

# Brunch Menu

## Eggs Benedict

Toasted English muffin sliced and topped with baked ham, poached eggs and Hollandaise sauce. Served with grilled potatoes. \$10.99

## Eggs Florentine

Toasted English muffin sliced and topped with spinach cream sauce, smoked salmon, two poached eggs and Hollandaise sauce. Served with grilled potatoes. \$12.50

## Huevos Rancheros

Two eggs over easy topped with our homemade tomato sauce and topped with mozzarella cheese. Served with baked beans, Pico de Gallo, guacamole and chorizo. \$11.99

## Steak and Eggs

Grilled skirt steak topped with chimichurri sauce, served with two eggs any style & potatoes. Your choice of toast. \$12.99

## Cinnamon french toast

Cinnamon swirl bread topped with toasted almond and crispy rice. Served with fresh bananas and strawberries. \$8.99

## Falafel Salad

Organic baby greens, tomatoes, onion, cucumber and red bell peppers, tossed with our home made Tahini lemon dressing topped with our home made Falafel. \$10.95

*Enjoy all our brunch items with our organic coffee and tea*

*or our Bottomless mimosas .*

*Brunch served 10 am to 4 pm*

*Saturday & Sunday*

# Lunch & Diner

## Savory Crepes

Served with grilled potatoes, baby green salad, french fries, or cup of soup. Substitute sweet potato fries or cup of fruit for \$1.75 Add cheese \$1.00

### Cannelloni

~ Sautéed spinach, onions, red bell peppers and creamy ricotta, topped with marinara & parmigiano cheese. \$9.50

### Fajitas

~ Your choice of beef or chicken sautéed with onions & red bell peppers topped with avocado & sour cream. \$9.99 Add Shrimp \$2.50

### Hamlet

~ Hickory smoked ham, melted mozzarella cheese and Roma tomatoes, topped with pico de gallo \$9.50

### Pesto Crazy

~ Grilled chicken breast with our homemade savory pesto sauce & mozzarella cheese. \$9.50

### Stroganoff

~ Classic stroganoff cream sauce (With onions and mushrooms) drizzled over your choice of grilled steak or chicken. \$9.99 Add Shrimp \$2.00

### Sunny Path

~ Grilled chicken breast, sautéed onions & button mushrooms in a rich dijon sauce. \$9.99

### Susie's Own

~ Lean ground beef sautéed with onions, red bell peppers, spinach, nutmeg & chopped hard boiled eggs finished with marinara sauce. \$9.99

### Vegetarian

~ Grilled button mushrooms, sun-dried tomatoes, zucchini, spinach and creamy ricotta. \$8.99

## Sweet Crepes

### Bananas Foster

~ Caramelized bananas, cinnamon, brandy, brown sugar and butter, topped with vanilla ice cream. \$8.55

### Blue Sky

~ Homemade blueberry apple compote & cream cheese. \$6.99

### Dulce De Leche

~ Filled with Argentina's most decadent imported caramel spread. \$5.99 Add bananas \$1.00

### Eve's Desire

~ Washington State golden delicious apples caramelized in cinnamon brown sugar with brandy flambé. \$7.99

### Pear

~ Brandy poached pears and almonds, drizzled with chocolate sauce and gourmet french vanilla ice cream. \$8.50

### Savoy

~ California's finest fresh strawberries nestled in Nutella, topped with whipped cream & chocolate sauce. \$6.99

### Parisian

~ Classic cocoa hazelnut spread (Nutella) \$5.99 Add bananas \$1.00

### Suzette

~ Another classic, butter, orange zest & brown sugar caramelized with brandy flambé. \$6.99

### Burgundy

~ California's finest fresh strawberries and gourmet french vanilla ice cream, with a dollop of whipped cream. \$7.99

## Sandwiches

served on French baguette with pesto aioli and your choice of grilled potatoes, baby green salad, french fries or cup of soup. Substitute sweet potato fries or fruit cup for \$1.75

