

# Sol Restaurant

## Awaken Your Senses!

Freshly Brewed Seattle's™ Best Coffee / 4

Selection of Tazo Teas / 4

Espresso / 3

Cappuccino / 5

Café Americano / 5

Café Latte / 5

Café Mocha / 5

Caramel Macchiato / 5

Chai Tea Latte / 5

Selection of Juices / 4

Chilled Cranberry, Tomato, Apple, Orange or Grapefruit

Selection of Specialty Juices / 6

Carrot Orange & Fresh Ginger, Pineapple & Mint,  
Pomegranate Orange or Orange Cranberry

## Smoothies

Mango / 8

Mango Puree, Yogurt, Honey & Fruit Puree

Berry Blast / 8

Blackberries, Blueberries & Fruit Puree

Protein-C / 8

Protein Powder, Vitamin C, Yogurt, Honey & Fruit Puree

## Fruits & Cereals

Oatmeal Brulée/ 8

Steel Cut Oatmeal, Brulée, Caramelized Bananas & Raspberries

Birchner Meusli / 6

High Fiber Cereal made from Toasted Whole Oats, Nuts, Fruit & Wheat Flakes

Steel Cut Oatmeal / 7

Brown Sugar and Milk, served with Roasted Fruits

Yogurt Parfait / 7.50

With Granola and Seasonal Fruits

Seasonal Fruits & Berries / 9.50

Continental Breakfast / 13

Your choice of Juice, Basket of Fresh Bakeries & Seattle's Best Coffee™ or Tazo Tea

## Signature Specialties

Smoked Salmon / 12

Built for you on a Toasted Bagel with Cream Cheese, Tomatoes, Onions & Capers

Ham & White Cheddar Panini / 12

Fried Egg, Shaved Ham & Dijon Spread

Breakfast Pizza / 12

8 inch Thin Crust Dough, Scrambled Eggs, Bacon, Tomato, Bell Peppers, Mushrooms & Jack Cheese

Chilaquiles / 12

Flour Tortilla, Tomato Sauce, Chicken and Eggs

Breakfast Sandwich / 12

Texas Toast, Bacon, Cheddar, Eggs Well Done

Breakfast Burrito / 13

Scrambled Eggs, Refried Beans, Potatoes, Cheddar & Pepper Jack Cheese. Wrapped in a Flour Tortilla & served with Salsa on the side.

Santa Fe Burrito / 13

Scrambled Eggs, Chorizo, Oxaca Cheese, Refried Beans wrapped in a Flour Tortilla. Served with Roasted Jalapenos and Homemade Magdaleno Salsa

Machaca Burrito / 13

Scrambled Eggs, Refried Beans, Pulled Beef, Roasted Peppers, Potatoes, Cheddar & Pepper Jack Cheese. Wrapped in a Flour Tortilla & served with Salsa on the side.

Huevos Rancheros Napoleon/ 13

Two Fried Eggs & Refried Beans on layered Toasted Corn Tortillas, Topped with Salsa & Cheese

Corned Beef Hash / 14

Poached Eggs & Chipotle Sauce

Zucchini & Cheese Frittata / 14

Gruyere, Goat & White Cheddar Cheese, Tomato & Onion. Served with Ciabatta Toast.

Petite Filet & Eggs / 18

Grilled Tomato Provencal, Roasted Potatoes & Bearnaise Sauce

## Eggs

All egg dishes are served with breakfast potatoes and your choice of toast. Egg beaters, egg whites and organic eggs are available upon request.

Two Eggs, Any Style / 12

Served with Bacon, Ham or Sausage

Three-Egg Omelette / 14

Served with Baby Potatoes and your choice of fillings: Tomato, Bell Peppers, Sautéed Spinach, Mushrooms, Swiss Cheese, Mozzarella Cheese, Cheddar Cheese, Sour Cream, Smoked Salmon, Bacon, Ham, Roast Turkey, Pork Sausage or Prosciutto.

Mushroom & Pepper Egg-White Omelette\*\* / 14

Served with Fresh Low-Fat Mozzarella & Roasted Tomato

The Benedict / 14

Traditional with Canadian Bacon, a Toasted Muffin & Hollandaise Sauce

Salmon Benedict / 14

Smoked Salmon

Crab Cake Benedict / 18

Over Homemade Crab Cake & Spinach

California Benedict / 14

Artichoke, Avocado and Roasted Peppers

## Batter

Buttermilk Pancakes / 12

Topped with Bananas & Raspberries

Merry Berry Pancakes / 12

Blueberries with Compote

Rocky Road Pancakes / 12

Chunky Chocolate with Dried Fruit & Nuts

Multigrain Banana Pancakes\*\* / 12

With Maple Syrup

Roasted Apple Pancakes / 12

Roasted Apples and Streusel

Belgian Waffles / 12

With Fruit Compote, Butter & Warm Maple Syrup

Waffles with Nutella / 12

Cinnamon French Toast / 12

Butter & Maple Syrup, Served with Roasted Fruit

Sticky-Bun French Toast / 12

Topped with Berries & Pecans

Orange French Toast / 12

Frosted Flakes Crusted French Toast & Orange Butter

## Sides

Piece of Whole Fruit / 2

Hashbrowns / 4

Fresh Fruit Cup / 4

Fruit Yogurt / 4

Bagel with Cream Cheese / 4

Blueberry or Bran Muffin / 4

All Natural Bacon / 5

Turkey Bacon / 5

Grilled Ham Steak / 5

Sausage / 5

Chicken Apples Sausage / 5

Organic Eggs / 6

Assorted Cold Cereals / 6

Fruit Loops, Frosted Flakes, Corn Flakes, Cheerios, Special K, All Bran, Raisin Bran, Complete, Rice Krispies or Kashi Go Lean

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