

- SALADS -

MIDWOOD MIXED GREENS

tomatoes, red onion, crimini mushrooms, shaved pecorino,
red wine vinaigrette - \$6

GRILLED CAESAR

garlic-oil grilled romaine, toasted ficelle crouton - \$6

GUACAMOLE STACK

sliced avocado, red onion, cilantro, fried garlic chips - \$5

COUNTRY GREEK SALAD

tomatoes, red onion, cukes, kalamata olives, peppers, feta, EVO - \$7

MARINATED BABY PORTABELLA MUSHROOMS - \$5

ROCKET ANTIPASTO

arugula, tomatoes, marinated criminis, pepperoncini,
black olives, mozzarella, prosciutto, vinaigrette - \$8

- DIPS -

served with baked pita chips

babaganoush (smoked eggplant dip) - \$4

tzatziki (garlic-yogurt dip) - \$4

hummus of the day (chickpea puree) - \$4

white bean & goat cheese - \$5

Athenian tomato salsa - \$5

taramosalata (caviar spread) - \$5

spicy feta dip - \$5

dip trio: tzatziki, hummus, babaganoush - \$8

- SIDES - NIBBLES - TOASTS -

marinated Spanish white anchovies on bruschetta - \$5

fried goat cheese on bruschetta - \$5

boursin cheese stuffed piquillo peppers on bruschetta - \$5

serrano and manchego on toast - \$6

mixed marinated olives - \$4

french fries with garlic-herb salt & truffle oil - \$5

barrel-aged Greek feta, dressed with oregano and EVOO - \$4

toasted pita bread/pita chips - \$1

- SKEWERS -

garlic shrimp - \$7

gyros (house-made ground lamb & beef) w/tzatziki - \$7

lemon chicken - \$5

pork souvlaki w/tzatziki - \$6

chimichurri beef - \$6

ahi tuna with sesame & soy drizzle - \$7

curried lamb w/mango chutney - \$8

- PANINI - SANDWICHES -

BBQ - CUBANINI

BBQ pork, ham, pickle, provolone, mustard - \$8

EGGPLANT PARMESAN

whole milk mozzarella in a deep-fried eggplant bun,
with tomato-basil marinara - \$7

WILD MUSHROOMS ON TOAST

topped with fried egg and dijon-olive oil drizzle - \$8

MINI-BURGERS

blue cheese stuffed, with fried onion strings, lettuce
and sriracha mayo - \$8

SOUL-GRILLED CHEESE

mozzarella, provolone & kasseri cheeses, panini grilled - \$6

STEAK & EGG

hanger steak on toast with sauteed onions, peppers, mushrooms,
and provolone, topped with a fried egg - \$9

GRILLED PITA SANDWICHES

tomato, parsley, onion, tzatziki

gyros - \$8

pork - \$7

lamb - \$8

beef - \$7

chicken - \$6

falafel - \$6

- CUPCAKES A GO-GO -

\$4

red velvet, cream cheese frosting

chocolate, espresso buttercream

cupcake of the day

- SOUL MADE ICE CREAM -

\$4

goat cheese

Vietnamese coffee

pistachio

Due to our preparation method and style of service,
menu items are served when prepared

18% gratuity added to parties of 8 or more

- TAPAS - MEZE - SMALL PLATES -

SHRIMP CEVICHE

in coconut milk and lime, with plantain chips - \$8

SASHIMI TUNA TACOS

Bragg's marinated diced tuna in fried wonton tacos, with sriracha mayo - \$8
with shot of sparkling sake add \$3

ANCHOVY FRIES

fresh fried whole anchovies, with tomato-lemon tartar sauce - \$6

SALMON-O-PITA

smoked salmon with chevre, cream cheese & chives,
baked in phyllo, with candied red onion relish - \$7

