



At Sol Bistro, we believe that every new day provides a reason to celebrate. We believe that sharing something in common is the derivative of true friendship. We believe that taste buds spark the most creative of ideas and that our favorite experiences in life are evoked while dining.

Sol Bistro invites you to share your experiences with us, and in return, we'll prepare for you a made-from-scratch meal and a few cocktails to complement the conversation.

Expression ~ Culture ~ Originality

Appetizers

Fresh Guacamole
Fresh, hand-made guacamole 7.59 v*

Fresh Salsa
Fresh chunk-style salsa 3.99 v*

Queso Dip
Creamy queso dip 6.49 v

Shrimp & Scallop Ceviche
Marinated in 3 citrus juices, tossed with fresh corn salsa & hot sauce 7.59

3 Amigos
Pick any three of our signature dips from above (all served with chips)
Sampler Size 8.99 Group Size 16.99

Crab Cakes
With chipotle mayo drizzle 10.49

Southwestern Egg Rolls
Hand rolled crispy tortillas filled with spinach, corn salsa, black beans, jack cheese & chipotle chicken. Served with ranch & chipotle-lime cream sauce 8.99

Bacon BBQ Shrimp
4 jumbo shrimp stuffed with smoked Gouda cheese, wrapped in bacon & plated with our BBQ sauce 8.49

Stuffed Mushrooms
Filled with chorizo sausage, fresh herbs & Monterey jack cheese 7.49

Spiced Chicken Potato Skins
4 potato skins stuffed with spiced chicken, black beans, bacon, pepper-jack cheese & chives, served with Chipotle Ranch 7.99

Side Salads & Chili

White Chicken Chili
Made from scratch daily Cup 3.99 Bowl 7.49

Corn Salsa Salad
Romaine, corn salsa & tortilla strips served with your choice of dressing 3.99 v*

House Salad
Cheddar, tomatoes, red onions & carrots with your choice of dressing 3.99 v*

Spinach Salad
Red onions, tomato, bacon & goat cheese topped with Dijon vinaigrette 4.49

Pear & Bleu Cheese Salad
Romaine, pears, red onions, & bleu cheese crumbles tossed with citrus vinaigrette 4.49 v

Add Chicken or Shrimp to any side salad - \$3 Add Salmon - \$6

Entree Salads

Mango Shrimp Salad
Sautéed shrimp tossed in a mango chipotle glaze served on romaine and topped with corn salsa, mangos & fried tortilla strips, with your choice of dressing 10.29

Chef Salad
Ham, turkey, bacon, egg, cheddar & jack cheese, tomatoes, carrots & red onions with your choice of dressing 10.29

Chipotle Salad
Romaine, cheddar & jack cheese, bacon, carrots, tomatoes, chives & fried tortilla strips, with your choice of chipotle glazed chicken (grilled or fried), steak or shrimp 10.99

Taco Salad
Fried shell with lettuce, pepper jack cheese, tomatoes, black beans, sour cream, chives & taco sauce, with your choice of our taco meat or spiced chicken 9.99 Add Guac or Salsa .99 ea

Grilled Chicken Salad
Chicken, spinach, romaine, tomatoes, pears, strawberries, bacon, candied pecans & goat cheese served with sweet basil & bacon vinaigrette 11.99

Steakhouse Salad
Sautéed beef tenderloin, romaine, spinach, tomatoes, sautéed asparagus, mushrooms, sautéed onions, bacon & bleu cheese crumbles with your choice of dressing 12.79

Homemade Salad Dressings

Goat Cheese Ranch, Chipotle Ranch, French, Bleu Cheese, Honey Mustard, Low-Cal Citrus Vinaigrette*, Dijon Vinaigrette*, Basil & Bacon Vinaigrette

Tacos

Original Tacos
Our unique blend of ground beef & chorizo served in soft flour tortilla with shredded lettuce, jack & cheddar cheese, fresh salsa and fried onion straws.
Basket (2 with chips and salsa) 8.99 Ala carte 3.99

Shrimp Tacos
Soft flour tortilla with sautéed shrimp, chipotle mayo, lettuce & fresh pico de gallo. Guacamole upon request
Basket (2 with chips and salsa) 10.49 Ala carte 4.79

Spiced Chicken Tacos
Our flavorful blend of shredded chicken served in soft flour tortilla with shredded lettuce, jack & cheddar cheese, fresh salsa and fried onion straws.
Basket (2 with chips and salsa) 8.99 Ala carte 3.99

