

our Menu



SOLSTICE
Bar & Grill

Whilst you wait

Lemon chicken dumplings with tarragon mayonnaise

Mini beef meatballs on spicy tomato salsa

Hummus with vegetable crudités or naan bread (v)

Thai fish bites with sweet chilli sauce

Barbecue chicken wings

Mini vegetable springrolls, sweet soy dip (v)

Mixed Provençale marinated olives

Price per item £3.45

A sharing platter with all of the above items £15.95

Bread selection platter

Freshly grilled rustic breads, olive oil, balsamic vinegar, flavoured butter £1.95

Cold Sandwiches & Baguettes

Triple decker sandwiches, hand cooked crisps, salad garnish all £6.95

Available on white, wholemeal or a baguette

Tuna mayonnaise

Farmhouse Cheddar, Branston pickle (v)

Honey roast Wiltshire ham, grain mustard

Roast beef, creamed horseradish

Chicken mayonnaise

Hot Cumberland sausage or smoked bacon baguette £4.50

Please advise our waiting staff if you have any food related allergies or special dietary needs. We cannot guarantee foods are gluten free.

SOLSTICE

Bar & Grill

Available 10am - 10pm

Light Meals and Starters

	Starter	Main
Homemade soup of the day (v) Crisp croûtons, freshly baked bread	£5.50	
Eggs Benedict or Eggs Florentine (v) English muffin, Wiltshire ham or spinach, poached eggs, hollandaise sauce	£6.95	
Thai fish cakes Mild chilli spice, lemongrass, beansprout & spring onion salad, dipping sauce	£6.95	
Grilled salmon Niçoise salad Salmon fillet, warm new potatoes, tomato, green beans, black olives, soft boiled egg, rocket salad, lemon oil	£7.75	£11.95
Matt’s Solstice Caesar salad (v) Baby gem lettuce, garlic croutons, Parmesan cheese Add grilled chicken and marinated anchovies	£5.95	£8.95 £12.75
Pan seared king scallops Pulled pork rilette, micro leaves, hoi sin jus	£8.50	
Individual chicken liver paté Homemade chutney, grilled brioche, salad garnish	£5.95	
Goat’s cheese tartlet (v) Roasted squash, pine nuts, spring onions	£6.25	

Hearty Sandwiches and Paninis

All served with salad garnish, hand cooked crisps and homemade coleslaw

Classic club sandwich £9.75
Grilled chicken, mayonnaise, bacon, fried egg, tomato on toasted white bread

Chicken fillet bookmaker 180g £9.95
Grilled butterflied chicken breast, toasted ciabatta bun salad garnish, tomato relish

Fish finger ciabatta roll £7.50
Homemade tartare sauce, shredded iceberg lettuce

Somerset Brie and Parma ham panini £8.45
Tomato relish, baby spinach

Tuna mayonnaise melt panini £8.45
Cheddar cheese, spring onion

Roasted courgette and feta cheese panini (v) Red onion marmalade £8.45

(n) may contain nuts
(v) vegetarian

From the Grill

All beef is reared in the UK or Ireland

Create your plate

Rib eye steak 225g £19.95

Prime fillet steak 200g £23.25

Solstice mixed grill 70g £18.95
Rib eye, gammon steak, lamb cutlet, beef and mustard sausage, fried egg, watercress

Rack of baby back pork ribs £13.95

Cajun marinated chicken breast 220g £13.95

Grilled gammon steak 225g £12.95

Barbecued escalope of chicken 250g £13.95

Yellow fin tuna steak 190g £14.25

Choose two of the following
Grilled onion and mushrooms, whole roasted tomato, café de Paris butter, whole roasted garlic, lemon fennel butter

And a choice of a side
Skinny fries, sweet potato fries, chunky chips, new potatoes, mashed potato, steamed jasmine rice, mixed salad

Main Dishes Best of British

Seafood lasagne £12.95
Salmon, shrimp, squid and mussels, mixed salad, garlic bread

The Solstice burger £11.95
Homemade 200g prime beef burger, Cheddar cheese, smoked bacon, mayonnaise, salad, tomato relish, coleslaw, ciabatta, sweet potato fries

Wild mushroom and Roquefort cheese slices (v) £11.50
Grilled polenta, spicy tomato sauce, rocket

Pan fried sea bass £13.95
Smoked bacon, cabbage, roasted fennel, saffron mash

Linguini bolognese £10.95
Classic recipe, rocket salad, Parmesan shavings

Grilled fillet of salmon hollandaise
Parsley new potatoes, market vegetables £13.25

A taste of India £12.95
Homemade curry with authentic Indian spices, wild and basmati rice, mini naan breads, onion bhaji

Beef meatball penne £10.50
Pomodoro sauce, wilted spinach, rocket

Home cooked vegetable pie (v) £10.75
Baby vegetables, chestnut mushrooms, spinach, goat’s cheese, champ mashed potato, grilled country bread

Lancashire hot pot £11.25
Neck of lamb fillet, root vegetables, sliced potatoes

Beer battered cod and chips £11.95
Chunky chips, mushy peas, homemade tartare sauce

Sausage selection and mash £11.95
Wild boar, beef & mustard , lamb & mint, potato, celeriac & chive mash, purple sprouting, pearl onion gravy

Duo of lamb £15.95
Mini shepherd's pie, apricot stuffed roasted lamb loin, spinach, kale

Duck three ways £17.95
Pan fried Gressingham breast, confit leg, sesame coated fritter, root vegetable pressed cake, winter greens

Home cooked beef and onion pie £12.95
Braised blade beef, spring & pearl onions, herb short pastry, champ mashed potato, seasonal vegetables

Sauces

Béarnaise sauce £2.25

Peppercorn sauce £2.25

Mushroom sauce £2.25

Grain mustard and shallot sauce £2.25

Garlic and herb butter £1.25

Side Dishes

Hand cut chips £2.95

Straight cut skinny chips £2.95

Sweet potato fries £2.95

Honey roasted root vegetables £2.95

Cauliflower cheese £2.95

Selection of mixed vegetables £3.75

Tomato, red & spring onion salad £3.75

Mixed leaf salad £3.75

Beer battered onion rings £2.95

Garlic butter baguette £3.75

Desserts

Vanilla crème brûlée £5.85
Pomegranate compote, homemade shortbread

Bread and butter pudding £5.85
Baked croissants, sultanas, custard, vanilla ice cream

Selection of ice creams and sorbets £5.50
Tuille biscuit basket, fresh berries

Baked lime cheesecake £5.85
Sweetened vanilla crème fraîche

Bramley apple and pear crumble
Vanilla sauce Anglaise £5.85

Fresh fruit salad £5.25
Biscuit basket, fresh meringue pieces, raspberry sorbet

Dark chocolate fondant £5.85
(allow 15 minutes cooking time). white chocolate ice cream

British cheese platter £7.25
Mild Cheddar, Long Clawson Stilton, Somerset Brie, Rosary Ash goat’s cheese, homemade chutney, dried fruit, celery, grapes, biscuits

This menu has been developed with guidance from Rowena Paxton a Nutritional Therapy Practitioner. She is passionate about fresh, local ingredients and firmly believes that without good food it is impossible to have good health.
Top tips:
- For easier digestion and weight management avoid pasta, potatoes, bread and rice, particularly at your evening meal
- for sustainable energy aim for your main meal to be half vegetables
Rowena can be contacted at Neal’s Yard Remedies in Salisbury. www.rowenapaxtonnutrition.com