

# SOLA SUSTENANCE



## SNACKS TO SHARE

Garlic ciabatta bread	8
Cheesy garlic ciabatta bread	10
Bruschetta <b>V</b> With sweet balsamic, fetta and basil oil	14
Sola caprese <b>V GFO</b> Marinated heirloom tomato, bocconcini, garlic bread	18
Mushroom arancini With truffle aioli	19
Salt and pepper calamari fritti <b>DF</b> With citrus mayo	22
Venetian fried chicken With spicy aioli	24
Sola ploughmans board Ham off the bone, chargrilled chorizo, vintage cheddar, mustard pickles, gherkins, seeded mustard and crusty bread	29
<b>KIDS MENU</b>	
Hawaiian pizza <b>GFO</b>	13
Chicken nuggets with chips	13
Calamari & chips <b>DF</b>	13
Cheeseburger with chips <b>GFO</b>	15
Spaghetti bolognese <b>GFO</b>	15
Fish & chips <b>GFO</b>	15
Grilled chicken breast, mash & vegetables <b>GF DF</b>	16
Side salad <b>V</b>	6

## PASTA

Porcini mushroom gnocchi <b>VEGAN</b> With truffle oil, coconut cream and gremolata	29
Beef brisket bolognese With slow cooked brisket, tomato sugo with fettuccine	30
Sola vegetarian pasta <b>V</b> With roast pumpkin, pesto and spinach with fettuccine + Add chicken	30 5
Spaghetti Amaticiana With salami, prosciutto, bacon, chilli, cherry tomato, rocket and napoli sauce	32
Mooloolaba prawn Aglio E Olio With cherry tomato, chilli, garlic and rocket	35

## PIZZA *GF base options available*

Margherita <b>V</b> Fresh tomato sauce, mozzarella and basil	23
Ortolana Tomato, mozzarella, zucchini, eggplant, capsicum and basil	25
Rucola e Crudo Tomato, mozzarella, parma ham, cherry tomatoes, rocket and parmesan	29
Carnivora Tomato, BBQ sauce, mozzarella, ham, steak slices and salami	29
Di Mare Tomato, mozzarella, prawns, squid, reef fish, chilli, garlic and parsley	32

**GF**

Gluten Free

**DF**

Dairy Free

**V**

Vegetarian

**GFO**Gluten Free  
Option  
available

# SOLA SUSTENANCE



## MAINS

Sola signature salad	22
+ Add chicken	5
Porchetta burger and chips	
Sicilian style pork belly, spicy mayo, crispy onion and coleslaw	25
Southern style chicken burger and chips	
With American cheddar, crispy bacon, tomato & coleslaw topped with smokey Chipotle sauce	25
Sola burger and chips <b>GFO</b>	
Two Wagyu beef patties, cheddar cheese, pickled cucumber, tomato, lettuce and American mustard and ketchup	26
Sola chicken parmigiana	
With ham & spicy tomato sugo, mozzarella, parmesan, lemon and sage, served with chips and salad	36
Crispy barramundi	
With baby potato, asparagus and black garlic aioli	38
Char grilled sirloin 250gm <b>GF</b>	
With creamy mash, broccolini and red wine jus	40

## SIDES

Potato chips	10
With chicken salt and aioli	
Rocket and pear salad <b>V</b>	
With cherry tomatoes, parmesan and balsamic glaze	10
Potato wedges	12
With sweet chilli and sour cream	
Broccolini, garlic butter, chilli, pistachio and chives <b>V</b>	12

## DESSERT

Lavender and vanilla pannacotta	
With hazelnut crumble and salted caramel ice cream	16
Tiramisu	
With roasted chocolate and rum & raisin ice cream	16
Chocolate cake <b>VEGAN</b>	
With buckwheat crumble and seasonal berry compote	16
Lemon meringue tart	
With berry coulis	16
Australian cheese plate <b>GFO</b>	
With quince paste, dry fruits and crackers	22


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 Gluten Free  
Option  
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