SOUTHERN FRIED OYSTERS

calabash style, with tomato-lemon tartar sauce - \$7

STICKY VEAL SHORTRIBS

hoisin-braised, with five spice honey - \$8

LAMB LOLLIPOPS

lamb racks with rosemary & pecorino - \$15

SPANISH CHORIZO

in red wine - \$5

SOUL WINGS

ASIAN - oyster sauce, Thai chili paste, lime - \$7
MEDITERRANEAN - garlic, oregano, lemon, red pepper - \$7

HAM PLATE

prosciutto, Serrano, Virginia ham, cornichons, capers, EVO, toasts - \$7

DOLMADES PLATE

herb and rice stuffed grape leaves, hummus, olives, pita chips - \$6

CHEESE PLATE

kasseri, barrel-aged feta, manchego, asiago,
apricot jam, toasts - \$9

SPANAKOPITA

spinach and feta phyllo pies - \$6

SAGANAKI

pan-fried kefalograviera cheese, flamed with brandy - \$6
with shot of ouzo add \$3

BONE MARROW

garlic roasted beef bones, with parsley salad, toasts - \$8

ROCKY MOUNTAIN OYSTERS

deep fried veal fries, with spicy ranch - \$7

FRIED MEATBALLS

herbed ground beef, tzatziki - \$6

- SUSHI -

Edamame - \$4

Seaweed Salad - \$5

Squid Salad - \$6

Baby Octopus - \$6

NIGIRI: on a bed of rice - SASHIMI: straight up 2 pcs/order

Tuna - \$6

Masago - \$5

White Tuna - \$6

Squid - \$5

Salmon - \$5

Octopus - \$5

Yellowtail - \$6

Salmon Roe - \$6

Shrimp - \$5

White Fish - \$5

Eel - \$5

Scallop - \$6

Sweet Shrimp - \$9

* New to sushi? We can flame sear it.

FEATURED ROLLS:

CALIFORNIA ROLL - \$6

YELLOWTAIL with SCALLIONS ROLL - \$8

SPICY TUNA ROLL - \$7

HAMACHI ROLL - \$8

PHILLY ROLL - \$8

EEL ROLL - \$7

VEGETABLE ROLL - \$6

available with soy paper OR as hand rolls

- SOUL ORIGINALS -

SOUL ROLL 8 pcs - \$10

spicy salmon, cucumber, jalapeño, topped with sliced
white tuna, wasabi aioli, chili and spicy mayo sauce

KI ROLL [Vegan] 8 pcs - \$8

mixed greens, carrots, cucumber, mint and mango
wrapped in soy paper - served with a sweet chili sauce

NAPOLEAN ROLL 8 pcs - \$8

tuna, cream cheese, jalapeno, lightly fried in a tempura batter

REPLAY ROLL 8 pcs - \$9

eel, cucumber, crab and capelin roe
served with eel sauce on a bed of crispy tempura flakes

CRUNCH ROLL 6 pcs - \$9

yellow tail, crispy tempura flakes, scallions and white fish
served with a masago sauce and lightly fried

QUEEN CHARLOTTE 8 pcs - \$9

tempura shrimp, cucumber and capelin roe
served with a masago sauce

HAMACHI with JALAPEÑO 4 pcs - \$9

mixed greens, slices of yellowtail [white tuna by request]
topped with thin slices of jalapeño and topped with ponzu sauce

SUSHI FONDU 8 pcs - \$10

spicy tuna, avocado, kani stick and capelin roe
served with a creamy aioli sauce and crispy tempura flakes

SPIDER ROLL 5 pcs - \$10

tempura soft shell crab, cucumber, avocado and capelin roe

SAKANA ROLL 5 pcs - \$13

tuna, salmon, white fish, yellow tail and avocado,
lightly fried in a tempura batter with spicy sauce and eel sauce

