



B R E A K F A S T M E N U



Our Breakfast Menu is served until 12:30pm

B R E A K F A S T

Sol Breakfast £8.50
2 back bacon, 2 sausages, 2 free range eggs, grilled tomato, mushrooms, Heinz beans, a hash brown and 2 sourdough toast.

Belfast Breakfast £9.95
2 rashers of bacon, 2 sausages, 2 free range eggs, black pudding, white pudding, Heinz Beans, grilled tomato, mushrooms, soda bread and potato bread.

Sol Green £8.50
2 veggie sausages, 2 free range eggs, mushrooms, grilled tomato, spinach, crushed avocado, Heinz beans and 2 sourdough toast.

Small Sol £4.50
1 rasher of bacon, 1 sausage, 1 free range egg, Heinz beans and 1 slice of sourdough toast.

W R A P S A N D S A N D W I C H E S

Bacon, sausage, scrambled egg and hash brown wrap £4.50

Bacon and scrambled egg wrap £3.50

Hash brown and scrambled egg wrap £3.00

1 item breakfast sandwich £3.00

2 item breakfast sandwich £3.50

3 item breakfast sandwich £3.99

S O L S E G G S

All of our eggs are served with hollandaise sauce on top excluding our standard eggs on toast

Eggs Florentine £6.50
2 poached eggs served on a bed of wilted spinach and 2 sourdough toast.

Eggs Benedict £6.75
2 poached eggs served on 2 rashers of bacon and 2 sourdough toast.

Smashed Avocado and Sweet Chilli sauce £6.95
2 poached eggs served on a bed of crushed avocado with sweet chilli sauce on 2 sourdough toast.

Eggs on Toast £4.50
2 poached, fried or scrambled eggs on 2 white or brown buttered toast.





LUNCH MENU



Be sure to check out
our daily specials
board!

Our Lunchtime Menu is available
from 12:30pm

M A I N S

Classic Jacket FROM £6.95
Served with a fresh side salad. See our
specials board for today's fillings.

Hand Battered Cod and Chips £9.95
Hand battered Cod served with
homemade fat chips, crushed minted
peas and tartare sauce.
Add bread and butter for £1.50!

Southern Fried Chicken Burger £9.25
A southern fried chicken breast with
mayo and sweet chilli sauce, lettuce
and tomato served with skin on fries
and a dip.

Veggie Burger £9.50
Veggie patty served in a brioche bun
with lettuce, tomato and topped with
onion rings. Served with skin on fries
and a dip.

SIDES AND SHARERS

Bowl of Chips £2.95

Sweet Potato Fries £3.20

Chicken Doughnuts £3.95

Homemade Nacho Sharer £7.25

Homemade Onion Rings £3.25

LIGHT BITES AND SANDWICHES

Chicken Wrap £3.99
Breaded chicken tenders, loaded with salad and mayo with a
sweet chilli dip.

Fish Finger Tortilla 'Unwrapped' £7.25
Hand battered fish fillets served with crushed minted peas and
tartare sauce on an open tortilla wrap.

Homemade Soup with a Roll £4.95
Served with a hot bread roll. See today's special board for the
soup of the day.

Lunchtime Sandwich Deal and a Drink £5.95
Choose from Tuna and Sweetcorn, Ham Salad, Cheese
Salad or Pastrami and Horseradish on white or granary
bread.

