



At Sol Bistro we believe that each and every new day produces 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. 8.49 v*

Fresh Salsa
Fresh chunk-style salsa. 4.49 v*

Corn and Black Bean Salsa
Fresh, hand-made with Sweet Corn and Black Beans 4.49 v*

Queso Dip
Creamy queso dip. 6.99 v

3 Amigos
Pick any three of our signature dips from above. (all served with chips)
Sampler Size 9.49 Group Size 17.49

Crab Cakes
With chipotle mayo drizzle. 10.99

Southwestern Egg Rolls
Hand rolled crispy tortillas filled with spinach, corn salsa, black beans, cheese, and chipotle chicken. Served with ranch and chipotle-lime cream sauce. 9.99

Bacon BBQ Shrimp
4 jumbo shrimp stuffed with smoked Gouda cheese and wrapped in bacon. Plated with our BBQ sauce. 8.99

Stuffed Mushrooms
Filled with chorizo, fresh herbs, and jack cheese. 7.99

Nachos
Tortilla chips, our signature queso, Monterrey Jack, Cheddar, tomatoes, and green onions. Served with sides of salsa and sour cream. 6.99 v Add Guac 1.49

Side Salads & Chili

White Chicken Chili
Made from scratch daily. Cup 4.49 Bowl 7.99

Tortilla Soup
Made from scratch daily. v* Cup 4.49 Bowl 7.99

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

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

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

Pear & Bleu Cheese Salad
Romaine, pears, red onions, and bleu cheese crumbles tossed with citrus vinaigrette. 4.99 v

Entree Salads

Mango Shrimp Salad
Sautéed shrimp tossed in a mango chipotle glaze. Served on a bed of romaine and topped with corn salsa, mangos, scallions, and fried tortilla strips. Your choice of dressing. 10.99

Chef Salad
Ham, turkey, bacon, egg, cheddar and jack cheeses, tomatoes, carrots, and red onions. Your choice of dressing. 10.99

Chipotle Salad
Romaine, cheddar and jack cheeses, bacon, carrots, tomatoes, scallions, and fried tortilla strips. Choice of chipotle glazed chicken (grilled or fried), steak or shrimp. Your choice of dressing. 11.49

Taco Salad
Fried shell with lettuce, pepper jack cheese, tomatoes, black beans, sour cream, scallions, and taco sauce. With your choice of our taco meat or spiced chicken. 9.99
Add Guac 1.49 or Salsa .99

Grilled Chicken Salad
Chicken, spinach, romaine, tomatoes, pears, strawberries, bacon, candied pecans, and goat cheese. Your choice of dressing. 12.49

Steakhouse Salad
Sautéed beef tenderloin, romaine, spinach, tomatoes, sautéed asparagus, mushrooms, sautéed onions, bacon, and bleu cheese crumbles. Your choice of dressing. 13.29

Homemade Salad Dressings

Goat Cheese Ranch, Chipotle Ranch, French, Bleu Cheese, Honey Mustard, Low-Cal Citrus Vinaigrette*, Dijon Vinaigrette*, Basil and Bacon Vinaigrette
A fee of \$3 will be applied to shared entrees

Sandwiches & Wraps

Chipotle Ranch Chicken Wrap
Grilled chicken, chipotle ranch dressing, corn salsa, black beans and romaine wrapped in a cheddar-jalapeño tortilla. 9.49

Bistro Club Sandwich
Smoked turkey, goat cheese, strawberries, bacon, onions, spinach, and avocado sauce on chipotle swirl bread. 9.49

B.L.T. Sandwich
Bacon, lettuce, tomato, chipotle mayo, and avocado sauce on chipotle swirl bread. 8.99
Add egg 1.29

Classic Club Sandwich
Smoked turkey, honey cured ham, bacon, cheddar, lettuce, tomato, and basil onion mayo on sweet berry wheat. 9.49

The Melt
Your choice of ham, turkey, or both with cheddar, bacon, sautéed onions, and chipotle mayo, on grilled chipotle swirl bread. 9.49

