



sol
daz

breakfast available 7 – 11 am

two egg sunrise breakfast*

choice of bacon, ham and sausage with two eggs cooked to order, hash browns, toast, and fruit salad 8

alvea power wrap*

egg whites, turkey, mushrooms, spinach and avocado wrapped in a whole wheat tortilla served with fresh fruit 8

corn beef hash*

corned beef sautéed with onion, bell peppers, potato on an egg – sunny side up. served with toast 8

three egg omelet*

choice of vegetables and meats, toast 8
substitute egg white +1 | add avocado .75

kiva breakfast sandwich*

scrambled eggs, ham, swiss cheese, and sauted bell peppers on a croissant 7

egg & bacon english muffin sandwich*

bacon, scrambled eggs, tomato, onion & american cheese 6

pancakes or french toast*

includes choice of bacon, sausage or ham and served with berries 8

lox & avocado toast*

lox, avocado, toasted plain bagel with tomato and thinly sliced onion & capers 9

trilogy breakfast bowl*

two scrambled eggs, crispy hash browns sautéed with Ham tomato, bell peppers, onion, topped with provolone cheese and baked to perfection, 9

arizona breakfast bowl*

two scrambled eggs, chorizo sausage, pico de gallo, cotija cheese baked over soft corn tortillas topped with fresh avocado and baked to perfection, 9

midwest breakfast bowl*

two scramble eggs, sausage, bacon crispy hash browns, mushrooms topped with cheddar & jack cheese and baked to perfection, 9

california breakfast bowl*

egg whites, turkey, feta, spinach tomato, crispy hash browns, baked to perfection 9

seasonal fruit and berry bowl

fruit and berries served with a bran muffin 8

old fashion oatmeal 4

add berries +2
add walnuts +.75

ben's biscuits* gravy

two buttermilk biscuits topped with sausage gravy with two eggs your choice 8

Parfaits 4

- vanilla yogurt, strawberry, blueberry, granola
- chocolate yogurt, peanut butter, banana, granola
- vanilla yogurt, peaches, coconut, cinnamon toast crunch

kids' corner

54 and under

grilled cheese and a side* 7

chicken fingers and a side* 8

cheese crisp quesadilla sour cream/salsa 8

peanut butter & jelly and a side 6

salads available after 11 am

all salads can be made in a whole wheat wrap with side

tuna niçoise salad*

our special relish tuna salad over romaine, green beans, olives, capers, tomato, egg, house herb vinaigrette 7 | 10
sub grilled salmon 13

solaz fruit & berry salad*

Spinach & grilled chicken, honeydew, cantaloupe pineapple, strawberry's, red onion, candied walnuts, raspberry vinaigrette 7 | 10
sub grilled salmon 13

trilogy roasted turkey salad*

roasted turkey breast, greens, tomato, egg, bacon gorgonzola with ranch dressing 7 | 10

classic caesar*

romaine, grilled chicken breast, parmesan cheese, croutons, tossed with caesar dressing 7 | 10
sub grilled atlantic salmon 13

chop chop chef salad*

turkey, ham, swiss, cheddar, romaine, tomato, egg, bacon, red onion, cucumber with balsamic vinaigrette dressing 7 | 10

bbq chicken chop*

honey whiskey bbq grilled chicken, romaine, black beans, corn, tomato, cilantro, tortilla strips, monterey jack, cheddar, buttermilk ranch 7 | 10
sub herb-lime shrimp 8 | 12

sandwiches

available after 11 am

gluten free bread or roll substitute +.5

choice of side |

french fries / garden salad / caesar salad / sweet potato fries / fruit salad / chips / potato salad / coleslaw / pesto pasta salad

turkey cranberry & brie melt*

oven roasted turkey, cranberry sauce, brie cheese on grilled walnut cranberry bread 7 | 10

