

SOLA BAR MENU



SNACKS TO SHARE

Marinated Olives VG GF	8
Mixed Salted Nuts VG	8
Steakhouse Chips VG GF Served with tomato sauce	9
Truffle Chips VGO Steakhouse chips with truffle oil, parsley and served with truffle aioli	12
Italian Garlic Bread V GFO	12
Crostini Vegano V GFO 2 slices of roasted sourdough with a vegetable antipasto mix, pesto, fig glaze and fresh basil	14
Vegan Cannelloni VG Filled with roasted pumpkin, zucchini, capsicum, vegan sour cream and topped with Pomodoro sauce and vegan cheese	18
Polpette Di Vitello GFO Organic veal meatball in Pomodoro sauce baked with provolone cheese and served with a focaccia slice	19
Pancetta Brasata GF 12 hours braised pork belly, celeriac puree, honey glaze apple and seeded mustard	22
Salt & Pepper Calamari DF Served with rich tartare sauce and lemon wedges	24

SALADS

Insalata di Rucola V GF VGO Rocket, beurre Bosc pear, roasted pecan, radish and honey mustard dressing Add grilled chicken \$5.00 / Add prawns \$6.00	15
Sola Signature Salad V GF VGO Mixed leaves, dried fig, cranberries, pistachio, balsamic dressing and blue cheese curd Add grilled chicken \$5.00 / Add prawns \$6.00	17
Burrata V Italian burrata, tomato confit, pesto and rocket served with a focaccia	29

PASTA

Lasagne Al Ragu Beef cheek ragu, Pomodoro sauce, béchamel gratin with mozzarella	29
Pasta Alla Norma GFO VGO Rigatoni, diced eggplant, Pomodoro sauce, smoked scamorza and chives	29
Sola Vegan Gnocchi VG Creamy pesto sauce, sundried tomato and pine nuts	29
Spaghetti Al Mare GFO DF Prawns, crab, garlic, chilli, dill and rich prawn stock	32

MAINS

SOLA Burger GFO Wagyu beef pattie, cheddar cheese, pickles, tomato, lettuce, American mustard, ketchup and served with steakhouse chips	28
Chicken Parmigiana With ham, Pomodoro sauce and mozzarella served with steakhouse chips and coleslaw	36
Salmone Siciliano Poached salmon with lemon crust, capers béarnaise and charred greens	39
Bistecca Alla Fiorentina 250g grass fed scotch fillet, potato & pumpkin gratin, roast vine tomatoes and red wine jus	45



(V) Vegetarian | (GF) Gluten Free | (GFO) Gluten Free Option |
(DF) Dairy Free | (DFO) Dairy Free Option | (VG) Vegan |
(VGO) Vegan Option

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PIZZA *GF base option available (extra \$2)*

Margherita V GFO VGO Tomato base, mozzarella, fresh tomato and fresh basil	23
Capricciosa GFO DFO Tomato base, ham, mushrooms, artichoke, Mozzarella and black olives	27
Tartufo GFO DFO Mushrooms, red onion, mozzarella, truffle Aioli and chives	27
Pollo Calabrese GFO DFO Tomato base, chicken, roasted pepper, red onion and mozzarella topped with chipotle BBQ sauce	27
Garlic Prawn GFO DFO Garlic pesto base, prawns, mozzarella and rocket	29

KIDS

Side Salad VG Mixed leaves, red onion, Roma tomato and radish	7
Kids Pizza Ham, mozzarella and pineapple	13
Kids Fish and Chips	13
Kids S&P Calamari	13
Kids Nuggets and Chips	13
Spaghetti al Pomodoro VG GFO	13
Fettucine Carbonara GFO With cream, diced bacon and parmesan	13

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DESSERT

Vegan Chocolate Choc raspberry date sponge, coconut Ganache, raspberry Coulis and dried apricot	16
Tiramisu Layers of coffee-soaked vanilla sponge and Mascarpone mousse, topped with a mascarpone mousse dome and served with gold dusted chocolate soil	16
Panna Cotta Vanilla panna cotta with berries compote and fresh strawberries	16
Australian Cheese Plate Kenilworth selection of cheese with quince paste, lavosh, fresh grapes and dried fruits	32

BEEF FROM KILCOY, QLD AUSTRALIA

Our beef comes from the beautiful region of Kilcoy in Queensland, Australia. Kilcoy is known for its pristine surroundings and fertile lands, which provide the ideal conditions for raising exceptional cattle. The local farmers in Kilcoy uphold sustainable farming practices and prioritise the well-being of their animals, resulting in premium-quality beef that is flavoursome and tender.

CHICKEN FROM GLASS HOUSE MOUNTAINS, QLD AUSTRALIA

Our chicken is sourced from the picturesque Glass House Mountains region in Queensland, Australia. This area is renowned for its lush landscapes and favourable climate, creating an ideal environment for raising healthy and high-quality poultry. The farmers in Glass House Mountains adhere to ethical farming practices, ensuring that the chickens are well-cared for and raised without the use of antibiotics or added hormones. The result is tender and succulent chicken that satisfies the highest culinary standards.

By carefully selecting our meat from these specific locations, we emphasise our commitment to quality, sustainability, and supporting local farmers. We believe that by utilizing the exceptional ingredients available in Kilcoy and Glass House Mountains, we can deliver a truly memorable dining experience to our valued guests.

Thank you for choosing our restaurant, and we look forward to serving you dishes that showcase the exceptional flavours of our local region.