### Pollo Sandwich

~ Tender marinated chicken breast, romaine lettuce, tomatoes & onions with a touch of mayo. \$9.95

### Burger del Solar

~ Homemade burger with lettuce, tomatoes, onions and blue cheese, served on a ciabatta bun. \$10.99

### Carioca

~ Albacore tuna salad with tomatoes, organic baby greens, and provolone cheese on ciabatta bread. \$9.99

### Lomito del Solar

~ Thin cut grilled steak with hickory smoked ham, romaine lettuce, roma tomatoes, onions and provolone cheese \$11.50

### Grilled Salmon Sandwich

~ Grilled Alaskan Salmon drizzled with capers and lemon butter sauce, romaine lettuce and tomatoes. \$10.99

### Milanese

~ Your choice of breaded chicken or steak topped with romaine lettuce, tomatoes, onions and mozzarella. \$9.99

### **NEW** Skirt Steak Sandwich

~ Grilled Skirt steak topped with our chimichurri sauce, grilled tomatoes and mayo served on a ciabatta bun. \$12.99

### **NEW** Paul's Sandwich

~ Grilled Genova salami with tomatoes and provolone cheese. served on crispy toasted baguette. \$9.99

## Starters and Sides

### Empanadas

~ your choice of Beef, Chicken or Spinach and Cheese. \$2.25

### Quiche combo

~ Spinach and cheese quiche served with a cup soup or salad. \$7.99

### Herbed Hummus

~ Humus served with sliced Focaccia bread. \$5.50

### Sweet Potatoe Fries

~ Our delicious Sweet potatoe fries served with pesto aioli sauce. \$3.99

### Soup of the day

~ Bowl \$6.99 Cup \$3.99

### Grilled potatoes

~ Onions & red peppers. \$3.50

### French fries Provencal

~ Thin cut fries sautéed with garlic and parsley. \$4.50

### French Fries

~ Thin cut fries served with pesto aioli. \$3.25

### Sauté Vegetables

~ Fresh vegetables sauté with olive oil and spices. \$5.50

PLEASE ORDER AT THE REGISTER

## Good Morning

### Omelettes & Eggs

Served with choice of wheat or sourdough toast and grilled potatoes or baby green salad. \$9.99 Substitute cup of fruit for \$1.75

#### California Dreaming

~ Mushrooms, spinach, zucchini, yellow squash, red bell peppers, onions & mozzarella cheese.

#### Chicken Omelette

~ Grilled chicken breast, red bell peppers, spinach, onions, tomatoes, mozzarella cheese & pesto sauce.

#### Nic's Favorite

~ Mushrooms, spinach, basil, sun dried tomatoes, avocado & mozzarella cheese.

#### San Francisco

~ Ham & cheddar cheese with red bell peppers & onions.

#### Santa Cruz Pier

~ Smoked salmon with onions, sour cream & capers.

#### Spinach Pesto

~ Sautéed spinach, onions, red bell peppers and avocado topped with pesto sauce.

#### Make Your Own Omelette

~ Choose three of the following, ham, smoked salmon, spinach, bell peppers, mushrooms, onions, tomatoes, zucchini, avocado and cheese.

#### Two eggs any style

~ \$7.50

### Breakfast Crepes

served with grilled potatoes or baby green salad. substitute cup of fruit for \$1.75 Add cheese for \$1.00

#### Adrian's Favorite

~ Alaskan smoked salmon, roma tomatoes, onions, capers & sour cream with a touch of lemon. \$9.99

#### Aspen

~ Egg whites, mushrooms, ham & onions topped with our homemade pico de gallo \$9.99 Add cheese \$1.00

#### Campestre

~ Two eggs scrambled with your choice of bacon or sausage & cheddar cheese. \$9.99

#### Crepe Ranchero

~ Two eggs sunny side up, topped with spicy marinara sauce, red bell peppers, tomatoes, onions and melted mozzarella cheese on an open faced crepe. \$10.50

