

More Good Stuff

Chicken Basket Breaded chicken tenderloins served with fries and choice of sauce **6.95**

Mac & Cheese Macaroni in a creamy cheese sauce topped with your choice of: smoky and sweet Guava Rum BBQ pulled pork, Jack fruit, BBQ chicken tenders, or Buffalo chicken tenders and Bleu Cheese **8.95**

Cuban Steak Thin cut marinated steak topped with parsleyed onions and served with white rice and black beans **10.95**

Corona Battered Cod Fish Platter Beer battered cod, hand cut fries, tropical coleslaw and house made tartar sauce. **11.95**

Chop Bowl All bowls include choice of rice, choice of beans and choice of chicken, mojo pulled pork, ropa vieja (seasoned shredded beef), tofu, or jack fruit, topped with lettuce, tomato, and salsa. **8.95**

The Fish Bowl White rice, black beans topped with lettuce, tomato, blackened tilapia and avocado cucumber salsa **10.95**

Burrito Flour tortilla stuffed with rice, black beans, cheese and choice of grilled chicken, mojo pulled pork, ropa vieja (seasoned shredded beef), tofu, or jack fruit. Served with lettuce, tomato, sour cream and fire roasted salsa **9.95**

Tacos **2/7.95, 3/9.95** Served in flour tortillas (substitute corn tortillas for no charge), topped with lettuce, tomato, sour cream, and fire roasted salsa, served with a side of Shagbark chips (**chicken, pork, beef, tofu, jackfruit**)

Fish Tacos Blackened Tilapia, mixed greens, tropical salsa, flour tortillas, served with mexican rice **11.95**

Fajitas Served with 3 tortillas, cilantro lime rice, sour cream and salsa.
Chicken / 12.95 Steak / 15.95 Shrimp / 15.95

Did you know Sol has the largest gluten-free menu in Athens? AND we have a great selection of vegan and vegetarian options too, not to mention we source as many local ingredients as possible!

For our hours and complete menu, including dinner and our full weekend breakfast, please visit us at www.solrestaurant.net



solrest



@solrest



solrestaurant



LUNCH TAKEOUT MENU

740-592-1744

700 E. State Street

EVERY DAY BREAKFAST M-F 11AM-3PM!

2 egg breakfast 2 eggs your way with choice of bacon or chorizo, and Cuban toast. **6.95** add home fries +2.

Da-bomb Breakfast Sandwich Fried or scrambled egg w/choice of ham or bacon w/cheese, mayo and tomato on a ciabatta roll, choice of fries or home fries. **7.95**

Havana Eggs Green and red pepper, onion, tomato, sautéed with sherry, topped with two eggs and oven baked, served with Cuban toast. **7.95**

Steak and Eggs Cuban steak with two eggs, Cuban toast, home fries. **10.95**

Breakfast Quesadilla Scrambled eggs, bacon, cheese, jalapeños, wrapped in a flour tortilla topped with salsa and sour cream, served with home fries **8.95**

Tofu Mezclado Eggs scrambled with our deep fried tofu chunks, topped with cheese, garnished with cilantro served with Cuban toast. **6.95**

French Toast Thick slices drenched in rum and cinnamon custard batter and sprinkled with powdered sugar. Served with bacon. **9.95**

make it extra awesome with locally made Sticky Pete's maple syrup +1

Huevos Rancheros Toasted corn tortillas topped with Mexican rice, sautéed onions, green and red peppers, jalapeños, our red beans, cheese and two fried eggs, served with salsa and choice of home fries or tortilla chips. **half 5.95/ full 8.95**

FULL BREAKFAST MENU SAT & SUN 9-3

HAPPY HOUR M-F 3-7

1/2 price apps*, \$3 margaritas, \$15 pitchers, \$1 off all menu cocktails, \$2 domestic and \$4 craft beers

**some exclusions apply*

KIDS EAT FREE WEDNESDAYS

(one free kids meal per adult entrée purchased)

Appetizers:

BBQ Pork Kettle Chips Thick and crunchy kettle chips topped with cheese, our slow smoked BBQ pulled pork, tomato, red onion and bacon **8.95**

Smoked Florida Fish Spread A Floridian favorite featuring smoked Mahi Mahi. Served with lemon wedges, crackers and hot sauce **8.95**

Fresh Guacamole and Chips You order it, we make it! **6.95**

Loaded Nachos Locally produced Shagbark tortilla chips loaded with cheese, black beans, lettuce, tomato, salsa, red onion, sour cream, jalapenos. **8.95**