Pork Belly Cuban
Seasoned pork belly, smoked ham, pickle, Swiss cheese, and spicy bacon mustard. Served on grilled French bread. 9.99

Guacamole Chicken Sandwich
Grilled chicken breast topped with fresh guacamole, and lettuce on ciabatta bread. 9.49 Add jack cheese .99

Chicken Club Sandwich
Grilled chicken breast, jack cheese, bacon, lettuce, tomato, and onion. On ciabatta bread, served with honey mustard. 9.99

BBQ Chicken Hoagie
Grilled chicken breast, BBQ sauce, fried onion straws, cheddar cheese, and bacon on a hoagie bun. 9.99

Fajita Tortilla Wrap
Grilled chicken or chipotle steak, caramelized onions, corn salsa, avocado-cream sauce, and jack cheese in a soft flour tortilla. 8.99

Guacamole Wrap
Soft flour tortilla filled with romaine lettuce, corn salsa, black beans, and guacamole. 8.99 v*

All Sandwiches and Wraps come with a choice of fries, potato chips, sweet potato fries, chipotle slaw, or chips and salsa
A fee of \$3 will be applied to shared entrees

Tacos

Original Tacos
Our unique blend of ground beef and chorizo served in soft flour tortillas with shredded lettuce, jack and cheddar cheeses, fresh salsa, and fried onion straws.
Basket (2 with chips and salsa) 9.49 Ala carte 4.49

Spiced Chicken Tacos
Our flavorful blend of shredded chicken served in soft flour tortillas with shredded lettuce, jack and cheddar cheeses, fresh salsa, and fried onion straws.
Basket (2 with chips and salsa) 9.49 Ala carte 4.49

Shrimp Tacos
Soft flour tortilla with sautéed shrimp, chipotle mayo, lettuce, and fresh pico de gallo.
Basket (2 with chips and salsa) 10.99 Ala carte 4.99

Fish Tacos
Soft flour tortilla with Caribbean seasoned Barramundi, lettuce, mango salsa, and ginger wasabi mayo.
Basket (2 with chips and salsa) 10.99 Ala carte 4.99

Vegan Tempeh Tacos
Soft flour tortillas with home-made avocado mayo (v*), lettuce, whole grain Tempeh, and corn salsa. v*
Basket (2 with chips and salsa) 9.49 Ala carte 4.49

Add Homemade Taco Sauce for .99

Add Guacamole for 1.49

A fee of \$3 will be applied to shared entrees

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 and salsa
 A fee of \$3 will be applied to shared entrees

- Sol Burger**
Half pound burger with chipotle glaze, caramelized onions, Jack and Cheddar cheeses, lettuce and tomato. 9.99
- Egg Burger**
Half pound burger, egg, bacon, cheddar cheese, chipotle mayo, lettuce, tomato, and onion. 9.99
- BBQ Cheddar Burger**
Half pound burger, BBQ sauce, cheddar, bacon, onion straws, chipotle mayo, lettuce, and tomato. 9.99
- Brother & Me Sliders**
One with chipotle mayo, bacon and cheddar cheese. One with onion mayo, bacon and Jack cheese. Served on sweet Hawaiian rolls. 9.99

- Turkey Burger**
Half pound turkey burger, pepper jack cheese, honey mustard, avocado slices, lettuce, and tomato. 9.99
- Bacon Cheddar Burger**
Half pound burger, cheddar cheese, bacon, lettuce, tomato, and onion. 9.99
- Mushroom Swiss Burger**
Half pound burger, mushrooms, Swiss cheese, lettuce, tomato, and basil onion mayo. 9.99
- Burrito Burger**
Half pound burger, lettuce, tomato, onion, black beans, pepper-jack cheese and queso. Rolled in a cheddar-jalapeno tortilla and served with taco sauce for dipping. 9.99

