

Breakfast Entrees

The Traditional	9.99
2 eggs, bacon/sausage, toast, w/a side	
Sol Pancake Plate	10.50
2 buttermilk pancakes (sub waffle/French toast), 2 eggs, bacon/sausage	
Hash and Eggs	11.29
Hash and 2 eggs, toast, w/a side	
Fo's Favorite Bowl	9.99
Home fries w/spinach, onions, feta cheese, 2 eggs. Add protein for 2\$ each	
Fiesta bowl	10.75
Chorizo, Onions, Tomatoes, Green Peppers tossed with home fries w/creme fraiche and side of salsa	
B.E.L.T.	9.99
Bacon, Egg, Lettuce and Tomato, mayo on brioché bun w/a side	
Monte Cristo	10.99
Honey Ham battered and fried with swiss cheese, mustard and mayo on French toast, sprinkled with powdered sugar, w/a side	
Steak and Eggs	12.99
2 eggs, 6 oz sirloin steak, toast w/a side	
Breakfast Burrito	9.69
Chorizo, tomato, onions, sour cream, scrambled eggs, cheddar jack cheese wrapped in flour tortilla, w/a side	
Cinnawich	10.50
1 Egg any style, bacon/sausage, and cheese on Cinnamon swirl French toast w/a side	

Benedicts

The Traditional Benny	10.50
Canadian Bacon, Poached eggs, covered in Hollandaise on an English muffin	
Killer Tomato Benny	11.69
Tomato, spinach, basil pesto, poached eggs covered in Hollandaise on English muffin	
Hash Benny	10.99
Hash, poached eggs, covered in Hollandaise sauce on an English muffin	

Small Bites

Avocado Toast	8.99
Sourdough Bread topped with fresh avocado mash, 2 eggs any style and pico de gallo.	
Grilled Blueberry/Apple Pie Bread	7.99
Two pieces of grilled bread, your choice of Blueberry pie or Apple Pie bread with a side of fruit.	
Add 2 eggs any style for \$2	
Yogurt Parfait	7.69
Fresh Fruit, yogurt and crunchy granola	

Small Bites Continued

Biscuit Sandwich	4.99
1 egg any style, sausage/bacon, and cheese	
Biscuits and Gravy Plate	8.29
Two grilled biscuits, 2 eggs topped with sausage gravy.	
Oatmeal Breakfast	6.99
Served with brown sugar, and raisins	

Hot Off the Griddle

Buttermilk or gluten friendly	
Pancakes	
3 pancakes topped with powdered sugar	9.25
Add chocolate chips, blueberries, or pralines	1.00
Blueberry Pancakes	
3 pancakes with blueberries and our homemade blueberry compote, topped with powdered sugar	10.99
French Toast	9.25
Cinnamon swirl bread topped with powdered sugar	
Banana Fosters French Toast	11.79
Caramelized bananas, w/cream cheese frosting, caramel sauce and powdered sugar	
Berry's Waffle	10.99
Topped w/fresh blueberries and strawberries, whipped cream and powdered sugar	
Praline Waffle	9.99
Pralines, whipped cream, caramel drizzle, powdered sugar	

Omelets

Served with your choice of a side and toast. Make any skinny with egg whites only.

The Meat and Potatoes	11.99
Sausage, bacon, Canadian Bacon, home fries and cheese	
The Greko	11.29
Spinach, Feta, tomatoes and olives	
The veggie	10.29
Mushrooms, peppers, onions, tomatoes, spinach and cheese	
BYO Omelet with cheese	7.49
Each veggie \$0.69, Each meat \$1.29	
Mushrooms, Onions, Green Peppers, Jalapenos, Tomato, olives, spinach.	
Bacon, Sausage, Turkey Sausage, Chorizo, Ham	
Cheddar, Swiss, Feta, Cheddar Jack	

Sides

Fruit Cup	2.25
Grits	1.99
Home Fries	2.69
Steak Fries	2.99

Kids Menu

Choice of 3 Items and a drink for **\$6.99**
2 Chicken Fingers, 1 Egg any Style, Sausage or Bacon, Half a Waffle, 1 Pancake, 1 Slice of French Toast, Fruit Cup, Grits or Home Fries

Hand Helds

B.L.T.	8.99
Bacon, Lettuce, Tomato and mayo on Sourdough w/a side	
Blackened Chicken Sandwich	10.99
Grilled chicken, Pesto Aioli, Lettuce, Tomato and swiss on Kaiser bun, w/a side	
Quesadilla	11.99
Steak OR Chicken, Peppers, Onions, Cheddar jack cheese on flour tortilla. Shredded lettuce, Sour cream and salsa on the side	
Buffalo Chicken Wrap	9.75
Fried Chicken tenders, tomato, cheese, lettuce, avocado and Sol sauce, w/a side	
Chicken N' Waffle Sandwich	10.25
Fried Chicken tenders covered in honey hot sauce, w/a side	
Bacon Cheeseburger	11.99
Steakburger, bacon, cheddar cheese, onion, pickles, mayo and ketchup on a brioche bun, w/a side	
Sol Burger	12.99
Steakburger, Bacon, Fried egg, Lettuce, Tomato and Sol sauce, w/a side	
The Aloha Sandwich	11.59
Grilled Chicken covered in Hawaiian BBQ sauce, fried ham and fresh pineapple salsa, w/a side	

Salads

Caesar Salad	8.49
Romaine Lettuce, croutons, parmesan cheese, creamy dressing. Add protein \$4	
House Salad	8.49
Mixed Greens, bacon, boiled egg, tomato, onion, cucumber, cheddar cheese. Choice of dressing. Add protein \$4	
Southwest Salad	11.99
Grilled chicken, mixed greens, black beans, corn, tomato, avocado, w/green goddess dressing. Add other protein \$3	
Greek Salad	11.99
Grilled Chicken, Romaine lettuce, Tomato, Cucumber, Onion, Olives and Feta Cheese with Olive Oil and Balsamic Vinegar. Add other protein \$3	

Beverages

Soft Drink or Iced Tea	2.99
Sweet/Unsweet	
Juice	2.99
Apple/Orange/Cranberry	
Milk	2.19
White or Chocolate	
Almond Milk	2.50
Small Batch Coffee	3.49
Fresh Ground, Medium Roast or Naturally Decaffeinated Courtesy of Knowledge Perk of Rock Hill	
Traditional Mimosa	\$6 / 22.99
Orange juice and Champagne	
Sunrise Mimosa	\$6 / 22.99
Orange and Cranberry juice and Champagne	
Sol Mimosa	\$8 / 24.99
Whole Blueberries, Lemonade and Champagne	
Draft Beer (Selection will rotate)	\$4 to \$6
Bottle Beer (Selection will rotate)	\$3 to \$6
Red Wine	
Noah River Cabernet	\$6/16
Black Ridge Cabernet	\$9/25
Les Volets Pinot Noir	\$7/18
Retro Rouge	\$9/25
White Wine	
Shortbread Buttery Chardonnay	\$7/18
Moon Twist Sauvignon Blanc	\$5/14
Champagne	\$6/16

Desserts

Please ask your server for our dessert selection.