



LUNCH MENU

FJD

SOLIS WAITUI-KAKANA **Accor Plus discount does not apply* 155

(Feel like having seafood for dinner? Please place your orders with us by 4pm today)

Hot

Crispy masala fried squid | prawns alla busara | fish two ways, charcoal grilled
& baked in banana leaf with lemon butter | grilled baby lobster with truffle | chilli & garlic baby Octopus

Cold

Poached local reef crab | kokoda | tuna sashimi | New Zealand greenlip mussels | shallot vinegar | cocktail sauce | soya sauce | wasabi | garden salad | rye bread

SALADS

Yellow Fin Tuna Nicoise Salad 20

Seared tuna | green beans | tomato | cucumber | olives | soft boiled egg | shaved fennel | capsicum | lettuce | saffron potatoes | citrus dressing

The Poke Bilo 20

Brown rice | crispy fried seaweed | pickled ginger | crudités | miso & wasabi dressing
Choice of tuna | beef | or chicken

Caesar Salad 19

Mixed lettuce | crispy bacon | anchovies | parmesan | grilled garlic bread | soft boiled egg

Island Salad 19

Wood roasted and smoked bread fruit | coconut hummus | mixed quinoa | garlic bread | freshly grated & toasted coconut | honey glaze carrots | spiced chick peas | extra virgin coconut oil & basil dressing

Top Up Your Salad: 9

Choice of grilled chicken (120g) | grilled prawns (100g) | or seared tuna (150g)

WOOD FIRED PIZZA with our version of tomato base pizza sauce

(Gluten free pizza base available upon request)

Classic Margarita 19

Fresh tomato | mozzarella cheese | basil pesto

Capricciosa 27

Mozzarella cheese | ham | mushrooms | artichokes | anchovies

Solis Carnivore 27

Mozzarella cheese | ham | chorizo | chicken | beef | gherkins | spanish onion | bbq sauce

Charcoal Roasted Garlic Prawns 27

Mozzarella cheese | roasted garlic prawns | roasted red peppers | gherkins | gremolata

Garden Pesto 25

Pesto base béchamel sauce | mozzarella cheese | mushroom | grilled aubergine | capsicum | zucchini | okra | olives | capers

Tandoori Smoked Chicken 25

Mozzarella cheese | tandoori chicken | red onion | peppers | coriander | raita

(please be advice one (1) Accor Plus card is applicable per table)



SANDWICHES AND PLATES

Served with chilli salt fries & Salad *(GF bread available upon request)*

Wood Roasted Beef Burger	25
180g Wagyu beef patty fried eggs bacon lettuce tomato crispy fried onion ring special sauce	
Crispy Chicken "Parma" Burger	22
Panko chicken fillet honeyed ham Napoli sauce cheese coleslaw Greek yoghurt guacamole	
Falafel Panin	19
House made chickpea falafel grilled zucchini tomato pickled cucumber red onion lettuce cheese tzatziki black garlic hummus	
Sofitel Club Sandwich	24
Garlic & herb Ciabatta chicken maple bacon fried egg lettuce tomato herb mayonnaise onion jam	
Chicken Souvlaki Gyros	22
Grilled lemon chicken coleslaw cucumber tomatoes pickled onion black garlic hummus tahini yogurt dressing	
Vonu Battered Fish And Chips	24
200g Mahi-Mahi fillet tartar sauce lemon wedge	

FROM THE GRILL

Served with garden salad | creamy confit garlic sauce | chilli salt fries

Grilled whole sizzling fish of the day (450-600g)	34
Chicken breast (180g)	29
Rotisserie Peri-peri chicken (served half bone in)	32
Favourites "30cm Skewers"	
Garlic prawns Spanish onion & peppers	28
Tandoori chicken onions & zucchini	26
Masala fish Spanish onion & peppers	25

PASTA

Provencal Roasted Vegetable & Potato Gnocchi	24
Creamy tomato sauce basil pesto medley of roasted vegetables parmesan garlic bread	
Dry Pasta with garlic bread <i>(GF pasta available upon request)</i>	23
Choice of Penne Spaghetti Linguine	

Sauces

Tomato Napoli | Creamy Chicken Pesto | Carbonara | Beef Bolognese

SIDES	10
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French Fries | Garden Salad | Steamed Local Vegetables | Pommes Mouseline

DESSERTS	14
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Sigatoka Highland Pineapple & Apple Crumble	
Cinnamon & brown sugar stewed fruits coconut crumble passion fruit ice cream	
Passionfruit Posset	
Creamy passionfruit posset strawberry compote shortbread cookies crumble	
Decadent Chocolate & Cherry Brownie	
Chocolate brownie peanut brittle milk caramel chocolate ice cream	

Please advise your service attendant if you have any food intolerance, allergies or any other special dietary requirements.