

# SOUL GASTROLOUNGE

4110 Raleigh St. #120 Charlotte NC 28206 | 704.348.1848

## - SALADS -

### GRILLED CAESAR

garlic-oiled grilled romaine, toasted sourdough crouton | 13

### GUACAMOLE STACK

sliced avocado, tomato, red onion, cilantro, fried garlic | 12

### MUSHROOM SALAD

chilled marinated crimini mushrooms with fried enokis in a lettuce bowl | 13

### COUNTRY GREEK SALAD

tomatoes, red onion, cucumbers, Kalamata olives, bell peppers, Salonika peppers, barrel-aged feta, EV00 | 14

### BROCCOLI SALAD

smoked almonds, sweet peas, smoked cheddar in a sweet onion dressing with shaved 5yr aged gouda | 13

## - DIPS -

served with baked pita chips

TZATZIKI	8   garlic-yogurt dip
HUMMUS	8   black bean
WHITE BEAN	8   and goat cheese dip
SPICY FETA	8   cheese dip
DIP TRIO	19   hummus, tzatziki, spicy feta

## - SKEWERS -

GARLIC SHRIMP	14   with lemon
LEMON CHICKEN	12   with oregano and lemon
CHIMICHURRI BEEF *	14   with chimichurri sauce
AHI TUNA *	16   with sesame & eel sauce
LAMB & BEEF KEFTE	14   with tzatziki

## - SIDES -

fried goat cheese on bruschetta	10
eggplant chips, tzatziki	10
SOUL fries with garlic-herb salt, pecorino & truffle oil	9
toasted pita bread/pita chips	3

\* Consuming raw or undercooked meats, eggs or seafood may increase your risk of food borne illness. These items are cooked to order.

## TAPAS - MEZE - SMALL PLATES -

### ATHENIAN GYRO PLATTER

spit grilled house-made pork gyros, with soul fries, onion-parsley-tomato mix, grilled pita, tzatziki | 22

### DIRTY SOUTH NACHOS

fried chicken skin "chips" with a pimento cheese fondue and jalapeño pickled okra | 12

### SHRIMP À LA CEVICHE

in coconut milk and lime, with plantain chips | 14

### SASHIMI TUNA TACOS

marinated diced tuna in fried wonton tacos, marinated cucumbers and sriracha mayo, avocado purée | 17

### SOUTHERN FRIED OYSTERS

calabash style, with tomato-lemon tartar sauce | 16

### SALMONOPITA

smoked salmon with chèvre, cream cheese & onions, baked in phyllo with candied red onion relish | 13

### STICKY VEAL SHORTRIBS

hoisin-braised, with five spice honey | 19

### LAMB LOLLIPOPS \*

lamb racks with rosemary and pecorino | 44

**KOREAN BBQ WINGS** fried & tossed in a gochujang BBQ sauce, then grilled and served with scallions | 16

### ASIAN GLAZED PORK BELLY TACOS

in flour tortillas with watermelon salsa | 18

**ANCHOVY FRIES** fresh fried whole anchovies with tomato-lemon tartar sauce | 11

**BAKED FETA** phyllo wrapped barrel-aged feta, with toasted sesame seeds and thyme-honey | 16

### SHELLS & CHEESE BBQ

BBQ glazed pork belly stuffed shells baked in a creamy white American cheese sauce, topped with sharp white cheddar and bacon fat cornbread crumble | 16

### FRIED BRUSSELS SPROUTS

with brown butter, bacon & balsamic vinaigrette | 12

**SAGANAKI** pan-fried kefalograviera cheese, flamed with brandy | 16

**BONE MARROW** garlic roasted beef bones with parsley salad, and toasts | 22

### ROCKY MOUNTAIN OYSTERS

deep fried veal fries with spicy ranch | 15

**FRIED MEATBALLS** herbed ground beef & tzatziki | 12

**FLATBREAD** truffle whipped goat cheese, pistachio pesto, honey braised garlic and fresh arugula | 18

## - SOUL ORIGINALS \* -

**MIDNIGHT TOKYO** fried coconut shrimp, mango, snow crab, topped with Hamachi, salmon, tobiko, green onion, spicy mayo, eel sauce, wasabi yuzu aioli | 15

**RED DRAGON ROLL** tempura shrimp, tempura salmon, cream cheese, topped with spicy tuna, poke tuna, fried onions, wasabi yuzu aioli, spicy mayo, eel sauce | 17

**SOUL ROLL** spicy salmon, cucumber, jalapeño, topped with escolar, wasabi aioli, spicy mayo | 14

**NODA FANTASY** tempura shrimp, snow crab salad, topped with A5 wagyu torched-seared, truffle oil, crispy fried onion | 32

