

## FORAGERS MENU

*Chefs selection of our most seasonal courses*

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*“Seasons change more frequently than 4 times a year. To help keep my finger on nature’s pulse, I explore the Adelaide Hills and beyond each day. Picking, tasting and drawing inspiration from the landscape before bringing the ideas and ingredients back to the Sôl kitchen. Our Foragers menu celebrates this continuous change by adapting the menu to reflect what’s happening throughout South Australia at that moment.”*

- Kane Pollard

## LUNCH

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Designed to share, giving you a taste of what the season has to offer.

Breads, snacks, 2 smaller plates, 2 larger plates and sides to share.

**70pp + 60pp with matched wines**

## DINNER

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A more intricate tour of what we’ve been picking and preparing that day.

Breads, snacks, 4 courses and dessert. Some individually plated, some designed to share.

**120pp + 80pp with matched wines**

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**Please let one of our team members know if you have any special dietary requirements, food allergies or food intolerances.**

**Whilst all care is taken in the preparation of all food, traces may still be found due to accidental cross contamination**

AMEX, Diners & Union Pay cards attract a 2% surcharge • Sundays and public holidays attract a 15% surcharge

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**TO START**

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Grilled sourdough with pickled pumpkin, roasted nut butter | **N** | **6pp**

3 corner garlic flat bread, cauliflower skordalia, grilled grapes | **8pp**

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**SMALLER**

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Tofu, new season asparagus, cara cara orange marmalade | **GF** | **21**

Grilled sun root, house mead, sunflower yoghurt, calendula | **GF** | **22**

Turnip, wild gin and mandarin, lemon myrtle, sea succulents | **GF** | **24**

Pumpkin XO noodles, fresh radish, grilled cauliflower leaf | **21**

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**LARGER**

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Sweet potato gnocchi, leek emulsion, new and old season alliums | **32**

Crispy brassica, soy cream, pickled onion, roasted pistachio | **GF N** | **28**

Slow roasted celeriac, cauliflower tartare, pickled celery | **GF** | **32**

Grilled and fermented cabbage, soft and crunchy potato | **GF** | **34**

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**TO ADD**

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Wild garlic and potato mash | **GF** | **12**

Grilled asparagus, allium dressing | **GF N** | **12**

Ngeringa farm carrots | **GF** | **10**

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All plant based menu is vegan and dairy free **GF** - gluten free | **N** - contains nuts

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## **PRODUCERS, GROWERS AND ARTISANS**

All key ingredients have been sourced from South Australia, starting with our mushrooms harvested just 12km away, to our Australian sea salt at a maximum of 385km in Whyalla.

**Oyster Mushrooms** Westside Mushies, Henley Beach | **12.1km**

**Foraged Ingredients** Adelaide Foot Hills and Fleurieu | **17.5km – 91.5km**

**Fruits and Vegetables** Adelaide Plains, Hills and Riverland | **32km - 67km**

**Local Flour** Laucke, Strathalbyn | **67.8km**

**Riverland Almonds** Eko Fruits, Renmark | **257km**

**Flake and fine Salt** Olsson's Salt, Whyalla | **385.9km**

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