



## LUNCH MENU

FRIDAY AND SATURDAY  
FROM 12PM TO 3PM

056-775 4945

eat@solbistro.ie

## ENJOY A GLASS OF WINE WITH YOUR MEAL

PLEASE SEE OVERLEAF FOR OUR  
CRAFT BEERS AND WINES BY THE  
GLASS OR ASK FOR OUR FULL  
WINE AND DRINKS MENU.

### SOUP AND SALAD

**SOUP OF THE DAY**  
(v,cf) with brown  
bread, €5.95

**SOUP COMBO : ADD 3.50**

FOR SOUP WHEN  
YOU BUY A

SANDWICH/SALAD/MAIN  
COURSE

#### CAESAR SALAD,

COS LETTUCE, CAESAR

DRESSING, BACON,

CROUTONS, PARMESAN

STARTER 7.00 MAIN 10.00

### MAIN COURSES

#### DISH OF THE DAY

(PLEASE ASK YOUR SERVER)...12.50

#### FISH SPECIAL

(PLEASE ASK YOUR SERVER)...12.50

#### PASTA OF THE DAY

(PLEASE ASK YOUR SERVER)....10.00

#### WARM VEGETABLE NUT

**ROAST (v)**, GARLIC POTATOES,  
RED ONION MARMALADE, SIDE  
SALAD....10.00

#### 8OZ SIRLOIN STEAK,

CHIPS AND SALAD,  
PEPPER SAUCE...21.95

### SANDWICHES GLUTEN FREE BREAD ALSO AVAILABLE

#### GOURMET CHICKEN CAESAR SANDWICH ...8.50

CHARGRILLED IRISH CHICKEN, BACON, COS  
LETTUCE, PARMESAN, MIXED LEAVES ON  
HOME-BAKED FLATBREAD  
(WITH CHIPS AND SALAD)

#### GOURMET BLT

ON HOME-BAKED FLATBREAD WITH GARLIC  
MAYO...7.95

(WITH CHIPS AND SALAD)

#### PLAIN SANDWICH...4.95

(HAM, CHEESE, CHICKEN, SALAD ON  
BROWN OR WHITE BREAD)

**TOASTED SPECIAL..7.95** (HAM,  
CHEESE, TOMATO, RED ONION) WITH  
FRIES

#### SPICY CHICKEN PITTA,

WITH FRIES, SOL MAYONNAISE, SIDE  
SALAD...10.00

### SIDES all €2.50

CREAMY MASH

PLAIN OR GARLIC POTATOES

STIR-FRIED VEGETABLES

GREEN VEGETABLES

MIXED SALAD

GARLIC BREAD

### DESSERTS all 4.95

**VERY CHOCOLATEY BROWNIE,**  
CHOCOLATE SAUCE, CHANTILLY CREAM

**FRUIT CRUMBLE,** WHIPPED CREAM

**MIXED BERRY ETON MESS**

**SOL CRÈME BRULÉE**

**ICE CREAM SELECTION**

**YOGURT FRU FRU,** FRESH FRUITS  
TOPPED WITH  
LOW FAT GREEK YOGURT, MAPLE  
SYRUP, GRANOLA

**FRUIT SCONE,**  
JAM, CREAM.....2.50

**SUPPLIERS:** We are proud to work with fine local suppliers of Irish meat, fish and poultry, free range eggs and organic produce when available:  
Bia Beo Organics, Fishmans Market, Goatsbridge Trout, Granstown Eggs, Kilkenny Fish Centre, Mullins Butchers, Riversfield Organic Farm