Heart & Sol Burger

Hand-made vegan 'burger' made with a black bean and sweet potato base; topped with chipotle glaze and freshly sliced avocado 9.99 v* add cheese .99
 ask your server to substitute the vegan burger in any other sandwich, burger or wrap

Specialties

A fee of \$3 will be applied to shared entrees

- Chicken Meat Loaf**
Wrapped in bacon and topped with a tomato glaze. Served with garlic-cheddar mashed potatoes and Asparagus. 13.49
- 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, both, or vegan. 17.49 v*

- Stuffed Pork Chop**
Chorizo cornbread stuffed pork chop wrapped in bacon, topped with a prickly pear glaze. Served with potato cakes. 14.99
- Queso Mac**
Penne pasta tossed in our signature queso dip and 4 cheeses. Topped with bread crumbs, scallions, and tomatoes. 12.99/Half:8.99 v
 Add your choice...
 Bacon 1 ~ Chorizo 2 ~ Grilled Chicken 2
 Shrimp 4 ~ Taco Meat 2 ~ Mushrooms 2
 Black Beans 1 ~ Spiced Chicken 2

Seafood

Please note that some seafood items have limited availability
 A fee of \$3 will be applied to shared entrees

- Seared Tuna Steak**
Sushi grade Ahi tuna seared RARE with chipotle-teriyaki sauce, a sticky rice cake, and cucumber slaw. ~wasabi upon request 21.49
- Scallops with Roasted Jalapeno Pesto**
Seared scallops atop a bed of linguini noodles that have been tossed with a pesto made of roasted jalapenos and pecans. Topped with Cotija cheese. 18.49

- 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
- Crab Cake Dinner**
Two crab cakes with a chipotle mayo drizzle, warm corn-bacon salad and asparagus. 20.49

Hand-cut Steaks

Rare: cool red center ~ Medium Rare: warm red center ~ Medium: warm pink center ~ Medium Well: slight pink center ~ Well: no pink
 A fee of \$3 will be applied to shared entrees

- Ken's Classic Filet**
8 oz Angus, served on a potato cake with asparagus and onion straws. Accompanied by roasted jalapeno pesto and chocolate red wine reduction. 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 and 3 seared Scallops. Blackened and served with warm corn bacon salad. 30.99

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 scallions.

- Chicken Meatloaf Horseshoe** 14.49
- Club (Ham & Turkey) Horseshoe** 10.59
- Hamburger Pony** 8.29 **Horseshoe** 10.79
- BBQ Chicken Pony** 8.49 **Horseshoe** 10.99
- Ham Pony** 8.29 **Horseshoe** 10.59
- Turkey Pony** 8.29 **Horseshoe** 10.49
- Chipotle Chicken Pony** 8.29 **Horseshoe** 10.49
- Chipotle Hamburger Pony** 8.49 **Horseshoe** 10.99

Handmade Sides

- Fresh Salsa** .99 v*
- Fresh Guacamole** 1.99 v*
- Queso** 1.99 v
- Potato Chips** 2.69 v*
- Crinkle Cut Fries** 2.79 v*
- Sweet Potato Fries** 3.49 v*
- Chipotle Coleslaw** 2.49 v*
- Cucumber Slaw** 2.49 v*
- Asparagus** 3.99 v
- Bourbon Snap Peas** 3.29 v*
- Sticky Rice Cake** 3.29 v*
- Garlic-Cheddar Mash** 3.19
- Loaded Mash (queso, bacon & chives)** 4.29
- Potato Cakes** 2.69
- Warm Corn-Bacon Salad** 3.99

Jalapeño Cornbread Muffins
 4.99 / dozen
 2.49 / half dozen

Kids

For children under the age of 12. Adults add \$3

- Colt Shoe**
Mini-burger, bread, fries, queso and bacon 6.49
- Cheeseburger**
Mini-burger on a Hawaiian roll with fries 4.49
- Quesadilla**
Flour tortilla filled with cheese and toasted. Served with fries 3.49
- Chicken Fingers**
An American tradition. Served with fries 4.49

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