

- 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 - \$7

- PANINI - SANDWICHES -

BBQ - CUBANINI

BBQ pork, ham, pickle, provolone, mustard - \$7

EGGPLANT PARMESAN

whole milk mozzarella in a deep-fried eggplant bun,
with tomato-basil marinara - \$6

MINI-BURGERS

blue cheese stuffed, with fried onion strings, lettuce
and sriracha mayo - \$7

SOUL-GRILLED CHEESE

mozzarella, provolone & kasseri cheeses, panini grilled - \$5

STEAK & EGG

hanger steak on toast with sauteed onions, peppers, mushrooms,
and provolone, topped with a fried egg - \$8

GRILLED PITA SANDWICHES

tomato, parsley, onion, tzatziki

gyros - \$7

pork - \$6

lamb - \$7

beef - \$6

chicken - \$5

falafel - \$5

- TAPAS - MEZE - SMALL PLATES -

SHRIMP CEVICHE

in coconut milk and lime, with plantain chips - \$7

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

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

LITTLE NECK CLAMS

steamed in ouzo and garlic, toasts - \$7

SOUTHERN FRIED OYSTERS

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

STICKY VEAL SHORTRIBS

hoisin-braised, with five spice honey - \$7

LAMB LOLLIPOPS

lamb racks with rosemary & pecorino - \$12

SPANISH CHORIZO

in red wine - \$4

SOUL WINGS

ASIAN - oyster sauce, Thai chili paste, lime - \$6
MEDITERRANEAN - garlic, oregano, lemon, red pepper - \$6

HAM PLATE

prosciutto, Serrano, Virginia ham, cornichons, capers, EVO, toasts - \$6

DOLMADES PLATE

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

CHEESE PLATE

kasseri, barrel-aged feta, manchego, asiago, savory jam, toasts - \$8

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 - \$7

ROCKY MOUNTAIN OYSTERS

deep fried veal fries, with spicy ranch - \$6

FRIED MEATBALLS

herbed ground beef, tzatziki - \$5

- SKEWERS -

- garlic shrimp - \$6
- gyros (house-made ground lamb & beef) w/tzatziki - \$6
- lemon chicken - \$4
- pork souvlaki w/tzatziki - \$5
- chimichurri beef - \$5
- ahi tuna with sesame & soy drizzle - \$6
- curried lamb w/mango chutney - \$7

- DIPS -

served with baked pita chips

- babaganoush (smoked eggplant dip) - \$3
- tzatziki (garlic-yogurt dip) - \$3
- hummus of the day (chickpea puree) - \$4
- white bean & goat cheese - \$5
- Athenian tomato salsa - \$5
- taramosalata (caviar dip) - \$4
- spicy feta dip - \$4
- dip trio: tzatziki, hummus, babaganoush - \$7

- SIDES - NIBBLES - TOASTS -

- wild mushrooms on toast, topped with fried egg and a dijon-olive oil drizzle - \$7
- marinated Spanish white anchovies on bruschetta - \$4
- fried goat cheese on bruschetta - \$4
- boursin cheese stuffed piquillo peppers on bruschetta - \$4
- serrano and manchego on toast - \$5
- mixed marinated olives - \$3
- french fries with garlic-herb salt & truffle oil - \$4
- barrel-aged Greek feta, dressed with oregano and EVO - \$4
- toasted pita bread/pita chips - \$1

- CUP CAKES A GO-GO -

\$4

- red velvet, cream cheese frosting
- chocolate, espresso buttercream
- pumpkin spice, orange frosting

- SOUL MADE ICE CREAM -

\$4

- goat cheese
- Vietnamese coffee
- pistachio

- SUSHI -

- Edamame - 4
- Seaweed Salad - 5
- Squid Salad - 6
- Baby Octopus Salad - 6

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

- Tuna - 5
- White Tuna - 5
- Salmon - 4
- Yellowtail - 5
- Shrimp - 4
- Eel - 4
- Sweet Shrimp - 8
- Masago - 4
- Squid - 4
- Octopus - 4
- Salmon Roe - 5
- White Fish - 4
- Scallop - 5

* New sushi eater? We can flame sear it for you.

FEATURED ROLLS: CALIFORNIA ROLL - 5

- YELLOWTAIL with SCALLIONS ROLL - 6
- SPICY TUNA ROLL - 6
- EEL ROLL - 6
- VEGETABLE ROLL - 5

Rolls Made Upon Request - Market
can be made with soy paper OR as hand rolls

- SOUL ORIGINALS -

SOUL ROLL 8 pcs - 9
spicy salmon, cucumber, jalapeño, topped with sliced white tuna, wasabi aioli, chili and spicy mayo sauce

KI ROLL [Vegan] 8 pcs - 7
mixed greens, carrots, cucumber, mint and mango wrapped in soy paper - served with a sweet chili sauce

REPLAY ROLL 8 pcs - 8
eel, cucumber, crab and capelin roe served with eel sauce on a bed of crispy tempura flakes

CRUNCH ROLL 6 pcs - 8
yellow tail, crispy tempura flakes, scallions and white fish served with a masago sauce and lightly fried

QUEEN CHARLOTTE 8 pcs - 8
tempura shrimp, cucumber and capelin roe served with a masago sauce

HAMACHI with JALAPEÑO 4 pcs - 8
mixed greens, slices of yellowtail [white tuna by request] topped with thin slices of jalapeño and topped with ponzu sauce

SUSHI FONDU 8 pcs - 9
spicy tuna, avocado, kani stick and capelin roe served with a creamy aioli sauce and crispy tempura flakes

SPIDER ROLL 5 pcs - 9
tempura soft shell crab, cucumber, avocado and capelin roe

SAKANA ROLL 5 pcs - 12
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- 11
- SASHIMI MORIAWASE 9 slices - chefs choice- 16

- WINES -

WHITE

	glass	btl
Lagaria Pinot Grigio 070, Venezie Italy	6.	20.
Arona Sauvignon Blanc 080, Marlborough New Zealand	8.	25.
Kung Fu Girl Reisling 070, Columbia Valley Washigton	9.	30.
Redtree Chardonnay 070, California	6.	20.
Andaluna Chardonnay 070, Mendoza Argentina	9.	30.
Greek Wine Cellars Assyrtiko, Santorini Greece	10.	35.

RED

Angeline Pinot Noir 060 - Russian River, California	10.	35.
Crios Malbec 070 - Mendoza, Argentina	9.	30.
Velvet Devil Merlot 070 - Columbia Valley Washigton	9.	30.
Hayes Ranch Cabernet Sauvignon 050 - California	7.	25.
Brutocao Cabernet Savignon 060 - Mendocino, California	13.	45.
Ben Glaetzer Heartlands Shiraz 050 - Limestone Cst, Australia	12.	30.

SPARKLING

Don Conde Cava - Spain	7.	23.
Conte Neri Prosecco - Veneto Italy	9.	34.