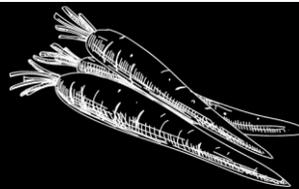


# LUNCH MENU

Executive Chef Keith Pears | Restaurant Chef Michael Hawryluk



**SOCO**  
KITCHEN + BAR

## FOR THE TABLE

**GREEN CHICKPEA "GUACAMOLE"** | 6   
roasted tomatoes, grilled bread, lavash, grissini

**WHIPPED RICOTTA** | 6   
artichoke caponata, grilled bread, lavash, grissini

**HOUSE BAKED BREAD** | 6   
maple butter

**CHARCUTERIE & CHEESE** | 27   
local selection of chefs choice of charcuterie & cheese, house made terrine, preserves, pickles, olives, mustard, house made crackers

## TO START + SHARE

**SOCO URBAN SALAD** | 12   
shaved radish, pumpkin seed granola, carrot, preserved lemon vinaigrette, parmesan aioli

**GRAIN SALAD** | 13   
spinach, feta, crispy chickpeas, watermelon, beets, strawberry peppercorn vinaigrette

**GRILLED BROCCOLI CAESAR** | 13   
kohlrabi, baby kale, croutons, parmesan crisps

**HEIRLOOM TOMATOES** | 14   
balsamic gel, stracchiata, basil, croutons, almond praline

**POWER BOWL** | 16   
grain blend, cherry tomatoes, grilled avocado, mixed greens, marinated shiitakes, grapes, sesame emulsion

### ADD TO YOUR SALAD:

grilled avocado (4)   
roasted pacific salmon (10)   
grilled chicken breast (9)   
grilled prawns (10)

**MUSHROOM SOUP** | 9   
mixed mushrooms, feta

**SOCO MEATBALLS** | 15   
rich tomato sauce, parmesan regiano, pine nuts, basil

**OCTOPUS** | 15   
chorizo, vierge, jalapeno relish, fennel, dill, espellette crouton

## ENTREES

**SOCO BACON CHEESEBURGER** | 19   
ground prime rib, onion, iceberg lettuce, SOCO secret sauce

**VEGGIE BURGER** | 17   
tallegio, avocado, pickled onions, lettuce, vine ripe tomato

**CHICK N' DIP** | 16   
lemon grass chicken, pickled vegetables, cilantro, 'Thaioli', fried onions, chicken jus

### STYLE YOUR SANDWICH:

fried egg (2); truffle aioli (2); sub sweet potato fries (2); sub mushroom soup (3)

*All sandwiches are served with our SOCO fries or URBAN GREEN SALAD*

**ITALIAN SAUSAGE CAVATELLI** | 21   
fennel sausage ragu, peas, mint, parmesan

**GREEN PEA TAGLIATELLE** | 19   
goat cheese, spring peas, cherry tomatoes, mint, basil

**GRILLED SALMON** | 28   
roasted fingerlings, corn, double smoked bacon, tomato fennel nage

**STEAK + FRITES** | 26   
7 oz. hanger steak, chimichurri, foraged mushrooms, cippolini onions

**GOAN CHICKEN** | 26   
goan spiced half chicken, green coconut curry, fingerling potatoes, house salad

**TUNA POKE BOWL** | 21   
albacore tuna, sushi rice, marinated shiitake, cucumber, avocado, grilled pineapple, jicama slaw, roasted soy beans, sriracha aioli

**CAULIFLOWER STEAK** | 22   
beluga lentils, ttc sauce, kale, hazelnut dukkah

**5 CHEESE MAC'N CHEESE** | 15   
2015 + 2016 + 2017 Toronto Mac and Cheese Best of Festival champion, herb bread crumbs   
*Add bbq braised beef (\$3)*

**PRAWN MAC'N CHEESE** | 19   
prawn cream, 5 cheeses, preserved lemon, tarragon

## SIDES

**CAULIFLOWER GRATIN** | 9   
5 cheese, herbed bread crumb   
**SOCO FRIES** | 7   
parmesan, garlic, chopped herbs, caper aioli   
**SWEET POTATO FRIES** | 9   
with sriracha mayo

**ROASTED FINGERLING POTATOES** | 7   
green coconut curry

**GRILLED BROCCOLINI** | 7   
crispy shallots, truffle aioli   
**MIN MAC'N CHEESE** | 10   
2015 + 2016 + 2017 Toronto Mac & Cheese Best of Festival champion, herb bread crumbs   
*add bbq braised beef (\$3), add prawns (\$5)*

## FLATBREAD PIZZA

**MARGHERITA** | 16   
fior di latte, san marzano tomato sauce, fresh basil

**PUTTANESCA PIZZA** | 19   
white anchovies, capers, black olives, garlic, chillies, fior de latte

**PRAWN** | 21   
charcoal crust, prawns, chilies, roasted tomato, black kale, lemon mascarpone

*add to any flatbread pizza (\$3 each)   
mushrooms; pulled chicken; chorizo; kale*

**DIAVOLA** | 19   
chorizo, soppressata, calabrese, red pepper mascarpone, banana peppers

**GRILLED ARTICHOKE** | 17   
pickled peppers, goat cheese, pesto aioli

**FIG** | 19   
caramelized onions, blue cheese, arugula, fig reduction

Ocean Friendly Vegetarian Gluten Free

Automatic 18% gratuity will be added on the final bill of groups of 8 or more. Some of our menu items here at SOCO Kitchen+Bar have raw or undercooked ingredients. Consuming raw or uncooked meats, seafood, shellfish or eggs may increase your risk of food borne-illness.

