

# Heart & Sol

SURF, SUN & SMOOTHIES

## Handmade & Heartfelt

Heart & Sol is your afternoon oasis, where vibrant, flavorful shades of island ingredients find their way into everything on the menu — blended, wrapped and pressed for mind and body wellness.

## Soups

### CLASSIC CHILI

Cheddar, red onion, cilantro, sour cream, tortilla chips

### CHICKEN NOODLE

Chicken chunks, root vegetables, vermicelli noodles, scallions

## Salads

### TUNA

Spring greens, rare ahi tuna, chopped egg, asparagus, tomatoes, cucumbers, Miso vinaigrette

### CAJUN SHRIMP

Iceberg/romaine mix, Cajun shrimp, roasted corn, avocado, black beans, roasted peppers, tortilla strips, buttermilk ranch

### SESAME CHICKEN

Iceberg/romaine mix, grilled chicken, crispy wontons, cilantro, red peppers, carrots, toasted almonds, Asian vinaigrette

### WASHINGTON AVE

Spring greens, apples, tomatoes, chopped egg, candied pecans, crumbled blue cheese, Dijon honey vinaigrette

### CLASSIC CAESAR

Romaine hearts, house-made croutons, parmesan cheese, Caesar dressing

### COBB

Iceberg/romaine mix, grilled chicken, applewood-smoked bacon, chopped egg, tomatoes, green peppers, crumbled blue cheese, citrus vinaigrette

### CHOPPED

Iceberg/romaine mix, tomatoes, chickpeas, asparagus, roasted corn, cucumbers, chopped egg, parmesancheese, house vinaigrette

### GREEK

Romaine, feta, Kalamata olives, tomatoes, red onion, chickpeas, cucumbers, peppers, red wine vinegar & extra virgin olive oil vinaigrette, oregano

## Sandwiches

### TUNA

Multigrain, tuna salad, hummus, cucumbers, arugula, roasted peppers, sprouts

### ROAST BEEF

Baguette, sliced pink roasted beef strip, crispy onion strings, pepper jack, lettuce, tomato, horseradish mayo

### GRILLED SALMON

Toasted Kaiser roll, grilled salmon, shredded iceberg, tomato, red onion, siracha mayo

### PULLED PORK

Toasted Kaiser roll, shredded BBQ pork, coleslaw, crispy onion strings, pickle chips

### TURKEY

Baguette, turkey breast, Swiss, cranberry, chutney, caramelized onions, lettuce, herb mayo

### CURRY CHICKEN

Multigrain, curry chicken salad, Granny Smith apples, French Brie, arugula, Dijon mustard

### EGG SALAD

Toasted whole grain hoagie, egg salad, crispy onion strings, shredded iceberg, tomato

### HAM

Toasted whole grain hoagie, sweet ham, Swiss, iceberg, tomato, avocado, honey mustard

### TURKEY CLUB

Kaiser roll, turkey breast, applewood-smoked bacon, provolone, lettuce, tomato, Thousand Island dressing

## Wraps & Melts

### ASIAN

Spinach wrap, grilled chicken breast, carrots, cucumbers, basil, cilantro, red onion, shredded iceberg, chopped peanuts, Thai peanut sauce

### CHICKEN

Plain wrap, breaded chicken cutlet, applewood-smoked bacon, shredded iceberg, tomato, blue cheese dressing, sriracha

### CHICKEN CAESAR

Plain wrap, grilled chicken breast, romaine, parmesan cheese, Caesar dressing

### CHICKEN CIABATTA

Chicken breast, melted provolone, spinach, black olive tapenade, sundried tomato pesto

### TURKEY MELT

Ciabatta, sliced turkey breast, melted pepper jack, caramelized onions, arugula, honey mustard

### ITALIAN MELT

Ciabatta, prosciutto, fresh mozzarella, basil, sliced tomato, balsamic vinaigrette

### CUBAN MELT

Ciabatta, roasted pork, sweet ham, pickle chips, melted Swiss, mayo and Dijon mustard

### VEGGIE MELT

Ciabatta, fresh mozzarella, portobello mushrooms, zucchini, spinach, roasted peppers, sundried tomato pesto

## Desserts

### FRESH-BAKED INCREDIBLE COOKIES

Chocolate Chip, Cranberry & Oatmeal and Sugar

### STRAWBERRY SHORT CAKE

### CLASSIC CHEESECAKE