Add Homemade Taco Sauce .99

Sandwiches & Wraps

Chipotle Ranch Chicken Wrap
Grilled chicken, chipotle ranch dressing, corn salsa, black beans and romaine wrapped in a cheddar-jalapeño tortilla 8.99

Bistro Club Sandwich
Smoked turkey, goat cheese, strawberries, bacon, onions, spinach & avocado sauce on chipotle swirl bread 8.99

B.L.T. Sandwich
Bacon, lettuce, tomato, chipotle mayo & avocado sauce on chipotle swirl bread 8.49 Add egg .99

Classic Club Sandwich
Smoked turkey, honey cured ham, bacon, cheddar, lettuce, tomato & basil onion mayo on sweet berry wheat 8.99

The Melt
Your choice of ham, turkey, or both with cheddar, bacon, sautéed onions & chipotle mayo, grilled on chipotle swirl bread 8.99

All Sandwiches and Wraps come with a choice of fries, potato chips, sweet potato fries, chipotle slaw or chips & salsa

Southwest Chicken Hoagie
Shredded spiced chicken, queso dip, black beans, chipotle mayo & pico de gallo on a hoagie 8.99

Guacamole Chicken Sandwich
Grilled chicken breast topped with fresh guacamole & lettuce on ciabatta. 8.99 Add jack cheese .79

Chicken Club Sandwich
Grilled chicken breast, jack cheese, bacon, lettuce, tomato, & onion on a ciabatta bun, served with honey mustard 8.79

BBQ Chicken Hoagie
Grilled chicken breast, BBQ sauce, fried onion straws, cheddar cheese & bacon on a hoagie bun 8.99

Fajita Tortilla Wrap
Grilled chicken or chipotle steak, caramelized onions, corn salsa, avocado-cream sauce & jack cheese in a soft flour tortilla 8.49

Guacamole Wrap
Soft flour tortilla filled with romaine lettuce, corn salsa, black beans & guacamole 8.49 v*

Pony Shoes & Horseshoes

Your choice of meat on top of Texas toast and piled high with crinkle-cut-fries, home-made queso dip, bacon bits, fried onion straws and chives.

Chicken Meatloaf Horseshoe 12.99

Club (Ham & Turkey) Horseshoe 10.29

Hamburger Pony 7.99 **Horseshoe** 10.29

BBQ Chicken Pony 8.29 **Horseshoe** 10.49

Ham Pony 7.99 **Horseshoe** 10.29

Turkey Pony 7.99 **Horseshoe** 10.29

Chipotle Chicken Pony 8.29 **Horseshoe** 10.49

Chipotle Hamburger Pony 8.29 **Horseshoe** 10.49

Please note that vegetarian friendly items are denoted with a 'v', vegan friendly items with a 'v*' or 'v**'. If you have wheat or gluten restrictions, please ask for our gluten-free menu, or check with your server for options. Please inform your server for any other allergen issues, so we can avoid cross contamination.

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

Handmade Burgers

All Burgers come on Ciabatta (unless otherwise specified) with a choice of fries, potato chips, sweet potato fries, chipotle slaw or chips & salsa

Sol Burger

Half pound burger with chipotle glaze, caramelized onions, jack & American cheese, lettuce & tomato 8.99

Egg Burger

Half pound burger, egg, bacon, American cheese, chipotle mayo, lettuce, tomato & onion 8.99

Bacon American Burger

Half pound burger, American cheese, bacon, lettuce, tomato & onion 8.79

Brother & Me Sliders

One with chipotle mayo, bacon & American cheese, one with onion mayo, bacon & jack cheese. Served on sweet Hawaiian rolls 8.49

Bleu Burger

Half pound burger, bleu cheese crumbles, jack cheese, caramelized onions, lettuce & tomato 9.49

BBQ Cheddar Burger

Half pound burger, BBQ sauce, cheddar, bacon, onion straws, chipotle mayo, lettuce & tomato 9.49

Mushroom Jack Burger

Half pound burger, mushrooms, jack cheese, lettuce, tomatoes & basil onion mayo 9.29

Burrito Burger

Half pound burger, lettuce, tomato, onion, black beans, pepper-jack cheese & queso dip rolled in a cheddar-jalapeno tortilla. Served with a side of taco sauce for dipping. 9.49

Heart & Sol Burger

Hand-made vegan 'burger' made with a black bean & sweet potato base; topped with chipotle glaze and freshly sliced avocado 8.99 v* add cheese .79
ask your server to substitute the vegan burger in any other sandwich, burger or wrap

