

SOL RESTAURANT



THOUGHTFULLY SOURCED * REGIONALLY INSPIRED

Southwest Chophouse Salad 14.00

Iceberg Lettuce, Pulled Chicken, Oaxaca Cheese, Tomatoes, Onions, Pumpkin Seeds, Poblano-Buttermilk Dressing

Chef's Newport Beach Surf and Turf Sandwich 15.00

Sliced Beef Tenderloin, Fried Shrimp on Brioche Bun



WHENEVER POSSIBLE WE USE FRESH PRODUCE GROWN AT LOCAL FARMS

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

Filet of Beef Mini Tacos 10.00

Two Tacos, Cotija Cheese, Corn and Black Bean Salad, Roasted Tomato Salsa

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, 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, Traditional Dressing, Shaved Parmesan, White Anchovy, Warm Garlic Crouton

Add: Salmon, Grilled Shrimp or Chicken 14.00

Tandori Spiced Chicken Salad 12.00

Fattoush, Romaine Lettuce and Crispy Pita

SANDWICHES AND ENTRÉES

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

Romaine and Iceberg Lettuce, Grilled Chicken, Bacon, Egg, Avocado, Bleu Cheese, Tomatoes, Lemon-Dijon Vinaigrette

Meyers™ Natural Angus Burger 15.00

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

Quick Fix 12.00

Half Turkey Wrap with Soup of Now and Garden Salad

Spicy Chicken Burger 14.00

Lettuce, Tomato, Sweet Chili Sauce

Roasted Turkey Wrap 14.00

Sonoma Pepper Jack Cheese, Avocado, Lettuce, Tomato, Herb Aioli in Stone-Ground Wheat Tortilla

Chicken Sandwich 14.00

Grilled Chicken on Ciabatta, Sliced Tomato, Crisp Lettuce and Herb Spread served with a Fresh Cucumber Salad

Smoked Pork Sandwich 14.00

Jicama and Carrot Slaw, Ancho Barbecue Sauce

English-Style Club Sandwich 14.00

Shaved Turkey, Bacon, Lettuce, Tomato, Fried Egg and Dijon Spread

Traditional Reuben 14.00

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

Beer Battered Sustainable Fish 14.00

Creamy Coleslaw, Dill Tartar Sauce

West Coast Steak Melt 14.00

Beef Tenderloin, Roasted Peppers, Grilled Onions, Provolone Cheese on French Baguette

Blue Crab Cake Burger 15.00

Served with Fennel Slaw

PASTAS AND PIZZA

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

Garden Vegetable Ravioli 18.00

Sun-dried Tomato Cream Sauce

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