**NAPOLEON ROLL** tuna, cream cheese, jalapeño lightly tempura fried with eel sauce, spicy mayo, wasabi yuzu aioli | 14

**MY MAINE LOBSTER ROLL** tempura lobster, avocado topped with tuna, salmon, spicy mayo, eel sauce | 27

**CRUNCH ROLL** yellowtail, white fish, scallion, deep fried, with spicy mayo, eel sauce | 15

**QUEEN CHARLOTTE** tempura shrimp, cucumber, avocado, topped with tempura crunchy tobiko, spicy mayo, wasabi yuzu aioli, eel sauce | 14

**HAMACHI with JALAPEÑO** yellowtail sashimi, fresh lettuce-cucumber mix, jalapeño ponzu | 19

**SUPERNOVA ROLL** tempura shrimp, spicy tuna, avocado topped with crab salad, green onions, tobiko, spicy mayo, eel sauce | 17

**SPIDER ROLL** tempura soft shell crab, cucumber, crab salad, avocado, fish roe, spicy mayo, eel sauce, wasabi yuzu aioli | 15

**CALIENTE** tempura shrimp, avocado, snow crab salad mix, salmon, Hamachi, mango-jalapeno salsa, eel sauce, spicy mayo | 16

**DANCING TUNA ROLL** seared tuna, avocado with spicy tuna, jalapeño, tobiko, spicy mayo, wasabi aioli | 15

**GODZILLA ROLL** salmon, cream cheese, snow crab, jalapeño, coated with spicy fish mix, flash fried, finished with sweet chili sauce & eel sauce | 14

**REPLAY ROLL** oven baked freshwater eel, avocado, cucumber topped with snow crab salad mix, crispy tempura flakes, tobiko, eel sauce | 16

**SUSHI FONDUE** tuna, avocado topped with snow crab salad mix, crispy tempura flakes, fish roe, spicy mayo, wasabi aioli, eel sauce | 16

**TEMPURA VEGGIE ROLL** tempura sweet potato with carrot, eel sauce | 14

**PONZU SAUCE +1 SPICY MAYO +1 EEL SAUCE +1  
WASABI MAYO +1 SOY PAPER +2**

## - SUSHI \* -

**TUNA TATAKI** | 18 **EDAMAME** | 7  
**SEAWEED SALAD** | 7 **SUSHI RICE BOWL** | 5  
**SPOONS of HEAVEN** | 22 **INARI** | 12  
**FRIED CHICKEN or SHRIMP DUMPLING** | 11  
**ASSORTED VEGETABLE & SHRIMP TEMPURA** | 12

**NIGIRI = 1 pcs ~ SASHIMI = 2 pcs**  
**MADAI** | 7/11 **EEL** | 6 **BLUE FIN AKAMI** | 8/14  
**SALMON** | 5/9 **ESCOLAR** | 5/9 **KAMPACHI** | 7/11  
**SQUID** | 5/9 **SABA** | 5/8 **SALMON ROE** | 6/12  
**AVOCADO** | 3/6 **UNI** | 15/24 **UNAGI** | 5/10  
**ORA KING SALMON** | 8/14 **BLUE FIN TORO** | 9/18  
**HAMACHI** | 5/9 **AMAEBI** | 8/15

### CHEF'S CHOICE SASHIMI PLATES

**CHIRASHI** assorted sashimi | 25  
**SASHIMI SAMPLER** 8 pcs | 48 16 pcs | 96  
**SASHIMI MORIAWASE** 5 nigiri + 8 sashimi | 78

### FEATURED ROLLS

**CALIFORNIA** | 10 **PHILLY** | 11 **EEL** | 11  
**VEGETABLE** | 9 **HAMACHI JALAPEÑO** | 11  
**SPICY TUNA** | 11 **RAINBOW** | 17  
**TUNA AVOCADO** | 12 **SALMON AVOCADO** | 12

- available with soy paper OR as hand rolls -

## - SANDWICHES -

### MINI LAMB BURGERS \*

three feta stuffed ground lamb burgers, with arugula, fresh cucumber, roasted tomato, pickled red onions, and tzatziki on toasted potato buns | 19

### TRICK-FIL-A

vegan  
crispy southern fried hen of the woods mushroom, vegan mayo, crisp pickle on toasted potato bun | 17

### SOUL GRILLED CHEESE

mozzarella, white cheddar and kasseri cheeses | 12

### GRILLED PITA SANDWICHES

tomato, parsley, onion and tzatziki  
**beef** | 14 **chicken** | 11  
**kefte** | 14 **gyros** | 14

## - DESSERTS -

### CHOCOLATE BRIOCHE BREAD PUDDING on CHOCOLATE CREAM

with cocoa nib and miso caramel ice cream | 9

### BAKLAVA ICE CREAM

baklava chunk & cinnamon ice cream in kataifi phyllo nest with chopped pistachios, drizzled with chocolate syrup | 11

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~ Due to our preparation method and style of service, menu items are served when ready