

Sol Restaurant

Appetizers

Sweet Potato Fries / 7

Chipotle Aioli

Onion Rings / 7

Sassy Barbeque Sauce

Hummus / 8

Grilled Vegetables, Olives & Flatbread

Chicken Wings / 8

Choice of Teriyaki, BBQ or Hot Sauce

Chicken Al Pastor Quesadilla / 10

Corn & Flour Torillas filled with Pulled Chicken, Oaxaca Cheese, Roasted Tomato Salsa & Sour Cream

Open Faced Mini Steak Bites / 10

Green Tomatillo Sauce

Vegetable Spring Rolls / 10

Tangy Sweet Chili Sauce

Tri Color Nachos Grande / 10

Ground Beef or Chicken

Vegetable Pot Stickers / 10

Vegetable Ginger Pot Stickers, Green Onions, Ponzu & Sweet Chili Dipping Sauce

Cheese Plate / 12

Bleu/Cow/Goat Cheese, Quince Paste, Candied Nuts & Grapes

Point Judith Fried Calamari / 12

Chipotle Aioli & Hot Marinara Sauce

Sesame Seared Tuna** / 14

Peanut Sauce

Shrimp Tempura / 14

Ponzu Sauce

Two Way Jumbo Shrimp / 15

Two Grilled Shrimp & Two Chilled Shrimp, Bloody Mary Cocktail Sauce, Mango Cilantro Dip, Vodka Relish & Jicama Slaw

Jumbo Crab Cake / 15

Red Pepper Aioli, Avocado Relish & Rosemary Shrimp Skewer

Soups & Salads

Soup of Now / 6

Roasted Chicken Tortilla Soup / 7

Avocado & Pico de Gallo

Onion Soup Gratinee / 8

Three Cheese Encroute

The Wedge Salad / 8

Baby Iceberg Lettuce, Creamy Bleu Cheese Dressing, Bacon, Baby Tomato & Crispy Onion

Santa Barbara Organic Greens / 8

Radish, Bacon & Tomato Wedge, Honey Balsamic Vinaigrette

Apple, Endive & Feta Salad** / 8

Feta Cheese & Lemon-Thyme Vinaigrette

Traditional Caesar Salad / 10

Chopped Romaine Lettuce, Traditional Dressing, Fresh Parmesan, White Anchovy & a Warm Garlic Crouton

Tandori Spiced Chicken Salad** / 12

Fattoush, Romaine Lettuce & Crispy Pita

Spice Charred Steak Salad / 14

Fresh Beans, Sweet Onions, Olives, Arugula, Fingerling Potatoes, Tomato & Cucumber, Red Wine Dijon Vinaigrette

Thai Shrimp Salad / 14

Napa Cabbage, Green Onion, Shrimp Tempura, Asian Dressing

Traditional Cobb Salad / 14

Grilled Chicken, Smoked Bacon, Egg, Avocado, Bleu Cheese & Tomato, tossed with Lemon-Dijon Dressing

Chicken Caesar Salad / 14

Chopped Romaine Lettuce, Traditional Dressing, Fresh Parmesan, White Anchovy & a Warm Garlic Crouton

Salmon Caesar Salad / 14

Chopped Romaine Lettuce, Traditional Dressing, Fresh Parmesan, White Anchovy & a Warm Garlic Crouton

Shrimp Caesar Salad / 15

Chopped Romaine Lettuce, Traditional Dressing, Fresh Parmesan, White Anchovy & a Warm Garlic Crouton

Sandwiches

Served with choice of Small Salad, French Fries or Kettle Chips

Vegetable Sandwich / 10

Asparagus, Squash, Tomato, Fresh Mozzarella & Herb Dip

BLT / 12

4oz Bacon, Iceberg Wedge, Vine Ripe Tomato on Egg Bread & Mustard Dip

Buffalo Chicken Sandwich / 12

Buffalo Sauce, Dipped Chicken Fingers on a Potato Bun

Roasted Turkey Wrap / 12

Sonoma Pepper Jack Cheese, Avocado, Lettuce & Chive Aioli in a Stone-Ground Wheat Tortilla

Wood Grilled Herb Chicken Sandwich / 12

Mustard Herb Dip

Barbeque Cuban Pork Sandwich / 14

Barbeque Pulled Pork on French Baguette

Ham & Swiss Panini / 14

Shaved Ham & Swiss Cheese on Sourdough

English-Style Club Sandwich / 14

Shaved Turkey, Smoked Bacon, Fried Egg & Dijon Spread on Toasted White Bread

Turkey & Cheese BLT / 14

Shaved Turkey, Smoked Bacon, Lettuce, Jack Cheese & Dijon Spread on Toasted White Bread

