

SOL FAVORITES

choose



or



SOUTHERN SOUL

The original soul.
bbq chicken, plantains,
baked mac n cheese,
carrots, onions, mixed
greens, ranch sauce
\$16

TRUE GRIT

bbq jackfruit, buttery grits,
coleslaw, pickles, onions,
carrots, coleslaw,
remoulade
\$14

ORANGE SEOUL

Korean inspired citrus bbq
chicken, brown rice,
coleslaw, onions,
ranch sauce
\$11

THE BIG EASY

bbq chik'n, brown sugar
brown rice, baked beans,
coleslaw, cheddar cheese,
ranch sauce
\$14

CREATIVE SOL

build a wrap or bowl



or



\$11.50 (+\$3 add side of jalapeño cornbread)

CHOOSE BASE:

mixed greens • brown rice • grits • mac n cheese
+\$3

CHOOSE PROTEIN:

(choice of traditional bbq or orange bbq)

chik'n • pulled jackfruit • drumsticks

CHOOSE VEGGIE:

coleslaw • collards • baked beans
add more for \$2 each

CHOOSE TOPPER:

shredded carrots • raw onion

CHOOSE SAUCE:

ranch • remoulade

BBQ PROTEINS

CHIK'N \$4.25

PULLED JACKFRUIT \$4.25

DRUMSTICKS \$4.25

HOUSE FAVS

BAKED MAC N CHEESE \$5.25

JALAPEÑO CORNBREAD \$3.25

GRITS N GREENS \$5.95
topped with remoulade sauce

SIDES

SOUTHERN STAPLES

COLESLAW \$3.25

COLLARD GREENS \$2.95

BROWN SUGAR
BAKED BEANS \$3.25

BUTTERY GRITS \$2.95

SAUCES

RANCH \$1.25

SPICY REMOULADE \$1.25

BBQ \$1.25

SWEET ORANGE BBQ \$1.50