 13.50

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

Caribbean | 13.50

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

Shrimp Pesto | 14.50

Sautéed shrimp, spinach, tomatoes, pesto, mozzarella.

Veggie Chicken | 13.50

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

Mushroom Chicken | 13.50

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

Spinach & Portobello | 14.50

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

Greek | 13.50

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

The Ethan | 13.50

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

Chicken Caesar | 13.50

Sub sautéed shrimp (+2), or grilled fish (+4).

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

TACOS

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

Flour or gluten-free soft corn tortillas.

Shrimp | 15

Mahi-Mahi | 17

Chicken BLT | 15

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

BEER & WINE

Budweiser, Bud Light, Landshark, Miller Lite, Coors Light | 5

Corona, Pacifico, Modelo, Negra Modelo | 6

Dogfish Head 60 Minute IPA, Lagunitas IPA, Hop Gun IPA | 7

Stella Artois, Funky Buddha Floridian Hefeweizen | 6

Rosé, Pinot Grigio, Sauvignon Blanc | 10

Chardonnay, Moscato, Prosecco DOC | 12

Cabernet Sauvignon, Pinot Noir, Merlot | 12