

BRUNCH MENU

Executive Chef Keith Pears | Restaurant Chef Michael Hawryluk



BUILD YOUR OWN OMELET | 18

smoked ham, roasted peppers, white onions, emmental, tomato, bacon, scallions, breakfast potatoes or fresh cut fruit, choice of toast, preserves

EGG WHITE OMELET | 19 V

spinach, tomatoes, feta cheese, avocado, caramelized onions, breakfast potatoes or fresh cut fruit

VEGGIE BENNY | 18 V

chickpea beet & kale cake, wilted spinach, two poached eggs, ancho pepper hollandaise

PEAMEAL BENNY | 18

two poached eggs, English muffin, breakfast potatoes or fresh cut fruit, citrus hollandaise

SMOKED SALMON BENNY | 18

Norwegian smoked salmon, two poached eggs, English muffin, breakfast potatoes or fresh cut fruit, citrus hollandaise

AVOCADO TOAST | 18 V

roasted tomato chutney, whipped ricotta, poached eggs, pickled mustard seeds, breakfast potatoes or fresh cut fruits, herb salad

SHAKSHOUKA | 17

rich pepper stew, poached eggs, spicy lamb merguez sausage, breakfast potatoes or fresh cut fruit

CHICK N' DIP | 16

lemon grass chicken thigh, pickled vegetables, cilantro, thaioli, fried onions, chicken jus

COCONUT CHIA BOWL | 13 V

house made granola, pineapple, almonds, banana

CHICKEN N' PANCAKES | 18

buttermilk fried chicken, chili maple syrup, apple compote

BREAKFAST BURGER | 17

chorizo patty, aged cheddar, arugula, tomato aioli, hash brown, over easy egg, breakfast potatoes or fresh cut fruit

HUEVOS DIANA | 18

corn tortilla, black beans, sunny eggs, chicken chili con queso, avocado salsa, breakfast potatoes or fresh cut fruit

MUSHROOM SOUP | 9 GF V

mixed mushrooms, feta

HOUSE BAKED BREAD | 6 V

maple butter

SOCO URBAN SALAD | 12 V

shaved radish, pumpkin, seed granola, carrot, preserved lemon vinaigrette, parmesan aioli

GRAIN SALAD | 13 V

spinach, feta, crispy chickpeas, watermelon, beets, strawberry peppercorn vinaigrette

GRILLED BROCCOLI CAESAR | 13

kohlrabi, baby kale, croutons, parmesan crisps

POWER BOWL | 16 V

grain blend, cherry tomatoes, grilled avocado, mixed greens, marinated shiitakes, grapes, sesame emulsion

add to your salad:

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

VEGGIE BURGER | 17 V

tallegio, avocado, pickled onions, lettuce, vine ripened tomato, pineapple

SOCO BACON CHEESEBURGER | 19

ground prime rib, onion, iceberg lettuce, SOCO secret sauce, fries

style your burger:

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

all sandwiches are served with

SOCO FRIES or URBAN SALAD.

TUNA POKE BOWL | 21 🌊

albacore tuna, sushi rice, marinated shiitake, cucumber, avocado, grilled pineapple, jicama slaw, roasted soy beans, sriracha aioli

5 CHEESE MAC'N CHEESE | 15 V

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

ITALIAN SAUSAGE CAVATELLI | 21

fennel sausage ragu, peas, mint, parmesan

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FLATBREAD PIZZA

PRAWN | 21 🌊

charcoal crust, prawns, chilies, roasted tomato, black kale, lemon mascarpone

ARTICHOKE | 17 V

goats cheese, pickled peppers, pesto aioli

SIDES

CHICKEN SAUSAGE | 6

SPICY LAMB MERGUEZ SAUSAGE | 6

SMOKED SALMON | 6

SMOKED BACON / PEAMEAL / PORK

SAUSAGE | 5

BOWL OF FRESH FRUIT AND BERRIES | 7

MINI MAC'N CHEESE | 10

AVOCADO | 2

SPICY MAPLE SYRUP | 2

BEVERAGES

DAILY SMOOTHIE | 6

FRESH FRUIT SMOOTHIE | 6

ORANGE, GRAPEFRUIT, APPLE CRANBERRY OR V8 JUICE | 4

MILK CHOCOLATE, HOT CHOCOLATE | 4

STARBUCKS™ COFFEE, TAZO™ | 4

LATTE, CAPPUCINO | 5

MOCHA, CARAMEL MACCHIATO | 6

AMERICANO, ESPRESSO | 4

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Ask your server for Gluten Free Options

Ocean Friendly Vegetarian Gluten Free