

# Soul Cafe

Food + Art + Music

## Nibbles

### Arizona Wedge 7

Jalapeno infused bacon, jalapeno blue cheese, and sweet cherry tomatoes

### Apple Bleu Salad 8

Baby greens, green apples, blue cheese crumbles, candied walnuts, dried cranberries, apple vinaigrette

### Beet Citrus Salad 8

Roasted golden beets, baby greens, sweet oranges, feta cheese and pistachios with an orange vinaigrette

### Jalapeno Bacon-Wrapped Shrimp 12

3 jumbo shrimp with cream cheese and fresh jalapeno wrapped in Jalapeno infused bacon

### Sal's Bowl of Balls 10

Beef & pork, marinara, crusty bread

### Zuppa De Mussels 12

1lb of PEI mussels in a spicy garlic parmesan broth, crusty bread

### Fried Green Tomatoes 10

Served with chipotle ranch to dip

### Pretzel Nubs 8

Jalapeno cheese sauce & spicy mustard

### Fried Calamari 10

With fried jalapeno coins & spicy remoulade

## Lite Plates

### BLT Salad 18

Baby greens topped with avocado, crisp bacon, hard-boiled egg, buttermilk fried chicken strips, bleu cheese crumbles & ranch dressing

### Mahi Mahi Tacos {GF} 14

3 Grilled Mahi Mahi, cabbage, chipotle cream, cotija, mango salsa

### Margarita Flatbread 14

Tomatoes, basil, fresh mozzarella, garlic & olive oil {Gluten free +\$1}

### Roasted Beet Flatbread {GF} 16

Ricotta, walnuts, beets, fresh arugula & honey balsamic reduction

## Sea

### Salmon on Corn Cake 28

Grilled wild 8oz Scottish salmon on sweet jalapeno corn cake with asparagus and mango salsa

### Summer Scallops on Succotash 30

Pan Seared Diver Scallops, a medley of beans, bacon, corn & potato, and a carrot puree

### Sun Flower Trout {GF} 26

Whole ruby red trout grilled with Arizona honey and toasted sunflower seeds with farro, tomato and kale

### Shrimp & Grits 26

Jumbo shrimp, bacon, celery and red peppers in a spicy tomato clam sauce piled high on crisp cheddar grits

### Salmon Summer Salad {GF} 24

6 oz farm raised salmon on baby greens, with mixed berries, goat cheese and toasted almonds with raspberry vinaigrette

## Land

### Cowboy Bistro\* 28

Coffee rubbed 8 oz. bistro tenderloin pan seared med. rare, sliced on double cream corn and topped with tomato jam, served with roasted poblano scalloped mashed potatoes

### Arizona Medallions\* 26

Two jalapeno potato cakes topped with two 3oz grilled tenderloin medallions & jalapeno cheese sauce, roasted tomato & asparagus

### Steak and Fries {GF} 21

Grilled to order 6 oz flat iron steak staked on crisp French fries and topped with arugula salad

### Mexaloaf {GF} 23

Topped with chipotle ketchup & jalapeno bacon; served with mixed grilled vegetables & buttery whipped potatoes

### Grilled Pork Chop\* 24

Grilled bone-in pork chops, buttery mashed potatoes, country pork gravy & sautéed kale with bacon

### Lamb Chops with a Brussel Sprout & Kale Salad {GF} 28

Grilled lamb chops tee-peed around a salad of shaved Brussel sprouts, kale, pumpkin seeds, dried corn, cotija cheese, artichoke hearts, dried figs, tomatoes, & jalapeno; tossed in lemon dressing; mint chimichurri

### Land & Sea Raviolis 28

Beef short rib stuffed ravioli and jumbo shrimp tossed in gorgonzola & mushroom sauce, finished with fresh spinach & a bit of demi

### Buttermilk Fried Chicken 21

Marinated 48hours in buttermilk, chicken breasts fried to crisp & finished in the oven, smothered in chicken gravy; served with buttery mashed potatoes & grilled veggies

### Chicken Mole 23

Half-roasted bone-in chicken; corn spoon pudding, rich mole, grilled mixed vegetables

Split charge - \$6

\*Indicates these dishes may be served under cooked. Consuming raw or under cooked meats or eggs may increase your risk of food borne illness.