Reuben / 14

Corned Beef, Sauerkraut, Swiss Cheese, Thousand Island Dressing on Rye Bread

West Coast Cheese Steak Melt* / 14

All Natural New York Steak, Bell Peppers, Onions & Provolone Cheese on French Baguette

Burgers

Served with choice of Small Salad, French Fries or Kettle Chips

Traditional Angus Burger* / 14

8oz Grilled Burger, Crisp Lettuce, Sliced Tomato & Red Onion Garnishes, French Fries & Mustard Herb Dip

Chi Town Burger* / 14

8oz Grilled Burger, Crisp Lettuce, Sliced Tomato & Red Onion Garnishes, French Fries & Asian Barbeque Sauce

Wagyu Style Kobe* / 14

8oz Grilled Burger, Organic Fried Egg, White Cheddar Cheese, Pineapple, Peppered Bacon & Herbed Mayonnaise

Jalapeno Bacon Burger* / 14

8oz Grilled Burger, Spicy Tomatillo Dip, Lettuce & Tomato

Moroccan Style Garam Burger* / 14

8oz Grilled Burger, Garam Masala, Cumin, Coriander Cucumber, Tomato & Red Onion Relish

Ginger-Lime Soy Chicken Burger / 14

Napa Cabbage Slaw & Crispy Wontons

Blue Crab Cake Burger / 15

Fennel Slaw, Bibb Lettuce, Tomato & Micro Chive

Pasta & Pizza

Southwestern Chicken Pasta / 15

Spicy Alfredo, Pico de Gallo & Sour Cream

Whole Wheat Penne** / 15

Stewed Tomatoes, Vegetables & Goat Cheese

Build your own Pizza / 16

Mozzarella Cheese & Homestyle Pizza Sauce with choice of 3 toppings: Bell Peppers, Mushrooms, Onions, Jalapenos, Onions, Tomatoes, Artichokes, Ham, Pepperoni, Spicy Sausage, Pineapple or Ground Beef

Seafood Pomodoro / 18

Jumbo Shrimp, Scallop, Kitchen Ripened Tomato, Roasted Garlic & Angel Hair Pasta

Garden Vegetable Ravioli / 18

Sundried Tomato Cream Sauce

Duck Confit Ravioli / 20

Sage Butter Sauce

Veal Florentine Ravioli / 20

Roasted Tomato Marinara Sauce

Entrées

Herb Stuffed Roasted Free-Range Chicken / 24

Grilled Asparagus, Fingerling Medley & Tarragon Jus

Day Boat Scallops / 26

Fuji Apple Truffle Slaw, Blood Orange Balsamic & Apple Reduction

Grilled Atlantic Salmon / 24

Pomegranate Glaze, Pineapple Pepper Relish

Fennel Pollen Dusted Sea Bass / 26

Red Beet Risotto, Spinach, Orange Carrot Ginger Reduction

Honey Parley Crusted Australian Lamb Rack / 26

Garlic, Cous Cous and Seasonal Vegetables

Peppercorn Crusted Filet Mignon / 32

Point Reyes Butter with Fingerling Potatoes, Vegetables Medley, Pinot Noir Sauce

Mesquite Rubbed All Natural New York / 32

Smoked Smashed Potato, Haricot Vert, Green Peppercorn Sauce

Chef's Newport Beach Surf & Turf / 32

Petit Beef Filet Mignon, Red Wine Demi Reduction, Jumbo Shrimp, Pistachio Herb Crusted, Potato Medley, Asparagus & Baby Carrots

Desserts

Vanilla Swiss Almond Ice Cream / 5

Hot Chocolate Fudge

Apple Tart Tatin / 8

Dolce de Leche Ice Cream

Tiramisu / 8

Mascarpone and a Layer of Infused Almond Coffee Lady Fingers, Served with Seasonal Berry Compote

Traditional or Chocolate Crème Brulee / 8

Fresh Berry Compote

Pecan Crunch Cheese Cake / 8

Seasonal Berries & Mango Raspberry Sauce

Molten Chocolate Cake / 8

Vanilla Ice Cream & Caramel Skewered Strawberry

Fresh Strawberry Chocolate Dip / 8

Whipped Cream

Kindly notify your server if you have any food allergies or require special food preparation and we will be happy to accommodate your needs.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

**Stay-Fit Cuisine: A tasty, well-balanced & nutritionally sensible menu option