Handmade Sides

Fresh Salsa .99 v*

Fresh Guacamole 1.99 v*

Queso 1.99 v

Potato Chips 2.29 v*

Crinkle Cut Fries 2.49 v*

Sweet Potato Fries 3.29 v*

Chipotle Coleslaw 2.49 v*

Cucumber Slaw 2.49 v*

Asparagus 3.99 v

Bourbon Snap Peas 3.29 v*

Sticky Rice Cake 2.99 v*

Garlic-Cheddar Mash 2.99

Loaded Mash (queso, bacon & chives) 3.99

Potato Cakes 2.49

Warm Corn-Bacon Salad 3.99

Jalapeño Cornbread Muffins

3.99 / dozen

1.99 / half dozen

Specialties

Chicken Meat Loaf

Wrapped in bacon & topped with a tomato-chipotle sauce, served with garlic-cheddar mash Our House Specialty! 11.49

Bourbon Cashew Stir Fry

Cashews, mushrooms, sugar snap peas, wilted lettuce, tomatoes, carrots and chives, sautéed in a bourbon sauce over a sticky rice cake, your choice of chicken, shrimp or both, or veggie 16.99 v*

BBQ Pork Chop

Smothered in our signature BBQ sauce, served with potato cakes 12.49

Queso Mac

Penne pasta tossed in our signature queso dip & 4 cheeses. Topped with bread crumbs, chives & tomatoes. 12.49 v

Add your choice...

Bacon 1 ~ Chorizo 2 ~ Grilled Chicken 2
Shrimp 4 ~ Taco Meat 2 ~ Mushrooms 2
Black Beans 1 ~ Spiced Chicken 2

Kids

Colt Shoe

Mini-burger, bread, fries, queso and bacon 5.99

Cheeseburger

Mini-burger on a Hawaiian roll with fries 3.99

Quesadilla

Flour tortilla filled with cheese and toasted. Served with fries 2.99

Chicken Fingers

An American tradition. Served with fries 3.99

Seafood

Please note that some seafood items have limited availability

Seared Tuna Steak

Sushi grade Ahi tuna seared RARE with chipotle-teriyaki sauce, a sticky rice cake & cucumber slaw ~wasabi upon request 20.99

Sea Scallops

Diver caught sea scallops lightly seasoned & seared, drizzled with fresh herb oil. Served with warm corn-bacon salad 21.99

Crab Cake Dinner

Two crab cakes with a chipotle mayo drizzle, warm corn-bacon salad and asparagus 19.99

Salmon Filet

Hand-cut, served with garlic-cheddar mash, asparagus & your choice of sauce: *bourbon, teriyaki-chipotle, chipotle glaze, basil-lemon butter or blackened* 19.99

Shrimp Linguini

Sautéed shrimp and linguini noodles tossed in a fresh basil herb blend & citrus butter sauce. Topped with fresh pico de gallo and mangos. 15.99

Cocktails

Blood Orange Margarita

Our signature margarita with a splash of blood orange syrup 6.50

Fuego Margarita

Tequila, Triple Sec, fresh lime, pineapple juice and a hint of fresh jalapeno 7

Sol Punch

Moscato, Blood Orange Liqueur, orange juice 6

Sol Cosmo

Clementine Svedka, Triple Sec, cranberry, fresh lime 7

Chipotle Bloody Mary

Absolut Peppar, chipotle glaze, bloody mary mix 6.50

Peach Pick

Deep Eddy Peach Vodka, tea, splash of lemonade 6.50

Blueberri Lemonade

Blueberri Stoli, lemonade and a splash of Sierra Mist 6

Cucumber-Melon-Tini

Cucumber liqueur, Midori, pineapple juice 7

Strawberry Thing

Stoli Stras, Sierra Mist, cranberry 6

Hand-cut Steaks

Available after 4 PM

Rare: cool red center ~ Medium Rare: warm red center ~ Medium: warm pink center ~ Medium Well: slight pink center ~ Well: no pink

Ken's Classic Filet

8 oz Angus, served on a potato cake with asparagus & onion straws, accompanied by a fresh herb oil and chocolate wine reduction sauce 25.99

We have renamed our original filet after a dear friend, to honor his favorite item on our menu and favorite place to be with his friends and family. Always remember to enjoy and appreciate people and live life to the fullest.

Chipotle Glazed Ribeye

12 oz Angus, smothered with our signature chipotle glaze and onion straws, served with garlic-cheddar mash 25.99

Blackened Surf-N-Turf

8 oz Angus & 3 diver caught sea scallops, blackened & served with warm corn-bacon salad 30.99

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