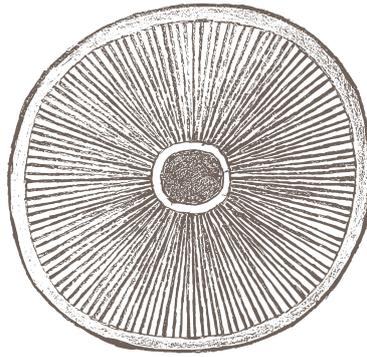


FORAGERS MENU

Chefs selection of our most seasonal courses

“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

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.

Plant Based option available.

85pp + 60pp with matched wines

+ 10pp with dessert

DINNER

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.

Plant Based option available.

140pp + 80pp with matched wines

sôl

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

BREADS AND SNACKS

Grilled sourdough, pumpkin XO butter, pickled pumpkin | **V** | **4 per piece**
Spent mother flat bread, caramelised cauliflower, zucchini | **V** | **6 per piece**

Creamed house fetta and chives, chilled cucumber | **V** | **5 ea**
Prawn salsa, fresh and pickled witlof, cured yolk | **GF DF** | **7 ea**
Abalone cooked over charcoal, trim and sour tomato dressing | **GF** | **8 ea**
House sausage, rhubarb ketchup, crispy saltbush | **GF DF N** | **6 ea**

SEASONAL VEGETABLES AND HOUSE MADE CHEESE

Green pea and freekeh porridge, smoked Riverland almond, saltbush | **V N** | **21**
Crispy eggplant, macadamia gazpacho, frozen cucumber | **VE DF** | **21**
Our halloumi, fresh tomato and watermelon, garlic aged in honey | **V GF** | **24**
Bio-dynamic cabbage, soft and crunchy potato, house dried paprika | **V GF** | **28**
Caramelised pumpkin, sunflower cream, young onions, burnt lemon | **VE DF** | **32**

SUSTAINABLY SOURCED MEATS AND SEAFOOD

Raw fish, whipped avocado, fresh peach, finger lime | **GF DF** | **24**
Blue swimmer crab crumpet, icicle radish, shell butter sauce, calendula | **25**
Free range pork, bitter lettuce, caramelised stone fruit, leaf and bone sauce | **GF DF** | **42**
Cherry glazed kangaroo, roasted and pickled beetroot, sun choke, shiso | **GF DF** | **44**
Fair fish and pickled Goolwa pipis, scorched beans, pipi juice blanc, sea succulents | **GF** | **45**

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GF - gluten free | **DF** - dairy free | **V** - vegetarian | **VE** - vegan | **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 some of our seafood at a maximum of 652km in Port Lincoln.

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**

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

Proper Cream The Dairyman Barossa, Lyndoch | **44km**

Cow's Milk Tweedvale, Lobethal | **39.7km**

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

Greelip Abalone Yumbah Abalone, Kangaroo Island | **212km**

Orchard Raised Duck Nature's Farm, Forrest Range | **26km**

Free range pork | TDM free range farm, Mount Pleasant | **63km**

Sustainable Fish, Coorong up to Yorke Peninsula | **185km – 190km**

Western Grey Kangaroo SA Central West Region | **440km**

Local Prawns Spencer Gulf | **180km**

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

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