#### Favorite

~ Eggs, ham, cheddar cheese, onions & red bell peppers. \$9.50

#### Good Start

~ Eggs, roma tomatoes, spinach & onions, topped with sour cream. \$9.99

#### Morning Rush

~ Granola, raisins, yogurt & sliced bananas. \$9.25

#### PB & J

~ Peanut Butter & Jam. No side. \$6.99

#### Energy

~ Power packed granola, creamy low fat vanilla yogurt & Georgia peaches. No side. \$7.50

### Good Stuff

#### **NEW** Solar breakfast sandwich

~ Three scrambled eggs, cheddar cheese and tomatoes with crispy bacon served on fresh baguette with a side of potatoes. \$9.99

#### **NEW** Oatmeal

~ 100% Natural whole grain oatmeal topped with bananas and strawberries, served with brown sugar and steamed milk. \$7.50

#### **NEW** Solar Granola

~ Low fat granola made with whole oats, whole grain wheat and golden raisins, served with fresh bananas and cold or steamed milk. \$7.95

#### **NEW** Croissant french toast

~ Topped with bananas, strawberries, maple syrup & french vanilla ice cream. \$8.99

#### Fresh fruit plate

~ Freshly cut seasonal fruit, served with cottage cheese or non fat vanilla yogurt on the side. \$7.99

#### **NEW** Power Breakfast

~ Grilled chicken breast, scrambled egg whites, and seasonal fresh fruit served with wheat toast. \$11.99

#### **NEW** Solar breakfast crepe quesadilla

~ Scrambled eggs, cheddar & mozzarella cheese served in a crepe. Topped with avocado, sour cream and homemade salsa. \$9.99 Add chicken \$2.00

#### Shakshuka

~ Tomato based breakfast, topped with two eggs. Served in a Cast Iron Skillet. Served with toasted ciabatta. \$12.99

### Sides

#### Two Eggs

~ Any style. \$3.50

#### Yogurt

~ Low fat vanilla. \$2.50

#### Cottage Cheese

~ Low fat. \$2.50

#### Sliced tomatoes

~ \$2.00

#### Avocado

~ Fresh California avocados. \$2.00

#### Low fat Granola

~ Low Fat Granola made with whole oats. \$3.75

#### Cup of Fruit

~ Fresh cut seasonal fruit. \$3.99

#### Bagels

~ Plain, sesame, onion, blueberry or cinnamon raisin served with cream cheese. \$2.50

#### Sliced tomatoes and onions

~ \$2.75

#### Smoked salmon & Capers

~ \$4.00

#### Smoke bacon or turkey sausage

~ \$3.50

#### Grilled potatoes

~ Onions & red peppers. \$3.50

#### Parfait

~ \$3.45

# Lunch & Diner

## Salads

### Beautiful Baby Spinach

~ Fresh baby spinach, crispy bacon, button mushrooms, feta cheese crumbles & roma tomatoes served with Balsamic vinaigrette. \$9.50

### Caesar

~ Crisp romaine lettuce, crepe chips or seasoned croutons, & creamy Caesar dressing topped with parmesan cheese. \$8.99

### Caprese

~ Baby spinach, tomatoes, fresh mozzarella cheese & fresh basil with a light drizzle of balsamic vinaigrette. \$9.50 Add Parma Prosciutto \$2.50

### Cobb

~ Organic baby greens, honey smoked turkey, crisp bacon, roma tomatoes, carrots, avocado and black olives with chopped eggs and blue cheese crumbles. Served with balsamic vinaigrette \$9.99

### Del Solar

~ Organic baby greens, carrots, Roma tomatoes and your choice of one of the following: Grilled Chicken Breast, Alaskan Salmon, Two scoops of Tuna salad, or Parma Prosciutto. \$10.99

### Greek

~ Organic baby greens, celery, cucumber, diced tomatoes, bell peppers, black olives, chopped onions and feta cheese. \$8.99

### **NEW** Solar Chopped

~ Iceberg lettuce, roma tomatoes, garbanzo beans, black olives, basil, salami, and provolone cheese. Served with balsamic vinaigrette. \$10.99

