

## Sandwiches, Burgers & More

*(Served with kettle chips unless otherwise specified) + .50 for plantain chips, +1 for 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**

**Grilled Cheese** Toasty grilled cheese made with a four cheese blend and brushed with garlic butter. **6.95**

**Ham and Gouda** topped with lettuce, tomato, pickle, mayo on a ciabatta roll **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, parslid 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** custom blend of fresh ground brisket, short rib and sirloin, served on an onion bun with lettuce, tomato, mayo, pickle, onion and choice of cheese. Includes our hand cut fries **8.95** upgrade to the 1/2 pound **10.95**

**Make it vegetarian by substituting our made from scratch black bean burger for no extra charge (regular size only)**

**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**

**Chicken Basket** 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, BBQ chicken tenders, or Buffalo chicken tenders and Bleu Cheese **8.95**

**Oven Baked Wrap** Flour tortilla stuffed with rice, black beans, choice of grilled chicken, mojo pulled pork, ropa vieja (seasoned shredded beef), topped with cheese and oven baked, served with lettuce, tomato, sour cream and fire roasted salsa **9.95**

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



## LUNCH TAKEOUT MENU

**740-592-1744**

700 East State Street

[www.solrestaurant.net](http://www.solrestaurant.net)

### Daily Specials \$6.95 OR LESS!

**Monday**—Grilled cheese and tomato soup. Toasty grilled cheese made with a four cheese blend and brushed with garlic butter. Includes cup of tomato basil bisque soup and kettle chips. \$6.95

**Tuesday**—\$2 tacos. Choose grilled chicken, pulled pork, shredded beef, tofu picadillo, or black bean burger. Corn or flour soft tortillas. Add a side of white, Mexican or cilantro lime rice, black or red beans for an extra charge.

**Wednesday**—1/2 Cuban sandwich (ham, pulled pork, swiss, pickle and mustard on toasty grilled Cuban bread) and cup of soup, served with kettle chips. \$6.95

**Thursday**—Homemade chicken and noodles with mashed potatoes. Thick from scratch noodles, carrots, celery and homemade mashed potatoes. \$6.95

**Friday**—1/2 Miami (ham, swiss, pickle and mayo on toasty grilled Cuban bread) and cup of soup, served with kettle chips. \$6.95

## FREE DELIVERY

on lunch orders \$29 or more available 11 - 2 M-F

## LIMITED TIME!!

\$1 off every takeout lunch entrée, no limit.  
Mention code TO1608, valid through 10/30/16

Send us an email to [info@solrestaurant.net](mailto:info@solrestaurant.net) and we'll send you the latest coupons and specials

For our complete menu, including dinner and Saturday and Sunday breakfast, and our hours,

please visit us at [www.solrestaurant.net](http://www.solrestaurant.net)



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## 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 +2 Add Bacon +1

**Chips and Salsa** Locally produced Shagbark tortilla chips served with your choice of salsas and a basket of chips: 1 salsa 4.95, two salsas 6.95, three salsas 8.95 (fire roasted, black bean, cucumber avocado) add an additional basket of chips for \$2

**Loaded Tamales** 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 or four mini shrimp and mango salsa empanadas **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**

## HAPPY HOUR M-F 3-7

**1/2 price apps\*, \$3 margaritas, \$15 pitchers  
\$1 off all signature cocktails \$1 off all beers**

*\*some exclusions apply*

**KIDS EAT FREE WEDNESDAYS**  
(one free kids meal per adult entrée purchased)

## Soups/Salads:

**Soup of the Day** Ask about the soup of the day availability **cup 2.95 / bowl 4.95**

**Black Bean Soup** Made with veggie stock and local Shagbark black beans **cup 2.95 / bowl 4.95**

**Red Bean Soup** Kidney beans, ham, Spanish cured chorizo, potatoes and carrots **cup 2.95 / bowl 4.95**

**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** Thin sliced, perfectly seared flat iron, mixed greens, blue cheese, grape tomatoes, red onion, cucumber, hard boiled eggs, and crispy bacon served with house made Chimichurri dressing **13.95**

### Lunch Specials (available until 5 pm only)

**Chop Bowl/Veggie Bowl** All bowls include choice of rice, choice of beans and choice of chicken, tofu picadillo, mojo pulled pork, ropa vieja (seasoned shredded beef), topped with lettuce, tomato, and salsa. **8.95/7.95**

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

**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  
(fish +2) includes lettuce, tomato and tropical salsa

**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**

**We offer full catering for ANY size event,  
boxed lunches and more...**