



S O L A N I O

HEALTHY STARTS

YOGURT MANGO BOWL 23

Organic yogurt, toasted quinoa & sesame seeds, mango, chocolate, roasted hazelnuts. **GF**

GREEN ASPARAGUS HUMMUS 23

Chickpea hummus, grilled asparagus, grilled peppers, poached egg, extra virgin olive oil, crispy parmesan. **GF DF**

QUINOA BOWL 23

Avocado, almonds, quinoa, arugula, boiled egg, lemon vinaigrette, dried papaya. **GF DF**

ACAI SMOOTHIE BOWL 23

Shredded coconut, banana, crunchy cacao nibs, blueberries. **GF**

IRISH STEEL CUT OATMEAL 16

Berry compote, brown sugar. **GF DF**

SLICED SEASONAL FRUIT AND BERRIES 23

Watermelon, pineapple, cantaloupe, honeydew, berries, mango, dragon fruit, yogurt-mint dip. **GF**

SMOKED SALMON 28

Pickled red onion, capers, cream cheese, hard-boiled egg, your choice of bagel.

SOLANIO'S BREAKFAST BUFFET 37

Includes orange juice and coffee, waffles made to order, fresh eggs any style, signature quinoa salad, fresh fruit selection, cereals, house made breads and pastries, charcuterie and cheese selection, hot breakfast dishes and much more.

GLUTEN AND DAIRY FREE AVAILABLE

EGGS & MORE

SOLANIO'S EGG BENEDICT 28

English muffin, poached egg, grilled chorizo pica di papaya hollandaise.

BREAKFAST BURRITO 26

Chorizo, peppers, onions, cajun spiced scrambled eggs, cheddar, mozzarella, tomato salsa, guacamole served with sweet potato.

THREE EGG OMELET 25

Your choice of tomato, onion, spinach, zucchini, mushroom, peppers, bacon, sausage, mozzarella, cheddar.
Your choice of toast.

STEAK & TRUFFLE HASH 35

Truffled hash brown, beef tenderloin, poached egg, parmesan cheese.

AVOCADO TOAST 26

Multigrain toast, avocado, pica di papaya, poached egg, extra virgin olive oil.

TWO EGGS ANY STYLE 24

With bacon or sausage, served with sweet potatoes and your choice of toast.

ROASTED PEPPER FRITTATA 23

Smoked paprika, peppers, potato, aioli, arugula, Parmesan cheese.

GLUTEN AND DAIRY FREE AVAILABLE



SOLANO

INDULGE

DUTCH PANCAKES 21

Caramelized apples, powdered sugar, Dutch syrup. **REGULAR PANCAKES AVAILABLE.**

BELGIAN WAFFLES 21

Mini waffles, fresh vanilla whipped cream, pineapple compote.

'PAN DUSHI' FRENCH TOAST 21

Local raisin bread, vanilla, caramelized banana.

PARFAIT DE PIÑA 21

Organic yogurt, caramelized pineapple, house made granola.

BEVERAGES

ADD CHIA, FLAX OR HEMP SEEDS TO ANY JUICE OR SMOOTHIE FOR \$3

ENERGIZER 9

Orange, carrot, ginger.

ANTI-OXIDANTS 9

Strawberry, raspberry, blueberry.

REFRESH 9

Watermelon, cucumber.

GREEN 9

Granny Smith, cucumber, celery, pineapple.

DETOX 9

Grapefruit, lemon, honey, apple vinager

GO PROTEIN 16

Plant-based whey protein, your choice of milk, your choice of fruit.

FRESH ORANGE JUICE 9

FRESH GRAPEFRUIT JUICE 9

BEET-APPLE-CELERY JUICE 9

TROPICAL SMOOTHIE 9

Banana, mango, orange.

HEALTHY SMOOTHIE 9

Spinach, pear, kale, Granny Smith.

SMOOTHIE OF THE DAY 9

MIMOSA 16

Prosecco, orange juice.

BLOODY MARY 16

Vodka, tomato juice, spices.

FRESH FRUIT BUBBLY 16

Prosecco, pureed fresh fruit of the day.

CRANBERRY JUICE 7

PINEAPPLE JUICE 7

V8 JUICE 7

ESPRESSO 5

DOUBLE ESPRESSO 7

ESPRESSO MACCHIATO 7

CAFÉ CRÈME 7

CAPPUCCINO 7

LATTE MACCHIATO 7

CAFÈÈ LATTE 7

HOT TEA 7