### **NEW** Skirt steak salad

~ Grilled Skirt steak marinated in our special chimichurri sauce, tomatoes, blue cheese crumbles, toasted walnuts and onions on a bed of Organic baby greens with ranch dressing. \$12.99

### **NEW** Tango salad

~ Grilled chicken breast, Organic baby greens, roma tomatoes, onions, and mozzarella cheese, warm Argentinean rice tossed with our home made honey mustard dressing. \$10.99

## Additions to any salad

### Grilled Chicken Breast

~ \$2.99

### Grilled Salmon

~ \$4.99

### Sautéed Shrimp

~ \$3.99

### Skirt Steak

~ \$4.99

### Scoop of tuna salad

~ \$2.99

### Hickory smoked ham

~ \$1.99

### Honey browned turkey

~ \$1.99

### Smoked Bacon

~ \$2.50

### Cup of homemade soup

~ \$2.25

### Chicken Milanese

~ \$3.99

### Dressing Choices

~ Home made balsamic vinaigrette, home made lemon vinaigrette, Blue cheese, Buttermilk ranch, and Creamy Caesar.

## Paninis

served on rustic ciabatta bread with your choice of grilled potatoes, baby green salad, french fries, or cup of soup. Substitute sweet potato fries of fruit cup \$1.75

### Chicken Artichoke

~ Grilled chicken breast, artichokes, sun dried tomatoes, provolone cheese and a mustard-mayo sauce. \$10.50

### Caprese

~ Fresh sliced mozzarella cheese, tomatoes, basil and balsamic vinaigrette. \$9.99

### Carlito's Way

~ Hickory smoked ham & provolone cheese with tomatoes. \$8.99

### Chicken Melt

~ Grilled Chicken breast, grilled onions, roasted bell peppers and black olives with mozzarella cheese and mayo. \$9.99

### Di Triste

~ Parma prosciutto, mozzarella cheese, basil and tomatoes. \$9.99

### Pesto Chicken

~ Grilled chicken breast, avocado, baby spinach, homemade pesto sauce & provolone cheese. \$9.99

### Portobello

~ Portobello mushrooms stuffed with provolone cheese, layered in herbed hummus. \$9.99

### Siciliano

~ Basil, sun dried tomatoes, onions, red bell peppers, black olives, marinara sauce, parmesan and mozzarella cheese. \$8.99

### Sun dried tomato pesto chicken

~ Marinated chicken breast in a smooth mixture of pesto and sun-dried tomatoes with grilled onions, bell peppers, tomatoes and provolone cheese. \$10.50

### Wild Turkey

~ Turkey, ham, bacon, provolone cheese & mayo. \$9.99

### Vegetarian

~ Grilled button mushrooms, sun-dried tomatoes, zucchini, spinach and creamy ricotta. \$8.99

## Plates

### **NEW** Chicken Stroganoff

~ Classic Stroganoff cream sauce drizzled over grilled chicken breast, served with your choice of Argentinean rice, salad or french fries. \$13.99

### **NEW** Skirt steak plate

~ Grilled Skirt steak served on a bed of sautéed spinach with your choice of Argentinean rice, salad or french fries. \$13.99

### **NEW** Grilled Chicken Breast

~ Citrus marinated grilled chicken breast, served with your choice of Argentinean rice, salad or french fries. \$12.99 Add champignon sauce for \$1.50

### **NEW** Milanese Napolitana (Beef or Chicken)

~ Milanese steak or chicken breast topped with mozzarella cheese and marinara sauce, served with your choice of Argentinean rice, salad or french fries. \$ 13.99

### **NEW** Grilled Salmon

~ Grilled Salmon topped with lemon caper sauce, served with your choice of Argentinean rice, salad or french fries. \$13.99

### **NEW** Mediterranean Plate

~ Herbed Hummus, Greek salad, Kalamata olives and pickled vegetables and sauté vegetables, served with toasted Focaccia bread. \$11.99