

# Sol Botanica

## TEASER MENU

BREAKFAST: WEDNESDAY TO FRIDAY 8AM - 11AM | WEEKENDS - ALL DAY

PAPAYA, PASSIONFRUIT & PINEAPPLE FRUIT SALAD,  
kaffir lime leaf, coconut syrup, chia seeds, pistachio & mint  
15.5 | *Dairy free, Vegan, Vegetarian*

BANANA, MACADAMIA NUT, PINEAPPLE & PASSIONFRUIT BREAD  
with puffed quinoa, macadamia nut butter, coconut yoghurt, pear & Tasmanian honey  
11.5 | *Dairy free, Vegetarian*

HONEY ROAST SWEET POTATO & QUINOA FRITTERS  
with poached eggs, crispy free range bacon, Goji berry relish & avocado salsa  
17.5 | *Nut free*

COCONUT PANCAKE,  
grilled banana, passion fruit curd shaved pineapple, macadamia nuts, coconut sugar  
16.5 | *Vegetarian*

FOLDED OMELETTE,  
filled with sautéed Portobello mushrooms, goat's cheese, kale, basil pesto  
17.5 | *Vegetarian*

CRISP FRIED CRUMBED SOFT POACHED EGG  
with lonza prosciutto, rocket, smokey cherry tomatoes, Goji berry relish  
17.5 | *Nut free*

GUNNING BUMNUTS FREE RANGE EGGS YOUR WAY  
with your choice of sides  
10.5

Roast tomato/Sautéed mushrooms/Crispy bacon/Sautéed greens/Half Avocado/Baked black beans

F O O D W I T H S O L

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## TEASER MENU

LUNCH: WEDNESDAY TO SUNDAY 12NOON - 3PM | DINNER: WEDNESDAY TO SUNDAY 5 - 9PM

### RAW

6 OYSTERS FRESHLY SHUCKED TO ORDER,  
with lemon, eschallot, seaweed & cider vinegar

21 | *Dairy free, Nut free*

TOMATO SALAD, CUCUMBER, BASIL,  
red onion, Teff bread, Hojiblanca olive oil,  
sherry vinegar

16 | *Vegetarian, Dairy free, Nut free*

TUSCAN KALE, GRILLED BEANS, LEMON,  
ricotta salta, sunflower seeds

8 | *Vegetarian, Nut free*

### STEAM

BURMESE SESAME CREPE  
filled with tea smoked duck breast &  
green papaya salad, master stock dressing

18 | *Dairy free, Nut free*

SNAPPER,  
fennel, cauliflower & macadamia oil puree,  
chamomile, grilled leek, preserved lemon,  
puffed millet, lemon balm

32 | *Dairy free*

TIGER PRAWNS & ITALIAN BLACK RICE  
with peas, asparagus, broad beans, lemon,  
oregano & black garlic

22 | *Dairy free, Nut free*

### GRILL

NEW ZEALAND GRASS FED BEEF FILLET,  
purple carrot puree, red cabbage kraut,  
Romesco butter, confit mushrooms

35.5

YELLOWFIN TUNA WITH SESAME CRUST,  
corn & coconut puree, crushed broccoli, rocket

32 | *Dairy Free, Nut free*

PASTURE RAISED PICCOLO FARM QUAIL,  
skewered on sugar cane, turmeric, ginger rub,  
sesame & honey dressing, roast pumpkin & kohlrabi

32 | *Dairy Free, Nut free*

### WOOD FIRE

SLOW ROAST MIMOSA VALLEY LAMB SHOULDER  
baked in paper with yellow split peas, black lime,  
turmeric, taro chips, coriander & cucumber salad

32 | *Dairy free, Nut free*

SWEET POTATO GNOCCHI,  
buffalo ricotta, Edith's ash goats cheese,  
roast garlic, lemon, capers, rocket

24 | *Nut free, Vegetarian*

ROAST SMASHED DUTCH CREAM POTATOES,  
kohlrabi slaw, chermoula

14 | *Vegetarian, Vegan*

FOOD WITH SOL

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LUNCH: WEDNESDAY TO SUNDAY 12NOON - 3PM | DINNER: WEDNESDAY TO SUNDAY 5 - 9PM

### FRY

CRISP FRIED FLATHEAD & SWEET POTATO CHIPS,  
red cabbage & snow pea slaw, sesame salt,  
lime & coriander aioli  
26 | *Dairy Free, Nut free*

CHICKPEA & QUINOA FALAFEL  
with grilled zucchini salad, broccolini, snap peas,  
dukkah, mint & coconut raita dressing  
18 | *Vegetarian, Vegan*

SLOW COOKED CHINESE SPICED DUCK FRIED RICE  
with cashew, green shallots, coconut  
& coriander, lettuce cups  
24 | *Dairy Free*

### DESSERT

CUCUMBER SORBET, LIME SEMIFREDDO  
with kiwi, tapioca, yoghurt & matcha meringue  
14 | *Nut Free*

CHOCOLATE FUDGE CAKE, COCONUT GRANITA,  
honey comb, chocolate praline, coconut  
& chocolate mousse  
14

COCONUT & KAFFIR LIME PANNA COTTA,  
mango jelly, coconut crumb & lemon balm  
14 | *Dairy Free, Nut Free*

### PIZZA

FUN GUY  
Portobello mushroom, kale, broccoli, truffle  
18.5 | *Vegetarian, Vegan*

NAPOLI  
Rich tomato sauce, buffalo mozzarella, basil,  
fresh tomato salsa  
18.5 | *Vegetarian, Nut free*

AMALFI  
King prawns, prosciutto, zucchini flowers,  
cherry tomatoes, basil, oregano, black olives  
20.5 | *Dairy free, Nut free*

SANTORINI  
Pulled lamb, fetta, cherry tomatoes, oregano,  
zucchini, shaved fennel, black olives  
18.5 | *Nut free*

CHOOK  
Grilled chicken, crushed pumpkin,  
green harissa, buffalo mozzarella  
18.5 | *Nut free*

HAWAIIAN  
Buffalo mozzarella, rich tomato sauce,  
prosciutto, pineapple  
18.5 | *Nut free*

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