



SOLARIUM DINNER MENU

TO BEGIN

Assorted Multi Grain Breads, Gluten Free Rolls, Crispy Lavosh
Black Olive Tapenade, Extra Virgin Olive Oil and Aged Balsamic Vinegar

APPETISERS

Mexican Prawn Bowl with Avocado and Zesty Tomato Salsa
Mediterranean Ratatouille Baked in Aubergine with Soft Mozzarella
Turkey Cakes Tossed with Roasted Red Bell Pepper, Tomato and Almond Sauce
Toasted Barley Mushroom Risotto with Green Asparagus and Parmesan Cheese Shavings
Ceviche of Marinated Sea Scallops, Whitefish, Fresh Lime, Peppers, Sweet Potato and Red Onions
Yellow Tail Tuna Sashimi with Enoki Mushrooms, Spring Onions, Daikon Sprouts and Citrus Ponzu Sauce

SOUPS

Hearty Chicken Minestrone with Pappardelle Pasta
Caribbean Pumpkin-Coconut Pot with Spicy Pumpkin Seeds
Saffron-Scented Seafood Bouillabaisse with Fresh Thyme Crostini
Vegetarian - Ice Chilled Cucumber-and-Yogurt Bisque with Fresh Dill
Vegetarian - Cauliflower-and-Leek Soup with Dry White Wine and Toasted Almonds

SALADS

Roasted Baby Beet Carpaccio with Spinach, Goat's Cheese Crumble and Chive Vinaigrette
Crunchy Iceberg Lettuce, Gorgonzola Cheese, Toasted Almonds, Chives and Avocado Dressing
Cucumber-Rocket Wraps with Artichokes, Fennel, Grape Tomatoes, Parmesan and Lemon Drizzle
Orange, Grapefruit and Asparagus Salad with Crisp Watercress, Pecans and Honey-Mustard Dressing
Warm Poached Egg on Assorted Greens, Yellow Tomatoes and Multi Seed Croutons, French Vinaigrette

ENTRÉES

Red Curry Seared Rare Tuna on Asian Vegetable Panache and Lime-Soy Reduction
Chargrilled Pork Tenderloin Filet with Creamless Creamed Corn and Turkey Bacon Vinaigrette
Vegetarian - Orecchiette Pasta Tossed in Roma Tomato Foam with Baby Mozzarella and Pesto
Wheat Germ-Citrus Crusted Salmon, Squash Julienne, Tomato Petals and Parsnip-Spinach Sauce
Pimenton Roasted Chicken Breast with Grilled Pineapple, Warm Carrot, Coriander and Spring Onion Salad
Peppercorn Seared Bison Tenderloin with Asparagus, Grilled Vegetables and Balsamic Vinegar Glaze
Muscovy Duck Breast on Lentils, Fancy Vegetables with Black Currant Glaze and Pomegranate Pearls
Rosemary Roasted Lamb Loin Medallions on Chick Pea-Soy Bean Succotash and Red Wine Vinaigrette
Chipotle-Spiced Basa Fish Fillet Steamed in Corn Husk with Root Vegetables, Fresh Thyme and Coriander
Sautéed Veal Scaloppini and Baby Vegetables on Barley Risotto with Lemon-Caper Sauce and Crisp Basil

SIDE DISHES

Steamed Spinach
White Bean Ragout
Char-Grilled Sweet Potatoes
Toasted Barley-Mushroom Risotto
Broccolini with Soft-Baked Garlic Chips
Cabbage Mango Slaw with Rice Wine Vinaigrette

DESSERT BUFFET

To stay true to the Solarium idea of healthy living through healthy eating, our talented pastry team proudly presents a grand variety of delectable **Low Fat** and **No Sugar-added** desserts to delight all your senses.