

WINTER MENU



Market & Deli
Zion National Park

Sol Foods
95 Zion Park Boulevard
Springdale, UT 84767
435-772-0277



SANDWICHES \$ 5.99

Our famous sandwiches are served on your choice of whole wheat ciabatta roll, white or wheat bread with lettuce, tomatoes, red onions, Mayonnaise and mustard are on the side.

Turkey with Swiss or Cheddar Cheese

Ham with Swiss or Cheddar Cheese

Vegetarian with Hummus, Swiss or Cheddar Cheese



WRAPS \$ 5.99

Our healthy and hearty wraps are served in an oversized tortilla

ULTIMATE VEGGIE

Hummus, Onions, Lettuce, Tomatoes, Black Olives,
Bell Peppers, Sprouts and Balsamic Vinaigrette

THAI TURKEY

Turkey, Tomatoes, Lettuce, Onions and Sprouts

HAM and SWISS

Ham, Swiss, Tomatoes, Onions, Lettuce & Honey Dijon Dressing

SOL FOODS SPECIALTIES

HOT DOG \$3.99

Jumbo Hebrew National All Beef Hot Dog

CHILI DOG \$4.99

Jumbo Hebrew National All Beef Hot Dog

HAMBURGER \$5.99

Ground Beef Patty with Lettuce, Tomato & Onions

BUFFALO BURGER \$6.99

Wild West Buffalo with Lettuce, Tomato & Onions

VEGETARIAN BURRITO \$5.99

Black Beans, Tomatoes, Peppers, Onions, Lettuce, Avocado
and Pico de Gallo Salsa

CARNE ASADA BURRITO \$6.49

Grilled Beef, Black Beans, Tomatoes, Peppers, Onions, Lettuce, Avocado
and Pico de Gallo Salsa

EXTRAS

Chili con Carne or Soup **\$3.49** per bowl

Roll **\$.50**

French Fries **\$2.99**

Cookie or Muffin **\$1.50**

Croissant **\$3.00**

Banana Bread **\$2.00**



BEVERAGES

Prices of Beverages Include Tax

Soda \$2.25	Latte or Cappuccino \$4.25
Coffee \$2.50	Mocha- Iced or Hot \$4.75
Hot Tea \$2.50	Chai - Iced or Hot \$4.25
Espresso \$3.00	Hot Chocolate \$2.50
Extra Shot Espresso \$1.00	Bottle of Juice \$3.00
Soda Refill \$.50	Glass of Milk \$2.50
Bottle of Beer \$4.50	Bottle of Water \$2.50



DESSERTS

Prices of Desserts Include Tax

Single Scoop Ice Cream \$3.00	Double Scoop \$4.50
Smoothie \$5.50	Milkshake \$5.50

GROUP LUNCHES and CATERING

Sol Foods has special menus for large groups. We cater weddings, family reunions, rehearsals and private parties. Our beautiful patio is available for rent, or food can be prepared to go.

Please refer to our website: www.solfoods.com