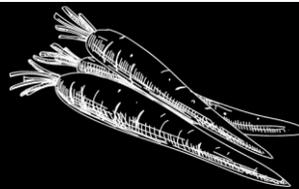


LUNCH MENU

Executive Chef Keith Pears | Restaurant Chef Michael Hawryluk



SOCO
KITCHEN + BAR

FOR THE TABLE

ROASTED EGGPLANT | 7
tomato chutney, cashews, crispy shallots, grilled bread

ALMOND HUMMUS | 12
spring vegetables, olive tapenade, gem lettuce

HOUSE BAKED BREAD | 7
maple butter

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

TO START + SHARE

SOCO URBAN SALAD | 12
shaved radish, heirloom carrot, granola, preserved lemon
vinaigrette, parmesan aioli

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

COBB SALAD | 21
grilled chicken breast, double smoked bacon, blue
cheese, avocado, cherry tomatoes, sherry vinaigrette

PANZANELLA | 14
heirloom tomatoes, stone fruit, vincotto, grilled focaccia,
white balsamic vinaigrette

POWERBOWL | 16
grain blend, cherry tomatoes, grilled avocado, baby kale,
marinated shitakes, sesame emulsion, blueberries

ADD TO YOUR SALAD:

grilled avocado | 4
sustainable salmon | 10
grilled chicken breast | 9
grilled prawns | 10

MUSHROOM SOUP | 9
mixed mushrooms, feta
Add grilled cheese sandwich to your soup | 9

SOCO MEATBALLS | 15
rich tomato sauce, parmigiano reggiano, pine nuts, basil
grilled garlic bread (*contains pork*)

OCTOPUS | 16
ink puttanesca, charcoal coral, jalapeno chutney, fennel
salad, basil



Ocean
Friendly



Vegetarian

Please ask your server
for our gluten friendly
options

ENTREES

**SOCO BACON
CHEESEBURGER** | 19
ground chuck & brisket, onion, iceberg lettuce, tomato,
SOCO secret sauce

BEYOND MEAT BURGER | 19
lettuce, vine ripe tomato, pineapple, sriracha aioli,
crispy shallots

FRIED CHICKEN SANDWICH | 18
coleslaw, pickled green tomato, pink peppercorn ranch,
chili oil

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*
Half and half splits | 2
Keto bun | 5

SPRING VEGETABLE STROZZAPRETTI | 19
asparagus, green peas, corn, aged cheddar, tarragon
cream sauce

GRILLED SALMON | 29
Israeli cous cous, cauliflower puree, concentrated
tomatoes, corn, sunflower seeds, habanero mango
salsa

STEAK + FRITES | 27
flat iron steak, king oyster mushroom, cippolini,
mushroom ketchup

CAROLINA BBQ CHICKEN | 26
roasted potatoes, dill pickles, coleslaw, onion ash aioli

FLATBREAD PIZZA

MARGHERITA | 17
fior di latte, san marzano tomato
sauce, fresh basil

MUSHROOM | 19
wild and cultivated mushrooms, strachino
cheese, truffled pecorino, arugula

PEPPERONI | 18
fennel seeds, spicy honey, local pepperoni

NDUJA SAUSAGE | 19
dates, blue cheese, garlic aioli

TUNA POKE BOWL | 22
yellowfin tuna, marinated shitakes, avocado,
cucumber, lychee salsa, green apple, wasabi
mayo, sushi rice

CAULIFLOWER STEAK | 22
beluga lentils, ttc sauce, swiss chard, 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)

BUFFALO CHICKEN WING MAC'N CHEESE | 18
Braised chicken, hot sauce, blue cheese, chicken
skin crumb

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

socokitchenbar

@socokitchenbar

4 CHEESE | 18
Boursin, strachino, mozzarella, 5 brothers,
roasted garlic, spicy honey

TUNA POKE | 21
yellowfin tuna, marinated shitakes, avocado,
jicama slaw, sriracha aioli, scallions

add to any flatbread pizza (\$3 each)
mushrooms; pulled chicken; nduja; arugula; pepperoni