



## LUNCH MENU

FJD

### SALADS

#### Yellow Fin Tuna Nicoise Salad

27

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

#### The Poke Bilo

24

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

#### Caesar Salad

23

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

#### Island Salad

24

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:

10

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

22

Fresh tomato | mozzarella cheese | basil pesto

#### Capricciosa

29

Mozzarella cheese | ham | mushrooms | artichokes | anchovies

#### Solis Carnivore

29

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

#### Charcoal Roasted Garlic Prawns

29

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

#### Garden Pesto

28

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

#### Tandoori Smoked Chicken

30

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

### SANDWICHES AND PLATES

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

#### Wood Roasted Beef Burger

30

180g Wagyu beef patty | fried eggs | bacon | lettuce | tomato | crispy fried onion ring | special sauce

#### Crispy Chicken "Parma" Burger

28

Panko chicken fillet | honeyed ham | Napoli sauce | cheese | coleslaw | Greek yoghurt | guacamole

#### Falafel Panini

24

House made chickpea falafel | grilled zucchini | tomato | pickled cucumber | red onion | lettuce | cheese | tzatziki | black garlic hummus



**Sofitel Club Sandwich** 29  
Garlic & herb ciabatta | chicken | maple bacon | fried egg | lettuce | tomato | herb mayonnaise | onion jam

**Chicken Souvlaki Gyros** 26  
Grilled lemon chicken | coleslaw | cucumber | tomatoes | pickled onion | black garlic hummus | tahini yogurt dressing

**Vonu Battered Fish And Chips** 30  
200g Mahi-Mahi fillet | tartare 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) 36

Chicken breast (180g) 34

Rotisserie Peri-peri chicken ( served half bone in) 35

## Favourites "30cm Skewers"

Garlic prawns | Spanish onion & peppers 36

Tandoori chicken | onions & zucchini 32

Masala fish | Spanish onion & peppers 28

## PASTA

**Provençal Roasted Vegetable & Potato Gnocchi** 30

Creamy tomato sauce | basil pesto | medley of roasted vegetables | parmesan | garlic bread

**Dry Pasta** with garlic bread (*GF pasta available upon request*) 28

Choice of Penne | Spaghetti | Linguine

## Sauces

Tomato Napoli | Creamy Chicken Pesto | Carbonara | Beef Bolognese

**SIDES** 12

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

**DESSERTS** 16

## Sigatoka Highland Pineapple & Apple Crumble

Cinnamon & brown sugar stewed fruits | coconut crumble | mango passion ice cream

## Lady finger bake well banana tart

Banana | fresh coconut & dark rum tart | cinnamon anglaise | sultana fig compote | milk ice cream

## Decadent Chocolate & Cherry Brownie

Chocolate brownie | peanut brittle | milk caramel | French vanilla ice cream

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