solaz croissant sandwich*

choice of tuna salad or cranberry-walnut chicken salad, lettuce & tomato 7/10

southwest cheese steak wrap*

sautéed onion, bell peppers, salsa & pepper jack. Wrapped in a flour tortilla 11

roast beef

or chicken breast

california club sandwich*

turkey, bacon, lettuce, tomato, avocado & herb mayo on triple decker toasted stone ground wheat 10

buffalo chicken wrap*

golden fried chicken tenders, lettuce, tomato, red onion, celery, bleu cheese, shredded cheddar cheese with ancho mayo in a wheat tortilla 10

spicy thai veggie wrap

spinach, roasted eggplant, roasted peppers, cucumber shredded carrots, feta cheese, thai peanut sauce wrapped in a wheat tortilla 10

mama's meatloaf sami*

homemade meatloaf, bacon, brown sugar ketchup, caramelized onions, mix greens with mayo on toasted wheat 10

hebrew national hot dog*

7 | sauerkraut +1

beef & blue*

sliced roast beef, gorgonzola cheese, lettuce, tomato, red onion & horseradish mayo on toasted sourdough 11

 gluten free

*These items may be served raw or undercooked. Consuming raw or undercooked meat, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

build a burger

burgers come with lettuce tomato sliced onion and a pickle, and you choose of a side

pick a patty

- certified angus patty* 10
- boca veggie patty 8
- turkey burger patty* 9
- grilled chicken breast* 9

pick a bun

- brioche bun
- pretzel bun
- gluten free bun
- whole wheat roll
- lettuce wrap

pick a cheese add \$1

- american
- cheddar
- swiss
- pepper jack
- provolone
- gorgonzola
- feta
- brie
- horseradish cheddar

pick a topping add \$1

- bacon*
- fried over easy egg*
- avocado
- jalapeno sautéed
- sautéed mushroom
- caramelized onion
- roasted red pepper
- sautéed spinach
- cole slaw

pick a sauce .50

- BBQ
- house buttermilk ranch
- horseradish mayo
- dijon mustard
- teriyaki
- buffalo
- 1000 island
- hummus
- spicy thai peanut



and more

teriyaki bowl*

stir-fried mixed vegetables – onions, carrots, bell peppers, celery, water chestnuts and edamame in our house made sauce served over jasmine rice.

with chicken 10

or shrimp 12

penne alfredo

penne pasta tossed with fresh diced tomatoes, basil, in a parmesan garlic cream sauce 9

add chicken* 10

or shrimp* 11

or salmon* 13

mac & cheese

creamy white cheddar, jack and swiss sauce tossed with penne pasta and topped with a truffle crumb crust 9

add bacon 1

bacon wrapped meatloaf*

the classic wrapped in bacon served with mash potatoes, green beans and mushroom gravy 11

green chili & chicken enchiladas*

pulled chicken hand rolled in corn tortillas topped with green chili sauce and cheese over black borrracha beans 11

Dr. Amy's Healthy Start



sesame seared mahi mahi* ☒

over stir-fried peppers, onions celery carrots and steamed jasmin rice 12

southwest salmon* ☒

over sautéed black beans peppers, onion, cilantro avocado and steamed jasmin rice 12

hawaiian pineapple mahi* ☒

seared, mahi, pineapple, bell peppers, onions and wilted spinach 12

citrus salmon filet bowl* ☒

citrus steamed salmon, chic peas, cucumber avocado over mixed greens with olive oil and citrus vinegar 12

chinese 5 spice mahi mahi bowl* ☒

sautéed mahi mahi over wilted boc choy & spinach 12

poached salmon* ☒

over steamed tri-color cauliflower 12

balsamic seared salmon* ☒

over romaine, kale, apple, pears, tomato and cucumber 12

blackened mahi mahi* ☒

over sautéed spinach black beans, corn & peppers 12

sesame chicken rice bowl* ☒

lean chicken breast, sautéed bok choy, peppers carrots celery & onion over steamed jasmin rice 10

☒ gluten free

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