

FRESH SEAFOOD

CASUAL DINING

SICILIAN STYLE

# SOLA SUSTENANCE



# SOLA

## SPUNTINI

### SNACKS TO SHARE

Arancini with fennel and fontina ~ 4 v, GF	14
Arancini with brisket ragù, peas, parmesan ~ 4 GF	16
Roasted asparagus, ricotta and pesto bruschetta v, GFO	16
Pork and veal meatballs, tomato sugo, parmesan onion batard GF	20
Fritto misto (lightly battered seafood & vegetables), lime aioli	24
Prosciutto crudo, figs mascarpone, pecorino herbed grissini	24
Seared yellowfin tuna, pine nuts, fennel, chilli oil crostini DF	24
Chargrilled warm octopus, chilli oil, sorrel GF, DF	25
Bucket of king prawns with citrus aioli ~ ½ kg GF	36
Sautéed Mooloolaba prawn rolls, roasted garlic mayo	26
Seared Harvey Bay scallops, pancetta, burrata, tomato salsa verde GF	26
Sunshine Coast cheese board, Woombye cheese, Kenilworth cheese, Hum Honey GFO	40
Patatine fritte GF	15



## CIBO

### LIGHT OPTIONS

Strawberry and watermelon caprese salad, mint, mozzarella v, GF	16
Panzanella salad, tomatoes, basil, onions, bread, mozzarella	18
Blood orange and fennel salad, smoked chicken GF, DF	20
Insalata Sola, wild rocket, radicchio, crispy pancetta, pine nuts, raisins, lemon GF, DF ~ Add grilled chicken	22 +5
Sicilian chilled seafood salad, fish, squid, scallops, prawns, garlic ciabatta DF, GFO	24

### RAW

Beef carpaccio, salted capers, truffle oil, pecorino GF	22
Swordfish crudo, lemon, olive oil, pistachio, mint GF, DF	24
Oysters ~ per dozen GF, DF	30

### GRILLED

Sola burger, waygu rump, garlic mushrooms, vine ripened tomato, rocket, shaved pecorino, truffle aioli with fried potatoes	30
Parmesan and thyme crusted chicken, watercress and fennel salad, burnt lime butter GF	32
Grilled market catch, sautéed potatoes, lemon thyme butter, cress salad GF, DFO	38
Black Angus sirloin, salsa verde, fried potatoes, rocket and parmesan GF	40
Grilled lamb cutlets, blood orange, pistachio, cress salad, rosemary potatoes GF, DF	42



## CIBO

### PASTA

GF penne with all dishes	+2
Linguini vongole, lemon, capers, garlic	24
Beef brisket bolognese with pappadelle pasta	26
Rigatoni pasta, lamb shoulder ragù, gremolata	28
Saffron, chilli, Mooloolaba prawn gnocchi	32

### PIZZA

GF bases available	+2
Grilled heirloom vegetables, haloumi, basil pesto	24
Chicken, asparagus, sundried tomato, artichokes, buffalo mozzarella	26
Prosciutto, vine ripened tomato, spinach, pine nuts, buffalo mozzarella	28
Local Yellowfin tuna, fire roasted peppers, red onion, capers, chilli oil	30

## SOLA SIPPERS



# SOLA

## APERITIVI

COCKTAILS	
<b>Paloma Press</b>	18
Don Julio Blanco, Amaro Montenegro, Grapefruit, Lemon	
<b>Northern Orchard</b>	18
Ketel One Vodka, Aperol, Fresh Apple Juice, Lemon	
<b>Lovage &amp; Tonica</b>	18
Tanquery Gin, Verjuice, Vanilla, Tonic	
<b>Belsazar Sgroppino</b>	18
Belsazar Rosé, Elderflower, Dalzotto Prosecco, Raspberry Sorbet	
<b>Siciliano Collins</b>	18
Tanqueray, Bergamot, Lemon, Soda	
<b>Mango Storm</b>	18
Bundaberg Small Batch, Mango Syrup, Lime, Ginger Beer	
<b>Macadamia Espresso</b>	18
Pampero Blanco Rum, Coffee Liqueur, Macadamia Syrup, Espresso	
<b>Lombardy Punch</b>	55
Gordons Pink Gin, Rosé, Blood Orange Syrup, Lemon Juice, Soda ~ Serves 4	
<b>Don Limon</b>	55
Don Julio Tequila, Limoncello, Fino Sherry, Fresh Pineapple Juice, Lime Juice, Basil, Soda ~ Serves 4	



