

CHIPS, DIPS + SHAREABLES

FRESH SALSAS 6

chunky house | habanero | grilled pineapple

HOUSE QUESO 7

with chorizo or adobo beef 10

GUACAMOLE 9

with corn & cotija 11 • with toasted pepitas 10

SOL TRIO

queso, guacamole, choice of salsa 17

GREEN CHILE CHICKEN NACHOS

grilled chicken, green chile tomatillo sauce, queso, salsa fresca, sour cream, jalapeños 17

DRUNKEN BEEF NACHOS

tequila braised ground beef with corn, onions and poblano peppers. topped with queso blanco, pico de gallo, tequila lime crema, jalapeños 18

QUESADILLAS

STEAK ❖

roasted peppers, caramelized onions, chihuahua cheese, avocado cream 18

CHIPOTLE CHICKEN

black beans, creamy chipotle cheese, gouda, corn, sour cream 16

ROASTED VEGETABLE

roasted vegetables, smoked gouda, poblano crema 12

SOUP, SALADS AND RICE BOWLS

MEXICAN STREET CORN SOUP *(contains bacon)*

chipotle, charred corn, cotija, cilantro 8

GRILLED ROMAINE SALAD

red chile croutons, cotija cheese, sol caesar 8

SOUTHWEST FIESTA SALAD

mixed greens, grilled corn, black beans, avocado, pickled red onions, queso fresco, pepitas, crispy tortilla strips. agave lime or chile vinaigrette 11

SOL SALAD

mixed greens, grilled vegetables, avocado, bacon, radish, queso fresco. agave lime or chile vinaigrette 11

* ADD GRILLED PROTEIN TO SALADS ABOVE:

steak 9 ❖ • salmon 10 ❖ • seared tuna 10 ❖
chicken 7 • shrimp 9

SOL PLATES + SOUTHWEST FAVORITES

substitute side with grilled vegetables, grilled sweet potatoes or side salad +2

CHICKEN POBLANO ENCHILADAS

organic chicken, roasted vegetables, chihuahua cheese, poblano crema. served with black beans and rice. red chile, green chile or christmas 15

TRY OUR VEGGIE ENCHILADA *without chicken* 12

TEQUILA BRAISED BEEF ENCHILADAS ❖

tequila braised ground beef with corn, onions, poblano peppers, chihuahua cheese, guajillo red chile sauce, tequila lime crema. served with black beans & rice 17

SWEET POTATO & BLACK BEAN ENCHILADAS

roasted sweet potatoes, black beans, chihuahua cheese, guajillo red chile sauce, roasted green chile crema, avocado. served with black beans & rice 13

CHICKEN CHIMICHANGA

crispy flour tortilla, filled with our housemade chicken-chimi mixture. served with red and green chile, sour cream, queso, salsa fresca 16

CARNE ASADA FRIES ❖

adobo fries, queso blanco, marinated grilled steak, pico, sour cream, guacamole, cilantro 19

TUNA LOLLIPOPS ❖

sushi grade tuna, tortilla crusted, flash fried rare. five pops served with ginger sauce and spicy ponzu 18

TEQUILA SHRIMP

fried shrimp, spicy bang-bang tequila sauce, shredded lettuce, cilantro 12

FIRECRACKERS

five cheese stuffed jalapeños, wrapped in bacon, chipotle dressing 15

STREET CORN

wood-fire grilled fresh shucked corn, queso fresco, creamy street corn sauce, cotija, cilantro 12

RED CHILE PORK

slow roasted birria style pork, chihuahua cheese, cilantro, onions. red chile broth for dipping 17

ADOBO SHRIMP ❖

grilled adobo shrimp, charred corn, roasted red peppers, spinach, chihuahua cheese, avocado cream 18

THE SOL RICE BOWL

ancho rice, black beans, corn, sweet potatoes, avocado, roasted pepitas, queso fresco

CHOOSE:

GRILLED CHICKEN

with poblano crema 16

MARINATED STEAK

with creamy chipotle sauce 18

RED CHILE GLAZED SALMON

with citrus crema 18

ROASTED VEGETABLES

with spinach & chimichurri 15

SURF & TURF PLATED FAJITAS

wood-fire grilled skirt steak, shrimp & vegetables. served with tortillas, shredded lettuce, pico, sour cream, guacamole and beans & rice 28

WOOD-FIRE GRILLED FISH ❖

chile-rubbed, citrus crema, grilled pineapple salsa. served over rice with grilled vegetables MP

RED CHILE GLAZED SALMON ❖

wood-fire grilled, tomato bacon relish, fresh avocado. served over roasted poblano & smoked gouda grits 22

SOUTH BY SOUTHWEST SHRIMP & GRITS

sautéed shrimp in a creamy chipotle sauce, (sauce contains pork). served over roasted poblano & smoked gouda grit cakes 22

MARINATED SKIRT STEAK ❖

wood-fire grilled 8oz. citrus-soy marinated, served with grilled vegetables 28

TACOS

single tacos served on choice of soft flour, corn or whole grain tortilla

MARINATED STEAK ❖

caramelized onions, jalapeño, shredded lettuce, sour cream 7

ADOBO CHICKEN

organic chicken, chipotle sauce, tomato bacon relish, chihuahua cheese, shredded cabbage 6

BLACKENED TUNA ❖

sushi grade seared rare, poblano crema, pineapple salsa, shredded cabbage 7

VERDE PORK

spicy carnitas pork, pickled red onions, green chile tomatillo sauce, queso fresco 7

BANG-BANG TEQUILA SHRIMP

crispy fried shrimp, charred corn, spicy tequila cream sauce, citrus crema, shredded lettuce, avocado, cotija 7

ADOBO GROUND BEEF ❖

poblano crema, chihuahua cheese, lettuce, four pepper relish 6.50

MARGARITA SHRIMP

sautéed shrimp, tequila-lime crema, pico de gallo, shredded lettuce 7

ROASTED VEGETABLE

avocado cream, cabbage, queso fresco 5

BURGERS + SANDWICHES

all served with seasoned adobo fries. *substitute fries with grilled vegetables, grilled sweet potatoes or side salad +2*

GREEN CHILE CHEESEBURGER ❖

caramelized onions, green chile relish, chihuahua cheese, green chile mayo 16

TEXAS BBQ BACON CHEESEBURGER ❖

crispy shallots, gouda cheese, mayo 16

THE KITCHEN'S CHICKEN SANDWICH

fried chicken, jalapeño slaw, spicy mayo 16

SOUTHWEST SIDES

- black beans & rice 4
- grilled vegetables 5
- grilled sweet potatoes 5
- gouda grits 4
- jalapeño slaw 4
- adobo fries 5
- kitchen side salad 7

BE SOL-CIAL!

VISIT OUR OTHER SOL LOCATIONS:



SOL MT. PLEASANT

1101 Stockade Lane
Mt. Pleasant, SC 29466
843.388.4302



SOL SUMMERVILLE

1651 N. Main Street
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