

DAY KITCHEN

AVAILABLE 11 AM - 2:30 PM

SANDWICHES SERVED W/ SIDE OF CHOICE

- SOLA TURKEY** 11
TURKEY, BACON, LETTUCE, TOMATO, APPLE, CHEDDAR, JEANNE'S DRESSING
- SOLA BLT** 10.5
BACON, LETTUCE, TOMATO, BASIL, DUKE'S MAYO, ON BAGUETTE
- ROAST BEEF** 12
ROAST BEEF, PEPPERJACK, ARUGULA, ROASTED TOMATO, PICKLED ONION, HORSERADISH AIOLI
- SOLA ITALIAN** 12.75
PROSCIUTTO, SOPPRESSATA, FRESH MOZZARELLA, ARUGULA, BASIL, OLIVE OIL, BALSAMIC
- CHICKEN + PESTO** 11
CHICKEN, ARUGULA, PESTO, PEPPER JACK ROASTED RED PEPPER, ONION, GARLIC AIOLI, ON BAGUETTE
- CAPRESE** 10.5
FRESH MOZZARELLA, TOMATO, OLIVE OIL, BALSAMIC, BASIL, ON BAGUETTE -V
- VEGGIE SANDWICH**..... 10.5
ARUGULA, PICKLED ONION, HUMMUS, CUCUMBER, AVOCADO, PEPPER JACK -V
- CHICKEN SALAD** 10.5
CHICKEN SALAD (CURRY, ONION, CELERY, DILL GRAPES, DUKE'S MAYO), LETTUCE, TOMATO
- TUNA SALAD** 10.5
TUNA SALAD (CELERY, ONION, PARSLEY, DUKE'S MAYO) LETTUCE, TOMATO
- HALF SANDWICH, HALF SALAD** 14
YOUR CHOICE OF ANY 1/2 SAMMIE, 1/2 SALAD (BOWLS NOT INCLUDED), CHOICE OF CHIPS

SEE SPECIAL BOARD FOR SEASONAL SAMMIES!

SIDES

- KETTLE CHIPS
- GREEN SIDE SALAD
- WHOLE GRAIN CHIPS + HOUSEMADE SALSA

SALADS SERVED W/ TOASTED BREAD

- SEASONAL SALAD**..... SPECIAL'S BOARD
- MAXIMIZED LIVING** 11
GREENS, TOMATO, CHICK PEA SALAD, ONION, CUCUMBER, ALMOND, SUNFLOWER SEEDS, PARMIGIANO REGGIANO, JEANNE'S DRESSING, MULTIGRAIN - V
- VEGGIE QUINOA BOWL** 12
GREENS, HUMMUS, CHICK PEA SALAD, ONION, SWEET POTATO, ROASTED TOMATO, CUCUMBER, FETA, PUMPKIN SEEDS, SOLA GREEN SAUCE, SOURDOUGH - V
- PROTEIN BOWL** 13.5
GREENS, ROASTED TOMATO, RED PEPPER, AVOCADO, SWEET POTATO, ONION, JAMMY EGG*, CHICK PEA SALAD, SUNFLOWER SEEDS, FETA, SOLA GREEN SAUCE + CHOICE OF MEAT, SOURDOUGH

LIGHTER FARE

- TUNA OR CHICKEN SALAD SCOOP**
- ON LETTUCE + TOMATO - GF..... 6
- ON SPLIT AVOCADO - GF..... 6.75
- AVOCADO SLICED IN HALF**
- W/ CRACKED PEPPER + MALDON SALT -V/GF..... 3.5
- W/ EVERYTHING BAGEL SEEDS -V/GF..... 3.75
- HALF SANDWICH** 7
1/2 SANDWICH + SIDE OF YOUR CHOICE
- TUNA OR CHICKEN SALAD MELT** 6
PEPPER JACK ON TOASTED MULTI-GRAIN

KIDS MENU FOR 12 + UNDER

- SERVED W/ APPLES + KETTLE CHIPS
- HALF TURKEY SANDWICH**..... 5.75
- PEANUT BUTTER + JELLY**..... 4.75
- CHEESE TOAST**..... 3.95

ALL OUR SANDWICHES AND SALADS ARE MADE W/ PREMIUM BOARS HEAD MEATS + CHEESE, HOUSE-MADE DRESSINGS, MULTI-GRAIN (YELLOW DOG BREAD CO.), SOURDOUGH (BOULTED BREAD), BAGUETTE + GLUTEN-FREE BREAD

V- VEGETARIAN / GF- GLUTEN FREE

PLEASE NOTE: WE ARE NOT A GLUTEN FREE KITCHEN.

* THIS ITEM IS SERVED UNDER COOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

ADD TO SANDWICH

SMASHED AVO..... +1.5

ADD TO SALAD

CHICKEN..... +2.25

TURKEY..... +2.25

CHICKEN SALAD..... +2.25

TUNA SALAD..... +2.25

SMOKED SALMON..... +3

SUBSTITUTE

MULTI-GRAIN

BAGUETTE

SOURDOUGH.... +4

GF BREAD..... +1