Soleá

Restaurant Menu

Starters

Prawn Saganaki £13
Sautéed king prawns in a rich tomato, garlic, and white wine sauce, finished with crumbled feta cheese and fresh herbs.
(GF/Veg) Allergens (Cru/D)

Ioninan Asparagus £11
Tender asparagus with sliced avocado, sun-dried tomatoes, and shaved Graviera, finished with extra virgin olive oil and an aged balsamic essence.
(GF/Veg) Allergens (S/D)

Feta Fournou £12
Silky oven-baked feta cheese with slow-roasted tomatoes, onions, and sweet peppers, finished with extra virgin olive oil and a hint of paprika.
(GF/Veg) Allergens (D)

Graviera Meli £10
Golden-baked Kefalograviera drizzled with warm honey and toasted sesame, served with a fragrant plum sauce.
(Veg) Allergens (Sesame seeds/D)

Manitaria Fournou £11
Oven-baked mushrooms delicately infused with extra virgin olive oil, fresh parsley, garlic, and a bright touch of lemon.
(GF/V/Veg) No allergens

Goat cheese al Pedro Ximénez £13
Goat's cheese baked with a rich Pedro Ximénez sweet wine reduction, finished with toasted walnuts.
(GF/Veg) Allergens (D/S/Tree Nuts)

Tzatziki £9
A refreshing Greek yoghurt dip blended with cool cucumber, garlic, and a drizzle of extra virgin olive oil.
(GF/Veg) Allergens (D)

Tirokafteri £9
A bold and creamy feta dip whipped with yoghurt, peppers, and a gentle chilli heat, finished with olive oil.
(GF/Veg) Allergens (D)

Melitzanosalata £9
Smoky finely chopped aubergine with roasted peppers, garlic, and extra virgin olive oil.
(GF/V/Veg) No allergens

Mains

All mains are served with your choice of pilaf rice, homemade potato chips, or Greek oven-baked wedges, alongside sautéed green beans or roasted caramelised carrots.

Carrillada al Pedro Ximénez £24
Tender pork cheeks slow-cooked to perfection and enriched with the deep sweetness of Pedro Ximénez wine.
(GF) Allergens (S)

Presa al Whisky / al Roquefort £23
Juicy Iberian pork steaks, served with either a smooth whisky glaze or a rich Roquefort cheese sauce.
Allergens (S,D)

Fileto Kotopoulo Pané / Escalopes de Pollo £22
Golden, crisp chicken escalopes prepared using a cherished traditional family recipe.
Allergens (D)

Paidakia Arnisia Sxaras / Chuletas de Cordero al Grill £31
Succulent grilled lamb ribs, seasoned simply to highlight their natural flavour.
(GF) No Allergens.

Lavraki/Tsipoura Fournou £29
Oven-baked seabass/seabream (approx 500-600gr), gently cooked with lemon and herbs for a light and delicate finish.
Allergens (Fish/S)

Papoutsakia Gemista £22
Baked aubergines filled with a savoury mixture of onions, peppers, tomatoes, garlic and herbs, topped with béchamel sauce and grated Graviera.
(GF/Veg) No Allergens (D/S)

Piperies Gemistes £22
Oven-roasted peppers stuffed with fragrant rice, vegetables, and herbs in a classic Greek style.
(GF/V/Veg) No allergens

Mixed Grill Sharing Platter
Feast Board for Two /Four £39 /£69
A generous selection of grilled lamb chops, tender chicken, and traditional Greek sausages, served with oven-baked lemon potatoes and homemade chips, accompanied by three classic dips: tzatziki, tirokafteri, and melitzanosalata.
Allergens (D/Mustard)

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Salads

Greek Salad £14
A vibrant combination of tomatoes, cucumber, peppers, onions, Kalamata olives, and aged barrel feta.
(GF/Veg) Allergens (D)

Epirus Salad £15
A wholesome medley of cauliflower, carrots, beetroot, walnuts, and green olives.
(GF/V/Veg) Allergens (Tree nuts)

Dropoli Salad £15
A refreshing blend of white and red cabbage with orange segments, pomegranate and Kalamata olives.
(GF/V/Veg) Allergens

Sevilla Salad £15
Fresh iceberg lettuce with sliced tomatoes, onions, boiled eggs and carrots, topped with tender tuna for a light and refreshing Mediterranean classics.
(GF/) Allergens (Fish)

Side Dishes

Greek Lemon Potato Wedges £7
Crisp, golden wedges infused with lemon and herbs.
(V/Veg) Allergens (S/Mustard)

Pilaf Rice £7
Light, fluffy rice cooked with meat stock delicately seasoned for a fragrant finish.
(GF) No allergens.

Homemade Gourmet Chips £7
Crunchy Fried potatoes finely seasoned with rosemary salt.
(GF/V/Veg) No allergens

Mixed Leaves Salad £6
A simple selection of fresh seasonal leaves and ripened tomatoes.
(GF/V/Veg) Allergens (S)

Roasted Carrots £5
Sweet roasted carrots with a soft, caramelised finish.
(GF/Veg) Allergens (S)

Sautéed Green Beans £5
Tender green beans lightly sautéed with garlic and olive oil.
(GF/V/Veg) No allergens.

Rustic Bread/Pitta Bread £3
A choice of toasted rustic bread or Greek pitta bread.

Desserts

Pistachio and Walnut Baklava £9
Layers of crisp filo pastry filled with pistachios and walnuts, served with Chantilly cream and strawberries.
(Veg) Allergens (D/Tree Nuts)

Chocolate Brownie £8
A rich and indulgent chocolate brownie with a soft, fudgy centre and a delicate crisp top, served warm with a scoop of smooth vanilla ice cream for a perfectly decadent finish.
(Veg) Allergens (Eggs/D)

Basque Cheese Cake £9
A rich and creamy baked cheesecake with a beautifully caramelised exterior and a soft, velvety centre, served with a delicate hint of vanilla.
(GF/Veg) Allergens (D, Tree Nuts, Soya)

Italian Gelato £8
A Succulent, authentic Italian gelato served with whipped cream and chocolate syrup.
Please ask staff for available flavours.
(GF/Veg) Allergens (D)

Allergerns: **GF**: Gluten Free, **Veg**: Vegeterian, **V**: Vegan,
D: Dairy, **S:** Sulfites, **Cru:** Crustaceans,
G: Gluten/Eggs/Tree Nuts/Mustard/Fish/Sesame Seeds/Soya

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A note on today's availability

Please check the current menu on our website
or ask a member of staff about availability.