

our Menu



SOLSTICE
Bar & Grill

Whilst you wait

Beef fillet satay skewers

Homemade pork scratchings with a cider dip

Warm naan bread with taramasalata dip (v)

Thai fish bites with sweet chilli sauce

Crispy chilli chicken wings

Melted tomato and mozzarella bruschetta (v)

Mixed provençale marinated olives (v)

Price per item£3.45

A sharing platter with all of the above items£15.95

Bread selection platter£1.95

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

Cold Sandwiches & Baguettes

Available on white, wholemeal or a baguette with hand cooked crisps and salad garnishall£6.95

Tuna mayonnaise

Farmhouse Cheddar, Branston pickle (v)

Honey roast Wiltshire ham, grain mustard

Roast beef, creamed horseradish

Crayfish and Marie Rose sauce

Chicken mayonnaise

Hot Cumberland sausage or smoked bacon baguette£4.65

Food Allergies & Intolerances: Before you order your food please speak to our staff if you would like to know more about our ingredients.

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 croûtons, Parmesan cheese Add grilled chicken and marinated anchovies	£5.95	£8.95 £12.75
Pan seared king scallops Confit duck leg spring roll, orange reduction jus, pea shoots	£8.75	
Individual chicken liver paté Homemade fruit chutney, grilled brioche, salad garnish	£5.95	
Pan fried halloumi salad Black olive tapenade bruschetta, basil, vine cherry tomatoes, mixed leaves	£6.25	

Hearty Sandwiches and Paninis

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

Classic club sandwich£9.75	Tuna mayonnaise melt panini£8.45
Grilled chicken, mayonnaise, bacon, fried egg, tomato on toasted white bread	Cheddar cheese, spring onion
120g fillet steak bagel£10.25	Mozzarella cheese and sun dried tomato panini£8.45
Toasted multigrain bagel, horseradish mayonnaise, shredded red lettuce and sautéed onions	with basil pesto and wilted rocket
Fish finger ciabatta roll£7.50	Roasted courgette and feta cheese panini (v)£8.45
Homemade tartare sauce, shredded iceberg lettuce	Red onion marmalade
Somerset Brie and Parma ham panini£8.45	
Tomato relish, baby spinach	

(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	£23.75
T - Bone steak 450g	£26.99
Solstice mixed grill	£18.95
2.5oz rib eye steak, gammon steak, lamb cutlet, black pudding, Cumberland 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
Mint and honey marinated leg of lamb steak	£13.95

Lemon and thyme grilled half chicken£13.95

Choose two of the following
Grilled onion and mushrooms, whole roasted tomato, café de paris butter, whole roasted garlic, tarragon butter

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

Sauces

Béarnaise sauce	£2.25
Peppercorn sauce	£2.25
Mushroom sauce	£2.25
Creamed blue cheese jus	£2.25
Garlic and herb butter	£1.25

Main Dishes

Pan fried sea bass with chive crème fraîche£15.25	Tomato and basil risotto (v)£10.75
Cubed potatoes, confit shallots, caramelised artichokes	Goat’s cheese and red onion filo parcel, rocket salad, pumpkin seed oil
The Solstice burger£13.25	Lincolnshire sausage spiral£11.95
Homemade 200g prime beef burger, Cheddar cheese, smoked bacon, mayonnaise, salad, tomato relish, coleslaw, ciabatta, sweet potato fries (Includes £1 donation to Holiday Inn Salisbury- Stonehenge chosen charity of the year)	Parsley mashed potato, roasted courgette, pearl onion, red wine jus
Peppered fillet of beef salad£12.95	Spanish omelette (v)£9.95
Strips of beef, red onion, Stilton, mixed leaf, garlic crouton salad, house dressing	Peppers, onion, potato, fresh herbs, mixed salad
Linguini bolognese£10.95	Beer battered cod and chips£11.95
Classic recipe, rocket salad, Parmesan shavings	Chunky chips, mushy peas, homemade tartare sauce
Wild mushroom stuffed artichoke (v)£11.95	Chicken bookmaker£9.95
Puff pastry lattice, seasonal greens, spicy tomato sauce	Butterflied and grilled chicken breast, toasted ciabatta, mayonnaise, tomato relish, French fries, homemade coleslaw
Grilled fillet of salmon£13.25	Home cooked steak and oyster pie£13.25
Parsley new potatoes, market vegetables	Braised prime beef blade and rock oysters, pastry crust, hand cut double cooked chips, honeyed carrots
A taste of India£12.95	
Homemade curry with authentic Indian spices, wild and basmati rice, mini naan breads, onion bhaji	

Side Dishes

Hand cut chips	£2.95
Straight cut skinny chips	£2.95
Sweet potato fries	£2.95
Sautéed pak choy with sesame and garlic	£2.95
Rustic ratatouille with plum tomatoes	£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
Raspberry 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
Classic strawberry trifle£5.85
Sauce Anglaise, sponge fingers, English strawberries, sweetened cream, shaved chocolate shards
Elderflower meringues£5.85
Summer berry compote, ginger snap basket, vanilla ice cream
Fresh fruit salad£5.25
Biscuit basket, fresh meringue pieces, raspberry sorbet
Bitter chocolate tart£5.85
Clotted cream, espresso syrup
British cheese platter£7.50
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 firmly believes that without good food it is impossible to have good health and is passionate about fresh, local ingredients.

Rowena’s top tip:
Reduce potatoes, bread, rice, pastry and pasta in the evening; this makes the meal easier to digest and will help you shed a few pounds. Enjoy the vegetables instead!

Rowena can be contacted at Neal’s Yard Remedies in Salisbury. www.rowenapaxtonnutrition.com