



first things first

fresh squeezed juice orange or grapefruit	2.95/5.95	beach smoothie strawberry, banana, low fat yogurt	6.50
Mona Vie healthy energy Emv acai blend	6.95	bottled juices apple, cranberry, v-8	2.95
sticky buns w/ a heap of vanilla icing	5.50	Sol muffins banana nut, orange cranberry or blueberry	2.95

sol in the bowl

steel cut oatmeal raisins, cream & brown sugar	6.95	garden granola w/ fresh fruit & low fat yogurt	6.95
Charleston grits w/ a touch of pecorino	1.95/3.95	fresh cut fruit seasonal selection	5.95

breakfast sandwiches & bagels

Feynman's answer a good ole fried egg sandwich w/ B, L & T on sourdough & kicked up with a side of guacamole			7.95
Max's blisscuit two eggs w/ cheddar and your choice of ham, bacon or sausage loaded on a biscuit	5.95	w/wavy gravy	6.95
Crescent beach croissant two fried eggs, ham steak, swiss cheese, L & T on a buttery croissant, silky smooth like our #1 beach!			7.95
Bronx bagel two fried eggs, bacon & cheddar on your choice of bagel			6.95
bikini bagel turkey sausage, avocado, tomato & sprouts on a multi grain bagel w/ figs & basil pesto			6.95

garden omelets & originals

feelin' good egg white omelet w/ steamed veggies, spinach, tomato & low fat swiss cheese			9.95
flower child egg white omelet w/ Sonoma goat cheese, Portobello mushrooms, tomatoes, herbs & guacamole			9.95
Andy's way the flower child omelet jazzed up w/ pico de gallo, fresh jalapenos & hot sauce			10.95
birkenstocker three scrambled eggs w/ peppers, onions, mushrooms, broccoli & spinach and grilled whole wheat pita			8.95
Pop's country sausage, bacon, onions, mushrooms, cheddar, & peppers omelet smothered with wavy gravy and two biscuits			9.95
med revival spinach, artichoke & feta omelet w/ tomatoes and sun dried tomato fused olive oil			9.95
Baba O'Riley broccoli, spinach, turkey & boursin cheese omelet w/ avocado & basil pesto			9.95
kitchen sink create your own omelet from four of the following ingredients; ham/turkey/sausage/bacon/spinach/arugula			9.95
mushrooms/onions/broccoli/asparagus/tomato/peppers/cheddar/swiss/American/feta/provolone		each additional	+50

benedicts

eggs benedict traditional, served w/ real hollandaise			9.95
Myakka benedict two poached eggs w/ sausage patties & tomato served on biscuits and smothered with wavy gravy			9.95
Florentine two poached eggs w/ spinach, arugula, asparagus, tomato & hollandaise			9.95
shrimp benedict two poached eggs w/ gulf shrimp, spinach, & hollandaise			12.95
Cajun benedict two poached eggs w/ blackened mahi mahi, crawfish, gulf shrimp & hollandaise			14.95

electric griddleland

"the" sweet potato pancakes a truly unique treat		short stack	6.95	tall stack	8.95
country style buttermilk pancakes the old school standard		short stack	5.95	tall stack	7.95
Belgian style waffle	6.95	Walt's way waffle w/pecans & bacon cooked inside			7.95
Nutella stuffed toast	8.95	Surreal Nutella toast w/ warm berry compote	10.95		
any of the above w/ pecan butter : +1.50 w/bananas: +1.50 w/berries: +3.50 w/100% natural syrup: +\$2.00					

native favorites

Helen's biscuits & wavy gravy true comfort, it doesn't get any better than this			5.95
Elvis' fried chicken plate buttermilk fried chicken & two fried eggs on a biscuit w/ wavy gravy, don't be cruel			10.95
the Native two eggs any style w/ home fries, grits or fruit and toast or a biscuit			5.95
the Kahuna two eggs any style w/ home fries, grits or fruit and bacon, sausage or ham steak and toast or a biscuit			8.95
the Equinox two eggs any style w/ petit pancakes and bacon, sausage or ham steak and fresh fruit			10.95
Sol starter three eggs any style w/ grilled whole wheat pita and fresh fruit			7.95
AM cobbler two eggs any style w/ ham, onions, cheddar, potatoes & wavy gravy with a biscuit topping			9.95
Gringo's burrito a wet burrito with scrambled eggs, bacon, onions, peppers, jalapeno, sour cream & chipotle salsa			9.95

significant others

Bagel & cream cheese	3.95	SG home fries	3.95
side of berries	3.95	side of fruit	2.95
bacon, ham steak or sausage	3.95	one egg	1.00
Toast or English muffin	1.50	guacamole or avocado	1.50