## BIRRA

TAP BEER	S	P
XXXX Gold	7	10
Tooheys Extra Dry	8	11
Heinekin	9	12
Iorn Jack Crisp	7	10
Furphy	8	11
Eumundi Pale Ale	8	11
Little Creature Pale Ale	9	12
James Squires Orchard Crush Apple Cider	9	12
James Squires One Fifty Lashes Pale Ale	9	12

  

BOTTLED BEER	
Diablo Ginger Beer, Sunshine Coast	12
Birra Moretti, Italy	9
Kirin Megumi, Japan	9
Byron Bay Brewery Premium Lager	8
Little Creatures Pipsqueak Apple Cider	8
James Squire The Chancer Golden Ale	8
James Squires Four Wives Pilsener	8
James Squires Jack of Spades Porter	8
XXXX Summer Bright Lager	8
Hahn Super Dry	8
Hahn Premium Light	7



## VINI

SPARKLING	B	150	250
Bancroft Bridge Sparkling Riverina, NSW	38	9	
Fiore Pink Moscato Mudgee, NSW	42	11	
Dal Zotto 'Mio' Prosecco King Valley, VIC	44	10	
Il Fiore Prosecco Veneto, ITA	50		
G.H Mumm 'Cordon Rouge' Champagne, France	110	20	

WHITE	B	150	250
Hentley Farm Reising Eden Valley, SA, 2019	45	10	15
Bancroft Bridge Sauvignon Blanc Riverina, NSW, 2019	38	9	13
Ara Single Estate Sauvignon Blanc Marlborough, NZ, 2018	49	11	17
Monto Tondo Mito Soave Soave, ITA, 2018	49	11	17
Corte Giara Pinot Grigio Veneto, ITA, 2018	48	10	16
Poggio Anima Pecorino Abruzzo, ITA, 2018	48	11	17
The Lane Block 1A Chardonnay Adelaide Hills, SA, 2018	48	11	17



## VINI

ROSÉ	B	150	250
Mirebeaux Classic Cotes de Provence, FRA	58	13	20

  

RED	B	150	250
Endless Valley & Hill Pinot Noir Yarra Valley, VIC, 2018	45	10	15
Aquilani Sangiovese Tuscany, ITA, 2017	54	12	18
Prunotto Dolcetto D'Alba Piedmont, ITA, 2018	62	14	21
Bancroft Shiraz Cabernet Riverina, NSW, 2018	38	9	13
Mojo Full Colour Shiraz Barossa Valley, SA, 2018	49	11	17
Robert Oatley Signature Series Cabernet Sauvignon Margaret River, WA, 2017	52	11	17



## SPIRITI

HOUSE		PREMIUM	
Smirnoff Vodka	9	Jameson	10
Gordons Gin		Bombay Sapphire	10
Bacardi		Tanqueray No.10	12
Jose Cuervo		Grey Goose	12
Johnnie Walker Red		Ketel One	12
Jim Beam			
Bundaberg Rum			
Canadian Club			
Jack Daniels			

APÉRITIF		COGNAC / BRANDY	
Campari	10	St Remy Brandy	10
Cinzano Bianco	10	Henessey VSOP	13
Cinzano Dry	10	Henessey XO	20
Cinzano Rosso	10		
Pimms No.1	10		
Pernod	10		

WHISKEY			
Chivas Regal 12yr	10	Glennfiddich 18yr	25
Chivas Regal 18yr	15	Glenlivet Founders Reserve	12
Chivas Regal 25yr	25	Glenlivet 15yr	14
Glennfiddich 12yr	12	Glenlivet Nadura	16

## BEVANDE

SOFT DRINK	
Coca Cola, Coke Zero, Sprite, Lift, Ginger Ale, Tonic	5
Lemon, Lime and Bitters	5
Redbull	7

JUICE	
Orange, Pineapple, Apple, Cranberry	4.5

WATER	
House Bottled Sparkling 750ml	3
House Bottled Purified 750ml	3





SOLA