Add grilled chicken, bacon, ham +1

Chips and Salsa A basket of chips and: 1 salsa 4.95, two salsas 6.95, three salsas 8.95 (fire roasted, house medium, chipotle, black bean, cucumber avocado, tropico)

Loaded Tamale A Cuban tamale topped with fresh avocado, tomato, sautéed onions, sour cream, spicy Diablo sauce, cilantro. Served with Shagbark tortilla chips. **10.95**

Empanadas Two Beef empanadas served with a creamy mojo dipping sauce **7.95**

Cheesy Fries Our house cut fries topped with melted cheese and bacon **5.95**

Cheese Curds White cheddar cheese curds battered and fried to perfection, served with cool and spicy cucumber wasabi sauce **7.95**

Boneless Wings Boneless tenderloin chicken deep fried and coated with Buffalo sauce 6.95 (add blue cheese or celery .50/ea)

Coconut Shrimp Plump shrimp coated in toasted coconut, deep fried til golden, served with tropical rum glaze sauce **8.95**

Soups/Salads all soups 2.95/cup 4.95/bowl

Soup of the Day Ask about the soup of the day availability

Black Bean Soup Veggie stock and local Shagbark black beans

Red Bean Soup Kidney beans, ham, Spanish cured chorizo, potatoes and carrots

Garden Salad half 2.95 / whole 5.95 Mixed greens, carrots, tomatoes, cucumbers

Avocado Salad Avocado, red onion, grape tomatoes, mixed greens, olive oil, vinegar, lime juice, salt, fresh cracked pepper **8.95**

Sol Salad Mixed greens, dried cranberries, candied walnuts, feta cheese, grape tomatoes, cucumbers and julienned carrots served with house made pineapple dressing **8.95** / Add grilled chicken +2

BBQ Chicken Tender Salad Mixed greens, fried chicken tenderloins in our house made BBQ sauce, boiled eggs, cheddar jack cheese, tomato, red onion, tortilla strips served with ranch dressing **8.95**

Steak Salad Mixed greens, blue cheese, grape tomatoes, red onion, cucumber, eggs, steak, crispy bacon, house made Chimichurri dressing **13.95**

Burgers & Sandwiches

(Sandwiches served w/chips unless otherwise specified) +.50 for plantain chips, +1 for hand cut fries

California Chicken Club Grilled chicken breast, bacon, avocado, swiss, topped with lettuce, tomato, red onion and guava Dijon dressing on a ciabatta roll **7.95**

Spicy Turkey Club Turkey, pepperjack cheese, bacon, jalapenos, tomato, lettuce and chipotle mayo on a ciabatta roll. **7.95**

Half Sandwich & Soup/Salad Half of a Cuban or Miami with kettle chips and your choice of a bowl of soup, or small garden salad **7.95**

Grilled Cheese with a four cheese blend brushed with garlic butter. **6.95**

The Cuban Mesquite smoked pulled pork, ham, Swiss cheese, mustard, pickle on toasty pressed Cuban bread **8.95**

The Miami Ham, Swiss cheese, mayo, pickle on toasty pressed Cuban **6.95**

Steak Sandwich (pan con Bistec) Thinly sliced marinated steak topped with tomato, lettuce, mayo, parsleyed onions, french fried potato sticks **7.95**

BBQ Pork Sandwich Slow smoked pulled pork with our own Guava Rum BBQ sauce, topped with lettuce, tomato and mayo **7.95**

The "Ultimate" Burger Hand pattied fresh beef blend, on an onion bun with

**HAVE YOU TRIED THE BEYOND BURGER?
IT'S A COMPLETELY VEGAN BURGER PATTY
THAT YOU'LL SWEAR COULD BE A REAL MEAT
PATTY! AVAILABLE AS \$1 UPCHARGE FOR
ANY OF OUR BURGERS**

lettuce, tomato, mayo, pickle, onion, choice of cheese, with hand cut fries **8.95**
Substitute our black bean burger (no charge)

Sol Burger A patty of spicy Spanish Chorizo on toasted Cuban bread with onions, potato sticks and our chimichurri dressing. Savory and packed with flavor **7.95**

Cuban Burger Hand pattied fresh beef blend, topped with smoked pulled pork, mojo sautéed onions, swiss, pickle, tostones (fried green plantain) lettuce and tomato on a brioche roll. **9.95**

We offer full catering for ANY size event,