first things first

curried chicken soup	cup 2.95	bowl 3.95	today's soup	cup 2.95	bowl 3.95
hummus & pita	served w/ cucumber & tomatoes, country olives and warm whole wheat pita				7.95
the figs	stuffed w/ boursin cheese, brushed with butter and roasted, just like downtown				5.95

cool combos

½ of today's sandwich, BLT or tuna wrap	spinach salad or garden salad	cup of curried chicken soup or today's soup
fresh baked muffin	fresh fruit cup or watermelon	scoop of tuna salad or chicken salad
any two	7.95	any three 9.95

shady salads

SG house salad	fresh greens tossed w/ strawberries, walnuts, gorgonzola, dried cranberries, red onion, granola & raspberry vin	10.95
southern fried salad	fried chicken, boiled eggs, slab bacon, tomato, scallions & cheddar on a bed of greens w/ ranch dressing	10.95
skinny dipper	tuna & chicken salads on a bed of greens w/ tomato & cucumber , served with sol vinaigrette	9.95
tini bikini	baby spinach tossed w/ dried figs, tomatoes, broccoli, sunflower seeds, sprouts & sol vinaigrette	9.95
green flash	spinach & arugula tossed w/ blackened shrimp, avocado, radishes, apples, spiced walnuts & ginger vinaigrette	14.95
sun tanned salmon	glazed w/ teriyaki on a bed of greens w/ sol vinaigrette	14.95
day tripper	fresh greens tossed w/ avocado, cukes, red onion & blackened chicken breast, served w/ turmeric vinaigrette	10.95
Kokopelli	arugula tossed w/ tomatoes, cukes & turmeric vinaigrette, topped with grilled sourdough and poached eggs	9.95

cold sandwiches & wraps

served with kettle chips or watermelon (w/ fries +2.50)

veggie gyro	tomato, cukes, feta, basil pesto, hummus, sprouts, avocado & tzatziki sauce on a whole wheat pita	7.95
roast beef & boursin	w/ lettuce, tomato, red onion & mayo on a croissant	9.95
tuna melt	albacore white tuna salad on sourdough toast w/ spinach & tomato, glazed w/ provolone cheese	7.95
BLT GS	bacon, lettuce, tomato, guacamole & sprouts on multi grain toast	7.95
tuna & hummus wrap	albacore white tuna salad w/ hummus, sprouts & tomato	8.95
med style turkey wrap	shaved turkey, feta, pesto, artichokes, tomatoes & olives	9.95

hot sandwiches, wraps & burgers

served with kettle chips or watermelon (w/fries +2.50)

L.A. Woman	grilled cheese on multi grain toast w/ avocado, swiss & cheddar and jalapeno mustard	7.95
Sgt. Peppers Lonely Hearts Club Ham	on grilled rye w/ boursin, onion marmalade jus, arugula & tomato	9.95
Crunchy shrimp po-boy wrap	fried local shrimp, lettuce, remoulade & wickles	12.95
John's fried chicken po-boy wrap	fried chicken, boiled eggs, cheddar, wickles, lettuce & remoulade	9.95
Cajun seafood wrap	blackened mahi, shrimp & crawfish w/ boiled egg, wickles, tomato, lettuce & remoulade	12.95
BBPD Buddha grille	fried bologna, ham & onions w/ tomato swiss & jalapeno mustard on a brioche roll	9.95
Gnarley Marley	turkey pastrami on grilled rye w/ jerk spice island dressing, arugula, swiss & onions	9.95
SG chicken press	grilled chicken breast w/ artichokes, goat cheese, spinach, pesto, olives & sd tomatoes on sourdough	9.95
Mailbu turkey press	turkey, artichokes, avocado, spinach, tomato & boursin mayo on sourdough	9.95
Chicago Joe burger	ground angus patty w/ cheddar, swiss or American and bacon, arugula, tomato & onion	9.95
pub sandwich	roast beef w/ grilled onions & swiss on a brioche roll w/ au jus and horseradish sauce	9.95
SG fish sandwich	spice rubbed mahi w/ key lime & garlic aioli, arugula, tomato & guacamole on a brioche roll	13.95

native favorites

Salmon Spa Plate	blackened salmon fillet w/ tossed greens & watermelon	14.95
Yucatan tacos	charred lime scented mahi w/ pico de gallo & lettuce in soft flour tortillas, served with guacamole	13.95
Jack's shrimp & grits	w/ mushrooms & red eye gravy	13.95
fish-n-chips	beer battered white fish w/ fries, tartar sauce & malt vinegar	14.95
Quesdillas	loaded w/ cheddar & onions, served w/ pico, guac & sour cream	Cheese 8.95 Chicken 10.95 Veggie 9.95

adult beverages

Bud, Bud light	3.95	Beck's, Michelob Ultra, Corona	4.95
Wine by the glass	5.00	Mimosa's, Champagne	5.95
		Sangria white peach or red berry fusion in carafe	9.95/18.95