



CHIPS, DIPS & STARTERS

- Housemade Salsas** 5 each
house red salsa · roasted tomatillo salsa
charred corn and black bean salsa
hot habanero salsa · grilled pineapple salsa
- Salsa Sampler** choose any three salsas. 10
- Guacamole**
avocado, onion, cilantro, jalapeño, fresh lime. 8
- Queso Blanco**
with warm tortilla chips. 6 / with chorizo. 8
- SOL Trio**
guacamole, queso and your choice of salsa. 15
- Wood Fire Grilled Street Corn**
chipotle butter, roasted poblano street sauce,
adobo seasoning, cotija, queso fresco, cilantro. 6

SOUPS & SALADS

- Posole with Chicken & Tomatillos** bowl 8
served with shredded cabbage, diced avocado,
pico de gallo, sour cream, cheese quesadillas.
- 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, avocado, radish, bacon,
queso fresco, lime or chile vinaigrette. 10
* Add grilled protein to salads above:
chicken 5 · shrimp 8 · steak 7 ❖ · salmon 8 ❖
- Adobo Seared Tuna & Avocado Salad** ❖
seared rare, fresh avocado, seasonal citrus,
toasted pine nuts, lime vinaigrette. 15
- Marinated Flank Steak Salad** ❖
bibb lettuce, charred corn, cherry tomatoes,
avocado, cotija cheese, crispy shallots,
chile vinaigrette. 15

BURGERS & SANDWICHES

- 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
- The Kitchen's Chicken Sandwich**
crispy fried chicken, jalapeño slaw, spicy mayo. 11
- Avocado Chicken Salad Sandwich**
jalapeño bread, bibb lettuce, creamy avocado &
grilled chicken salad, green chile mayo. 10

- Green Chile Chicken Nachos**
grilled chicken, salsa fresca, fresh jalapeños,
queso blanco, green chile, sour cream. 12
- Firecrackers**
grilled jalapeños, cream cheese stuffed,
wrapped in applewood smoked bacon. 9
- Lola's Steak Skewers** ❖
grilled tenderloin skewers with
housemade chimichurri. 11
- South by Southwest Shrimp**
chipotle shrimp, fried green tomatoes,
four pepper relish, spicy agave syrup,
smoked gouda grits. 12
- Tuna Lollipops** ❖
sushi-grade tuna, tortilla breaded, spicy ponzu,
creamy ginger cilantro sauce. 4pc 12 / 6pc 15

ENCHILADAS

- served with organic black beans and brown rice.
- 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. 17
- Stacked Vegetable Enchilada**
roasted vegetables, chihuahua cheese,
black beans, red chile sauce, sour cream. 10

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. 11
- Margarita Shrimp**
grilled citrus marinated shrimp, salsa fresca,
shredded lettuce, tequila-lime crema. 11
- Roasted Vegetable**
cabbage shreds, avocado cream, queso fresco. 9

QUESADILLAS

- 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**
shiitake & oyster mushrooms,
smoked gouda, sour cream. 11
- Lobster & Roasted Corn Quesadilla** ❖
spinach, smoked gouda, avocado cream. 16

SOL PLATES

- Chicken Chimichanga**
black beans, queso blanco, salsa fresca and
sour cream over red and green chile sauce. 13
- Carnitas Napoleon**
fried corn tortillas layered with carnitas pork,
salsa fresca, green chile and queso fresco. 13
- Skirt Steak** ❖
9oz, citrus-soy marinade, grilled vegetables. 25
- Steak Fritas** ❖
16oz ribeye, SOL seasoned,
house steak sauce, adobo fries. 26
- Sea Bass**
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. 17
- Chipotle Shrimp & Grits**
creamy chipotle shrimp over roasted poblano &
smoked gouda grit cake. 18 *Sauce contains bacon.

SOUTHWEST SIDES

- Served à la carte** 3 per
* seasoned adobo fries
* grilled sweet potato wedges
* chorizo & potato pie
* roasted poblano & smoked gouda grits
* wood fire grilled vegetables
* jalapeño slaw
* organic black beans & brown rice
* wood fire grilled street corn 6 (Serves 2)
- 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.

❖ This item may be served undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



Sustainability

SOL proudly sources humane, certified, antibiotic, and hormone free proteins. Serving organic black beans and rice, organic chicken, wild caught East Coast domestic shrimp and sustainable seafood.