



CHIPS, DIPS, STARTERS AND BAR BITES

Housemade Salsas & Dips

house salsa 5 / roasted corn salsa 5
salsa verde 5 / grilled pineapple salsa 5
fresh guacamole 8 / queso 6 w/ chorizo 8

SOL Trio

guacamole, queso and your choice of salsa. 14

Posole with Chicken & Tomatillos

served with shredded cabbage, diced avocado, pico de gallo, sour cream, cheese quesadillas. 8

Firecrackers

grilled jalapeños, cream cheese stuffed, wrapped in applewood smoked bacon. 9

Lola's Steak Skewers ❖

grilled tenderloin skewers with chimichurri. 11

Green Chile Chicken Nachos

grilled chicken, salsa fresca, fresh jalapeños, queso blanco, green chile, sour cream. 12

Flank Steak Quesadilla ❖

roasted peppers, caramelized onions, chihuahua cheese, avocado cream. 14

Chipotle Chicken Quesadilla

black beans, roasted corn, smoked gouda, sour cream. 11

Wild Mushroom Quesadilla

mepkin abbey shiitake & oyster mushrooms, smoked gouda, sour cream. 11

Lobster & Roasted Corn Quesadilla ❖

spinach, smoked gouda, avocado cream. 16

Adobo Scallops ❖

chorizo, creamed corn, avocado relish. 12

South by Southwest Shrimp

spicy chipotle shrimp, fried green tomatoes, green chile aioli, salsa verde. 12

✻ Tuna Lollipops ❖

sushi-grade tuna, tortilla breaded, spicy ponzu, creamy ginger cilantro sauce. 4pc 12 / 6pc 15

Crab Cakes ❖

blue corn chip crusted, poblano remoulade, four pepper relish, arugula salad. 14

Crab & Avocado Stack ❖

lump crab, fresh avocado, lime vinaigrette, spiked arugula, queso fresco. 14

SALADS

The Wedge

avocado, applewood smoked bacon, tomato, spicy chipotle buttermilk dressing. 8

Grilled Romaine Salad

grilled romaine heart, red chile croutons, caesar vinaigrette, cotija cheese. 6

SOL Salad

grilled vegetables, broccolini, avocado, bacon, queso fresco, lime vinaigrette. 10

* Add grilled protein to salads above:

chicken 5 • shrimp 7 • steak 7 ❖ • salmon 7 ❖

Adobo Chicken Chopped Salad

black beans, avocado, corn, tomatoes, roasted poblanos, queso fresco, tortilla strips. 14

Marinated Steak Salad ❖

roasted red peppers, corn, grilled onions, manchego cheese, smoked chile vinaigrette. 14

Adobo Seared Tuna & Avocado Salad ❖

seared rare, fresh avocado, seasonal citrus, toasted pine nuts, lime vinaigrette. 15

TACOS

two tacos served with black beans & rice. choose corn, flour or whole grain tortillas.

Flank Steak ❖

caramelized onions, fresh jalapeños, sour cream, shredded lettuce. 11

Tuna Tacos

chile-rubbed, seared rare, jalapeño crema, shredded cabbage, pineapple salsa. 12

Chicken

tomato bacon relish, manchego cheese, creamy chipotle sauce, shredded cabbage. 10

Carnitas Pork

green chile sauce, pickled red onions, queso fresco. 10

Margarita Shrimp

grilled citrus marinated shrimp, salsa fresca, shredded lettuce, tequila-lime crema. 11

Roasted Vegetable

cabbage shreds, avocado cream, queso fresco. 9

SOL PLATES

Chicken Enchiladas

roasted vegetables, chihuahua cheese, poblano cream. choose your chile sauce: red, green or christmas. 12

Red Chile Bison Enchiladas ❖

ground bison, fresh jalapeño, caramelized onions, chihuahua cheese, red chile sauce. 16

Shrimp & Spinach Enchiladas

red pepper sauce, aged jack cheese, sour cream. 16

Stacked Vegetable Enchilada

roasted vegetables, chihuahua cheese, black beans, red chile sauce, sour cream. 10

Creamy Chipotle Shrimp & Grits

roasted poblano & smoked gouda grit cakes. 17

Carnitas Napoleon

fried corn tortillas layered with carnitas pork, salsa fresca, green chile and queso fresco. 11

Chicken Chimichanga

black beans, queso blanco, salsa fresca and sour cream over red and green chile sauce. 13

WOOD FIRE GRILLED

Skirt Steak ❖

10oz, citrus-soy marinade, grilled vegetables. 23

Steak Fritas ❖

14oz ribeye, SOL seasoned, house steak sauce, adobo fries. 25

Chimichurri Pork Chop ❖

grilled sweet potatoes, roasted vegetables. 25

Chicken Breast

red chile sauce, fresh avocado, queso fresco, southwestern succotash. 16

Mahi-Mahi

chile rubbed, zippy sauce, pineapple salsa, grilled vegetables, ancho rice. 17

Salmon ❖

red chile glaze, tomato bacon relish, fresh avocado, served over smoked gouda grits. 16

Shrimp a la Diabla

(devil's shrimp)...fiery hot red sauce, ancho rice, fresh avocado. 15

BURGERS, SANDWICHES, TORTAS

all served with seasoned adobo fries.

Green Chile Bison Burger ❖

green chile relish, caramelized onions, manchego cheese, green chile mayo. 16

Texas BBQ Bacon Cheeseburger ❖

fried shallots, smoked gouda, mayo. 12

Tuna Burger ❖

hand-pattied fresh ground tuna, pickled red onions, creamy ginger cilantro sauce. 13

The Kitchen's Chicken Sandwich

crispy fried chicken, jalapeño slaw, spicy mayo. 10

Avocado Chicken Salad Sandwich

jalapeño bread, bibb lettuce, creamy avocado & grilled chicken salad, green chile mayo. 10

Ancho Chicken Torta

ancho spiced chicken, jack cheese, avocado relish, fresh spinach, green chile mayo. 12

Carne Asada Torta

marinated steak, four pepper relish, smoked gouda, arugula, green chile mayo. 12

SOUTHWEST SIDES

Served à la carte 3 per

- * seasoned adobo fries
- * grilled sweet potato wedges
- * chorizo & potato pie
- * roasted poblano & smoked gouda grits
- * creamed corn
- * wood fire grilled vegetables
- * jalapeño slaw
- * organic black beans & brown rice

Side Salad radish, cucumber, carrots,

cherry tomato, chile vinaigrette. 5



With every purchase of these items we will donate \$1 to the Kitchen Karma charity of the month.

- ❖ Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.