

# All Day, Every Day

(11am to 11pm)

## Munchies

PAKODA 200/250  
(Choice of vegetarian or chicken)

GRILLED CHICKEN WINGS 300  
(Sticky chicken wings with garlic)

HARRA BARRA KEBAB 300  
(Soft tawa kebab made with green peas and potatoes)

## Bread Winners

(Complimentary fries alongside)

LOADED LAYERS 300  
(Classic club with lightly toasted white or brown bread, layered with succulent grilled chicken, crispy bacon and double fried eggs)

VEGGIE MEDLEY 300  
(All your favourite seasonal vegetables stuffed into freshly baked sourdough, smeared with soft cheese, confit tomatoes and thick pesto)

SOL SIGNATURE BURGER 500  
(Thick and juicy beef patty topped with flavourful mushroom duxelles, crispy bacon and melted Gouda)

CHICKEN SUPREME BURGER 400  
(Hearty chicken breast marinated and deep fried with a crunchy coleslaw)

GOAN CHOURIÇO POI 350  
(Authentic Goan pork sausage and caramelised onions stuffed into local poi pockets)

## Classic Italian

(Choose between penne or spaghetti, cooked al dente on request. Gluten-free options available)

PESTO 400  
(Fresh basil and garlic, olive oil and sharp Parmesan)

MARINARA 250  
(Summery tomatoes, onions, garlic and herbs)

ALFREDO 350  
(Rich, buttery sauce sharpened with Parmesan)

BOLOGNESE 400  
(Slow-cooked minced beef or chicken enhanced by a vegetable soffritto and tomato)

AGLIO E OLIO 300  
(Neapolitan classic lightly flavoured with olive oil, chilli flakes and garlic)

Add-ons:

Chicken or garden vegetables 50

## Desi Chinese

SPICE BOWL 200 / 250

(A mix of hot and sour flavours in a warm, comforting broth with vegetables or chicken and wispy egg drop)

HOT HOT HOT 300

(Deep-fried boneless chicken or paneer cubes slathered in a spicy Asian sauce)

ZESTY SEAFOOD 400

(Bite-size prawn or fish cubes slathered in a spicy Asian sauce)

MANCHURIAN DUMPLINGS 300

(Mixed vegetable spheres tossed in garlic-chilli-soy sauce)

STIR-FRIED RICE 250

(Wok-tossed long grain rice with organic vegetables)

Add-ons:

Chicken or garden vegetables 50

STIR-FRIED NOODLES 250

(Wok-tossed hakka noodles with organic vegetables)

Add-ons:

Chicken or garden vegetables 50

## Liquid Comfort

PERSIAN WINTER 200  
(Thick chilled yogurt and pomegranate soup flavoured with dill)

SUMMER SUN 250  
(Deliciously frothy pumpkin soup with a crunchy pistachio rim)

## Garden Glory

FRUIT OF THE EARTH 450  
(Wholesome tabbouleh of garden fresh vegetables, herbs, pomegranate and apple with crunchy spelt)

FRUIT OF THE SEA 300  
(Fresh and flavourful fish, calamari and prawn salad in a light and tangy cocktail sauce)

CLASSIC CAESAR SALAD 300  
(Garden fresh organic romaine with crumbly croutons tossed in rich house-made mayo)

### Add-ons:

Creamy boiled egg 50

Crispy bacon 100

Juicy chicken 100

## Hearty Affair

FOWL PLAY 450

(Succulent grilled chicken breast accompanied by a dollop of buttery mashed potato, vibrant puréed carrot, farm fresh tossed veggies and creamy mushroom sauce)

THE BIG BEEF 550

(Melt-in-the-mouth hunk of tenderloin steak accompanied by a dollop of buttery mashed potato, vibrant puréed carrot, farm fresh tossed veggies and creamy mushroom sauce)

SOMETHING FISHY 600

(Golden batter-fried mahi-mahi accompanied by healthy mushy peas and house-made tartar sauce)

MUSSEL MANIA 550

(Classic moules marinière with fresh mussels cooked in a white wine broth and served with fries and French mayonnaise)

# Indian Palate

(Lunch: 12.30pm to 3.30pm; Dinner: 7pm to 11pm)

## Northern Delights

NANI'S DAL 250

(Wholesome traditional lentil gravy with tempered cumin and red chilli)

PUNJABI PANEER 400

SPICE GARDEN 300

(Garden fresh vegetables cooked kadai-style in a thick, spicy gravy)

AMRITSARI MURGH MAKHANI 450

(Punjab's classic butter chicken in a creamy butter-tomato gravy)

MUTTON & MORE 500

(Aromatic north Indian gravy with tender mutton pieces and mutton mince)

## Tinto Tastes

FLAVOURS OF GOA 400

(Authentic Goan curry with fresh prawns or fish served with steamed rice)

XACUTI 350 / 450

(Garden fresh mushrooms and potato or succulent chicken chunks in a thick aromatic curry of local spices and toasted coconut)

CAFREAL 450

(Juicy chicken chunks cooked in a spicy green chilli and coriander masala)

CALDIN 350

(Vegan stew of organic cauliflower, beans and carrots mellowed with thick, fresh coconut milk)

## Staples

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| TAWA ROTI<br>(Soft, fluffy whole wheat flat bread)   | 40  |
| PARATHA<br>(Thick layered whole wheat flatbread)   | 70  |
| STEAMED RICE<br>(Loose and fluffy long grain polished rice)  | 100 |
| PEAS PULAO<br>(Loose and fluffy long grain rice with farm fresh peas and aromatic spices)              | 150 |
| GOAN CHOURIÇO PULAO<br>(Fluffy long grain rice flavoured with chunks of authentic local pork sausages) | 450 |

## What The Boats Brought In

**(Lunch: 12.30pm to 3.30pm; Dinner: 7pm to 11pm)**

(Complimentary fries and organic salad alongside)

### Preparations

Golden rava fry

Spicy recheado masala

No fuss butter garlic

FISH

Ask your server for the catch of the day

PRAWNS 450

CALAMARI 450

## **Juniors' Munchies**

(Complimentary fries and steamed vegetables alongside)

MINI CHICKEN POPS 300

(Lip-smacking housemade chicken chunks, crispy on the outside, juicy on the inside)

FISHY FIESTA 350

(Bite-size fillets of fish coated with crunchy breadcrumbs)

SPIRAL SPUDS 250

(Thinly sliced hasselback potatoes brushed with butter and slathered with cheese)

GOOD OL' FRIES 200

(Classic French fries served perfectly crisp on the outside and soft on the inside)

## **Sweet Treat**

HOT 'N COLD HEAVEN 250

(Warm fudgy chocolate walnut brownie with homemade vanilla gelato)

YOGURT MAKEOVER 300

(Decadent baked yogurt with orange rind and fresh seasonal fruit)