

## breakfast available 8-11am • friday-sunday

### two egg sunrise breakfast\* 9

choice of sausage links, taylor ham, bacon  
two eggs any style, toast, hash browns or fruit salad  
add english muffin **+.5**

### lox & avocado toast 9

smoked salmon, avocado, toasted bagel, tomato,  
sliced onion & capers • add cream cheese **+.25**

### solaz breakfast burrito\* 10

chorizo, scrambled eggs, bell peppers, onions,  
shredded cheese, flour tortilla, served with  
pico de gallo, avocado, sour cream

### kiva breakfast sandwich\* 9

choice of sausage patty, taylor ham, bacon  
or ham, butter croissant or english muffin  
scrambled eggs, american, side of fruit or  
hash browns  
add tomato **+.5** • avocado **+1**

### three egg omelets\* 9

choice of toast • english muffin **+.5**

- **santa fe** chorizo, bell peppers, onion, jalapeño, pepper jack
- **springfield** bacon, sausage, ham, mushroom, onions, swiss
- **baja morning** egg whites, spinach, avocado tomato, chives, cholula
- **mile high** ham, cheese, peppers, onion

### steak + eggs\* 14

6oz sirloin, two eggs any style, hash browns  
add english muffin **+.5**

### french toast or pancakes\* 9

choice of sausage links, taylor ham, bacon or ham

- **traditional** confectioners' sugar, strawberries, whipped cream
- **bananas foster** whipped cream
- **apple walnut delight** caramel apple sauce, candied walnuts, whipped cream

### old fashioned oatmeal 6 vegetarian + gluten free

served with brown sugar, milk, candied walnuts

## starters available after 11am

### braised beef sliders\* 10

slow braised beef, smoked gouda, pickles,  
crispy tobasco onions, roasted tomato aioli,  
sweet hawaiian rolls

### café chicken wings 6 (4) • 10 (8)

choice of buffalo, sweet thai chili, honey bbq or  
herb-parmesan  
celery, carrots, bleu cheese or ranch dressing

### steamed pork + vegetable pot stickers 9

asian pickled sweet cucumbers, sweet soy sauce

### charcuterie board\* mkt price

fresh cured meats, fine cheeses, seasonal  
accompaniments

### light bites of the week

ask your server for weekly selection and price



**salads** available after 11am  
turn any salad into a whole wheat wrap with a side

### salad of the week

ask your server for weekly selection and price

### sirloin steak + bleu cheese\* 14 gluten free

6oz seared sirloin, greens, bleu cheese crumbles,  
avocado, red onion, tomato, cucumbers, roasted  
red peppers, bleu cheese peppercorn dressing

### tuna niçoise\* 10 gluten free

relish tuna salad, romaine, green beans, olives,  
capers, tomato, egg, house herb vinaigrette  
sub grilled salmon **+3**

### solaz caprese 10 vegetarian + gluten free

romaine, fresh mozz, red onion, roasted garlic,  
fresh basil, croutons, sweet balsamic reduction  
add chicken **+1** • shrimp or salmon **+3**

### classic caesar\* 10

romaine, grilled chicken breast, parmesan,  
croutons, caesar dressing • sub salmon or shrimp **+3**

### chef's salad 10 gluten free

romaine, turkey, ham, swiss, cheddar, tomato,  
cucumber, egg, bacon, choice of dressing

### bourbon bbq chicken 11

choice of fried or grilled chicken  
greens, cucumber, tomato, shredded cheese,  
chili roasted pepitas, crispy fried onions,  
avocado ranch dressing

### kids' corner 54 and under

grilled cheese + side 8

chicken fingers + side 9

pb&j + side 7

cheese crisp quesadilla 8

sour cream, salsa

\*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.

**handhelds** available after 11am  
**choice of** sidewinder or sweet potato fries, chips,  
garden salad, fruit salad, coleslaw  
**sub** gluten free bread **+.5**

**cranberry + brie turkey melt 10.5**  
boars head oven roasted turkey, cranberry sauce,  
brie, grilled walnut cranberry bread

**croissant club 10.5**  
boar's head oven roasted turkey, bacon,  
baby greens, tomato, creamy avocado mayo

**grilled sirloin\* 14**  
6oz grilled sirloin, aged provolone, lettuce, tomato,  
sautéed mushrooms, caramelized onions,  
garlic aioli, ciabatta

**solaz chicken & prosciutto panini melt 12**  
grilled chicken breast, prosciutto, smoked gouda,  
caramelized onion, fig jam, ciabatta

**ham + cheddar panini melt 10**  
boar's head deluxe ham, vermont cheddar,  
tomato, red onion, roasted garlic mayo, ciabatta

**turkey panini melt 10**  
boar's head oven roasted turkey, tomato, aged  
swiss, maple mayo, ciabatta

**panini club 11**  
boar's head oven roasted turkey, shaved ham,  
bacon, tomato, dijon aioli, ciabatta

**caprese panini melt 11 vegetarian**  
fresh mozz, tomato, walnut pesto & aged balsamic,  
ciabatta

**certified angus burgers**  
**choice of** sidewinder or sweet potato fries, chips,  
garden salad, fruit salad, coleslaw

lettuce, tomato, onion, pickle, brioche

**hamburger\* 10**

**cheeseburger\* 11**

**bacon cheeseburger\* 12**

**burger of the week\***

ask your server for weekly selection and price

## entrées

**pacific rim 10 vegetarian**  
asian style sautéed vegetables, jasmine rice,  
house made sweet pineapple teriyaki sauce  
**add** chicken **+2** • salmon\* or shrimp **+3**

**garlic + rosemary chicken breast 13**  
sundried tomato, roasted garlic, fresh rosemary,  
lemon white wine brown butter sauce,  
fingerling potatoes

**thai coconut chicken curry 13 gluten free**  
coconut chicken curry, seasonal vegetables,  
sticky rice

**potato crusted salmon\* 13**  
atlantic salmon fillet, crisp potato topping,  
honey dijon glaze, chef's vegetables,  
herb couscous

**vegetarian's delight 11 vegetarian + gluten free**  
broccoli, cauliflower, roasted red peppers,  
asparagus, edamame, brown rice,  
roasted garlic tomato herb sauce

**steak + broccoli\* 14 gluten free**  
6oz sirloin, sesame red wine demi glace, roasted  
broccoli, red onion, mushrooms, fingerling potatoes

## dr. amy's smoothies

**add** scoop of dr. amy's protein powder **+1.5**

**morning sunrise 6**  
carrot, orange, ginger tumeric lemon

**refresh 6**  
apple, strawberry, banana

**detox 6**  
golden beets, apple, ginger, lemon, orange,  
parsley agave

**summer cool down 6**  
watermelon, pineapple, honeydew,  
orange, ginger

*Dr Amy*  
WHITTINGTON, NMD  
AND ASSOCIATES

call to place an order in advance **623.215.6276**