Sola
DINNER

Appetizers & Pizzettas

Served from 4pm until closing.

SMALL PLATES & SNACKS

Bread today's bread with premium extra-virgin olive oil and aged balsamico 3.50

Fritters zucchini and yellow squash fritters with mint mascarpone 7.00

Tapenades trio of tapenades with fresh baked bread 6.00

Bruschetta with provençal tomato salsa, fresh basil and shaved parmesan . . 7.00

Skewers local chicken skewers with peanut sauce 9.00

Curried Quinoa two curried quinoa, lentil, flax and veggie cakes with roasted pepper coulis 8.00

Salmon Cakes two copper river salmon cakes with chive aioli and fresh mango chutney 10.00

Anitipasti Plate a selection of seasonal offerings including roasted vegetables, shaved meats, warmed herb chèvre, and warm olives in extra virgin olive oil, served with fresh-baked Sola bread

small 9.00 . . . . large 15.00

RUSTIC PIZZETTAS *on a thin olive oil crust (for one as a dinner or for two as an appetizer)*

Caprese fresh tomato, torn basil, fresh mozzarella, garlic, and extra virgin olive oil 9.00

Goat layers of local fresh herbed chèvre topped with sundried tomatoes, kalamata olives and shaved parmesan 10.00

Carne local sausage, bacon, and shaved ham atop sweet marinara with melted mozzarella, parmesan, and fresh herbs 10.00

Verdure seasonal roasted vegetables with house-made pesto, sprinkled with shredded parmesan and fresh herbs 9.00

Gluten-free pizzetta - add $2.50

Soup

	cup	bowl
House-made Soup served with fresh bread	4.00	6.00
Chili of the Day served with cornbread	5.00	7.00

Add a side of field greens with fig balsamic dressing to any soup or chili for 1.50

Salads

Tossed with house dressings, served with today's bread.

	half	whole
Asian Sesame Chicken Grilled chicken, rice noodles, shredded carrots, red bell peppers and toasted almonds on hearts of romaine with orange sesame dressing.	7.50	9.75
Goat Cheese and Vegetables Grilled vegetables, chèvre, and toasted pine nuts on field greens with fig balsamic dressing.	7.50	9.75
Spinach Crumbled bacon, granny smith apples, toasted walnuts, and gorgonzola on spinach greens with fig balsamic dressing.	7.50	9.75
Syrian Fattoush Topped with pita chips, grilled chicken, feta, kalamata olives, cucumbers and fresh mint on hearts of romaine with lemon cumin dressing.	7.50	9.75
Seared Steak Steak, gorgonzola, roasted potatoes, and caramelized onions on field greens with fig balsamic dressing.	8.50	10.75
Fiesta Chicken Grilled local chicken, sweet corn, sweet red peppers, black beans, roasted anaheim chilis, romaine and tortillas in cilantro lime vinaigrette	7.50	9.75

Side Salad 4.00

Grilled tofu may be substituted for any salad meat at no charge.

please see our beverage menu for a complete list of local beers, fine wines, sodas and espresso bar offerings.

The dessert menu is a visual experience. Visit the case or ask your server to describe the house favorites!

The offerings on this menu have been artfully prepared by Chef Megan Reed and sous chef Nikki Dupré using only the freshest seasonally local and sustainably produced ingredients. Enjoy! *-Tiffany Lach, owner*

Daily specials, soups and more on our blog! www.SolaCafe.com

Dinner service begins at 5pm.

Entrée

Sola Café is part of the Farm-To-Restaurant local food campaign.

Two Stuffed Portobello mushrooms with spinach, fresh ricotta, parmesan, and sundried tomatoes, drizzled with chive pesto served over creamy polenta 11.00

Spicy Pulled Pork topped with sweet corn relish, served with southern slaw and a large wedge of cornbread 12.00

Lavender-Encrusted Breast of Chicken with a fresh apple relish, served with a wild rice cake 14.00

Basque-Style Breast of Chicken with olives, artichoke hearts, and tomato roulade, served over grilled polenta cakes 14.00

Local Pork Chop stuffed with herb cornbread bourré and topped with apple rhubarb chutney, served with fresh herb and parmesan mashers . . . 15.00

Cassoulet Provençal slow roasted white bean stew with local sausage and duck confit over creamy polenta 15.00

Wild Copper River Salmon with cilantro-lime-mango-avocado salsa, served with a wild rice cake 20.00

Flatiron Steak (8 oz. grass-fed) served with herb and parmesan mashers and fresh herb marsala sauce 20.00

Pastas & Comfort Foods

Classic Mac n' Cheese 6.00

"Grown-Up" Mac n' Cheese with local bacon and fresh herbs 7.50

East Indian Wrap ginger curried lentil dahl, briyani rice, mango chutney in a whole grain wrap, topped with yogurt-dill raita 7.50

Penne Pasta with two housemade pestos and shaved parmesan 8.00

Roasted Butternut Squash Lasagna with fresh ricotta, mascarpone, and parmesan 10.00

Lasagna Bolognese with local beef and bison 11.00

Gluten-free wrap - add $2.50

Sides

Roasted Brussels Sprouts with toasted almonds and reduced balsamico . . 4.00

Mashers fresh herb and parmesan mashers 4.00

Rice white and brown rice with butter 3.00

Seasonal Roasted Vegetables 5.00

Deli Salad Bowl from the daily selection . . . . . prices vary

Kids

12 and under please. Adults add $2 per item

Fun-Do! Kids appetizer included with all kids meals: veggie stix and house buttermilk-herb ranch

Cheesy Pizzetta with sweet marinara and mozzarella...and a smiley face . . . 6.00

Sola Mac n' Cheese kid portion 4.00

Penne Pasta with butter and parmesan 5.00

Chicken Skewers with peanut sauce or ranch 6.00

Organic PB & Jelly or pb & honey 4.00

Desserts

From pastry chef Lauren Schweizer.

Lemon Lover's Trio three delectable lemony treats to share 8.00

Dessert Sampler for Two a daily selection for you to share 8.00

Plate of Cookies and Biscotti 5.00

Of course, you can always select your dessert from the case!

Please ask us about pre-order whole cakes for special occasions!

Beverages

mexican coke, diet coke, limonata, aranciata, root beer, naked juices, honestea, and more!

Iced Tea today's selection 2.00

Fresh Honey Lemonade or Arnold Palmer 2.00

House Coffee with one free refill 1.75

Hot Tea today's selection 1.50

Pot of Tea today's selection 3.50

San Pelegrino liter 2.50

Please ask to see our list of wines and local beers.

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