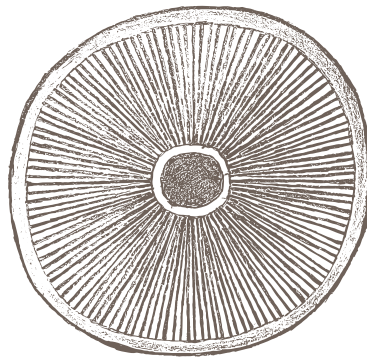


FORAGERS MENU

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.

70pp + 60pp with matched wines

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.

120pp + 80pp with matched wines

+20pp for extra chef’s course

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

TO START

Grilled sourdough, pumpkin XO butter, pickled pumpkin | **V** | **4 per piece**

3 corner garlic flat bread, smoked mussel tarama, salty grilled grapes | **6 per piece**

Coffin Bay oyster, wild onion, beetroot trim vinegar | **GF DF** | **5ea**

Whipped house feta tartlet, pickled beetroot, preserved plum | **V** | **5ea**

Smokey venison sausage, sour kohlrabi, cultured cream | **GF N** | **6ea**

SMALLER

Salt baked celeriac, nasturtium dressing, horseradish, finger lime | **GF DF VE** | **21**

Spring pea and asparagus, smoked chicken, Riverland almond, weeds | **GF N** | **22**

Blue swimmer crab crumpet, icicle radish, shell butter sauce, calendula | **25**

Ox tongue, sour cabbage, smoked yoghurt, oyster mushrooms | **GF** | **26**

Local fish ceviche in rhubarb, lemon myrtle, pickled pear, green olive | **GF DF** | **26**

LARGER

Bio-dynamic cabbage, soft and crunchy potato, house dried paprika | **GF V** | **29**

Sweet potato, sunflower cream, young leeks, burnt lemon | **DF VE** | **32**

Free range pork, pickled romanesco, beetroot, muntie glaze | **GF DF** | **41**

Forest range duck, charred apple, new and old season alliums | **GF DF** | **42**

Fair fish and Goolwa pipis, celeriac, fennel dusted with its tops, sea succulents | **GF** | **45**

TO ADD

Section 28 cheesy mash | **GF V** | **12**

Peas and beans with new season garlic | **GF DF VE** | **12**

Wobbly asparagus, pistachios and cured yolk | **GF DF N V** | **13**

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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 Chicken Nature's Farm, Forrest Range | **26km**

Berkshire Pork TDM Free Range Farms, Mount Pleasant | **54.1km**

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

Fallow Deer The deer farm, Birdwood | **44km**

Spring Oysters Gazander Oysters, Port Lincoln | **652km**

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

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