



Sol

California Grill

STARTERS

Shoestring Potato Fries 6.00

Mustard Herb Dip

Sweet Potato Fries 7.00

Chipotle Aioli

Chicken Al Pastor Quesadilla 10.00

Corn or Flour Tortillas, Pulled Chicken, Oaxaca Cheese, Roasted Tomato Salsa, Sour Cream

Home Style Vegetable Spring Rolls 10.00

Tangy Sweet Chili Sauce

Mediterranean Platter 8.00

House Made Hummus, Grilled Vegetables, Marinated Olives, Pita Bread

Chili-Lime Crab Cake 15.00

Grilled Shrimp and Avocado Relish

Lemon Pepper Fried Calamari 10.00

Marinara Sauce

Two-Way Jumbo Shrimp 15.00

Two Grilled Shrimp and Two Chilled Shrimp, Jicama Slaw, Bloody Mary Cocktail Sauce, Mango Cilantro Dip

SOUPS AND SALADS

Today's Soup Selection 6.00

Roasted Chicken Tortilla Soup 7.00

Avocado and Pico de Gallo

The Wedge Salad 8.00

Iceberg Lettuce, Baby Roma Tomatoes, Ice Radish, Bacon, Crispy Onions, Creamy Bleu Cheese Dressing

California Garden Greens Salad 8.00

Ice Radish, Tomato Wedges, Bacon, Balsamic Vinaigrette

Classic Caesar Salad 10.00

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

Add: Salmon, Grilled Shrimp or Chicken 14.00

Napa Shrimp Salad 14.00

Shrimp Tempura, Napa Cabbage, Cucumbers, Orange Segments, Green Onions, Almond-Peanut Mix, Sesame Ginger Dressing

Traditional Cobb Salad 14.00

Grilled Chicken, Smoked Bacon, Egg, Avocado, Blue Cheese and Tomatoes, Tossed with Lemon-Dijon Dressing

ENTRÉES

Meyer™ Natural Angus Burger 15.00

Aged White Cheddar, Horseradish Sauce, Onion Jam on a Brioche Bun

English-Style Club Sandwich 14.00

Shaved Turkey, Smoked Bacon, Fried Egg and Dijon Spread

Beer Battered Sustainable Fish 14.00

Creamy Coleslaw, Dill Tartar Sauce

Blue Crab Cake Burger 15.00

Served with Fennel Slaw

Cage-Free Organic Chicken 24.00

Fingerling Potatoes, Seasonal Vegetables, Tarragon Jus

Day Boat Scallops 26.00

Fuji Apple Truffle Slaw, Blood Orange Balsamic and Apple Reduction

Fennel Pollen Dusted Chilean Sea Bass 26.00

Red Beet Risotto, Sautéed Spinach, Orange Carrot Ginger Reduction

Grilled Lamb Chops 26.00

Pommes Frites, Seasonal Vegetables, Pomegranate Burgundy Glaze

Mesquite Rubbed All Natural New York 32.00

Smoked Smashed Potato, Seasonal Vegetables, Green Peppercorn Sauce

Pink Peppercorn Crusted Filet Mignon 32.00

Baby Fingerling Potatoes, Vegetable Medley, Pinot Noir Sauce

Garden Vegetable Ravioli 18.00

Sun-dried Tomato Cream Sauce

Seafood Pomodoro 22.00

Angel Hair Pasta, Jumbo Shrimp, Diver Scallop, Roasted Tomato Sauce


Southwest Chicken Pasta 20.00

Pasta, Spicy Alfredo Sauce, Grilled Corn, Black Beans, Pico de Gallo, Sour Cream

Artisanal Pizza 16.00

California-Style Thick or Thin Crust, Mozzarella Cheese, House Made Sauce. Choice of three toppings: Artichokes, Bell Peppers, Mushrooms, Olives, Pineapple, Pepperoni, Italian Sweet Sausage, Ham

ALTERNATIVES

 **Apple, Endive and Feta Salad 10.00**

Greek Feta, Lemon-Dijon Vinaigrette

 **Sesame Seared Ahi Tuna Salad 14.00**

Peanut Sauce

 **Whole Wheat Penne 18.00**

Stewed Tomatoes, Seasonal Vegetables, Edamame, Goat Cheese

Spinach and Mushroom Ravioli 18.00

Roasted Tomato Marinara (Vegan)

Pomegranate Glazed Salmon 24.00

Pineapple Pepper Relish, Oven Roasted Tomatoes (Gluten Free)

SWEET ENDINGS

Vanilla Swiss Almond Ice Cream 5.00

Hot Chocolate Fudge

Passion Fruit Sorbet 5.00

Fresh Berry Compote

Classic Crème Brûlée 8.00

Chocolate Dipped Shortbread Cookie

Pecan Crunch Cheesecake 8.00

Fresh Berry Compote, Mango Raspberry Sauce

Molten Chocolate Cake 8.00


Vanilla Ice Cream, Fresh Strawberries

Apple Tarte Tatin 8.00

Dulce de Leche Ice 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 and nutritionally sensible menu option.