- SASHIMI PLATES -

SASHIMI SAMPLER 6 slices - your choice - \$15

SASHIMI MORIAWASE 9 slices - chefs choice - \$20

- W I N E S -

WHITE

	glass	btl
Lagaria Pinot Grigio-Venezie, Italy	6	22
Loosen Bros "Dr.L" Riesling-Mosel, Germany	8	28
Ponga Sauvignon Blanc-Marlborough, New Zealand	8	28
Laxas Albarino-Rias Baixas, Spain	10	36
Andeluna Chardonnay-Mendoza, Argentina	8	28
Red Tree Chardonnay-California	6	22
GWC Assyrtiko-Santorini, Greece	10	36
Ritinitis Nobilis Retsina-Greece		42

ROSE

	glass	btl
Les Vignerons De Saumur Cabernet Franc Dry Rose-Loire, France	7	26

RED

	glass	btl
Annabella Pinot Noir-Carnerous, California	10	35
Sherwood Pinot Noir-Marlborough, New Zealand		34
Jigsaw Pinot Noir-Oregon		44
David Hill Pinot Noir-Willamette Valley, Oregon		32
La Garrigues Cotes Du Rhone-The Rhone, France		24
Dogajolo "Super Tuscan", Cabernet & Sangiovese-Tuscany, Italy	9	32
Tenuta La Meridiana Barbera D' Asti-Piedmont, Italy		50
Bosco Montepulciano D' Abruzzo-Tuscany, Italy		39
Ben Glaetzer Heartland Shiraz-Australia	10	35
Crios Malbec-Mendoza, Argentina	9	32
Vin de Crete Kotsifali & Mandilaria-Crete, Greece		29
Kouros Agiorgitiko-Nemea, Greece		29
Hayes Ranch Cabernet Sauvignon-California	6	22
Lang & Reed Cabernet Franc-North Coast, California		50
Donati Family Claret-Paicines, California		40
Foppiano Reserve Petite Sirah-Russian River, California		70
Justin Cabernet Sauvignon-Paso Robles, California		48
Klinker Brick Old Vine Zinfandel-Lodi, California		40
Elizabeth Spencer Syrah-Sonoma Coast, California		42
Velvet Devil Merlot-Columbia Valley, Washington	9	32
Prima Tempornillo-Toro, Spain		42
Campos De Luz, Crianza, Garnacha-Carinena, Spain		27
Casa De La Ermita Crianza-Monestrell-Jumilla, Spain	10	36
Gine Gine, Red Blend-Priorat, Spain		39
Atteca Old Vine Garnacha-Calatayud, Spain		30

BUBBLES

	glass	btl
Conde de Subirats Cava Rose-Spain	8	28
Don Conde Cava Brut-Spain	6	22
Conti Neri Prosecco-Italy	9	32
Duval Leroy NV Brut Champagne-Champagne, France		55
Vueve Cliquot NV Brut Champagne-Champagne, France		85

SHERRY

Lustau Dry Manzanilla Sherry-Jerez-Sherry, Spain	6	20
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SAKE

Hakutsuru Draft Sake-300ml, Kobe, Japan		8
Hakutsuru Junmai Sake-720ml, Kobe, Japan		18
Hakutsuru Junmai Sake-1.8 liter, Kobe, Japan		34
Hana Awaka Sparkling Sake- 250ml, Japan		12
G Joy Sake-300ml, Oregon, USA		15
Yaegaki Nigori Sake-300ml, Japan		18
Mu Jun-Mai Daiginjyo Sake-300ml, Japan		20

All Wine Subject to Availability and Vintage Change

- B E E R S -

IMPORTS - \$4

Sol
Xingu Black Beer
Mythos Hellenic Lager
Newcastle
Two Hearted Ale
Highland Oatmeal Porter
Sapporo
Rogue Dead Guy Ale - \$7
Piraat Ale - \$8

DOMESTIC - \$3

Blue Moon
Yuengling Lager
Budweiser
Bud Light
Miller Lite
Michelob Ultra
O'Doul's
Pabst Blue Ribbon - \$2