



LUNCH MENU

MONDAY - FRIDAY 12:00 - 17:00

FOR THE TABLE

Green Olives 4.5	Bread Basket 4.9	Truffled Arancini 6.5
Roasted Almonds 3.9	Padrón Peppers 5.5	

OYSTERS

Maldon Rocks

three £14 / six £24 / dozen £42

Colchester Mersea

three £14 / six £24 / dozen £42

Suggested pairing - Champagne Duval-Leroy, Brut Réserve (Vertus, France) £15 glass / £80 bottle

STARTERS

Truffled Burrata (V) with home-made focaccia	11	Monkfish Carpaccio with nigella seeds, dill & crispy capers	15
Chicken Liver Parfait shallot marmalade, black garlic confit, crusty bread	11.5	Soup Of The Day (VG) served with crusty bread	8.5
Artichoke Caprese (V) mozzarella di búfala, san marzano tomatoes & basil	9.5	Chilli Crispy Squid with spring onion & saffron aioli	12

MAINS

Grilled Bavette Steak 28 days dried aged hereford, served with watercress, peppercorn sauce & french fries	24.5	Grilled Chicken Caesar Salad romaine lettuce, crispy pancetta, quail egg, garlic croutons, shaved parmesan & caesar dressing	17.5
Grilled Swordfish with lyonnaise potato, samphire & romesco	19.5	Stuffed Baby Aubergine Ratatouille (VG) with garden salad	14.5
The Solus Wagyu Cheeseburger dry-aged wagyu beef burger, gem lettuce, beef tomato, red onion, pickles, monterey jack cheese, relish & french fries	16.5	Linguine Al Pesto (V) with slow roasted cherry tomatoes, fresh basil & pecorino romano <u>+ ADD GRILLED CHICKEN 6</u>	15.5

SIDES

Truffle & Parmesan Fries	6.9	Cannellini Beans Alla Rustica	5.5
Rosemary Baby Potatoes	5.5	Spiced Puy Lentils Ragout	5.9
Cauliflower Cheese Gratin	6.9	Garden Salad with Heritage Tomatoes	5.9
Tender Stem Broccoli, Chilli & Lemon Oil	6.5	Rocket, Parmesan & Balsamic Dressing	5.5
Sicilian Caponata	5.5		

Vegetarian (V) - Vegan (VG)

Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens. While Solus does its utmost to ensure that all intrinsic foreign bodies - eg. bones, shell, fruit stones etc - are removed from our products, small pieces may remain. A discretionary service charge of 12.5% will be added to your final bill.

