



SOLE

Seabar by Tarragon





Sole's Tasting Menu

CHEF SNACKS & AMUSE

Sourdough bread & our Olive oil.
[G]

CEVICHE 'LECHE DE TIGRE'

Sea bass, citrus & passionfruit essence.
[F] [Sp]

(Optional 5g Kaluga caviar enhancement for an additional €13)

MEDITERRANEAN FRESH MUSSELS

Cooked in garlic, olive oil, fresh herbs, chili, white wine, finished with ginger & coconut. Served with toasted home-made sourdough with herbs.
[Sh] [Sp] [G]

GOAT CHEESE

Baked in filo pastry, garden leaves, fruit compote, honey & citrus dressing.
[G] [L]

EDIBLE MOLECULAR SPHERES

Palate cleanser served with a twist.

SEA BASS

Mediterranean style with lemon & tomato garnish.
[F]

ANANAS & COCONUTS

Coconut mousse, passion fruit & mango gel, honey-roasted banana, rosemary & coconut crumble, pineapple sorbet.
[L] [G]

OR

OLIVE & CHOCOLATE

Chocolate entremet, olive oil jam, choco mousse, cocoa nibs & chocolate glaze.
[G] [L]

€70 PER PERSON FOR 6 COURSES

EXTEND YOUR TASTING EXPERIENCE WITH TWO ADDITIONAL COURSES:

€90 PER PERSON FOR 8 COURSES

ANGUS CIGARILLO

Spring roll pastry filled with Black Angus beef, red peppers, red onions & parsley, poppy seed ash, beef jus, chili, cumin & honey crème fraîche.
[G] [L] [Sp]

RIBEYE

Prime Black Angus char grilled, mashed potatoes & charred onion petals.
[L]

[G] Gluten [L] Lactose [N] Nuts [M] Molluscs [Sh] Shellfish [Sp] Spicy

[P] Pork [F] Fish [V] Vegetarian [Ss] Sesame Seed

Should you have any allergens or intolerances, kindly advice your server before ordering



Caviar Selection



KALUGA CAVIAR

€315 PER 125G CAN

€140 PER 50G CAN

€14 PER 5G SPOON

PLATINUM STURGEON CAVIAR — HYBRID BREED

€180 PER 50G CAN

€18 PER 5G SPOON

OSCIETRA CAVIAR — CASPIAN SEA

€200 PER 50G CAN

€20 PER 5G SPOON

WHITE PEARL — RARE ALBINO 'RUTHENUS'

€380 PER 50G CAN

€38 PER 5G SPOON

BLACK LABEL — DAURICUS SCHRENKII

€180 PER 50G CAN

€18 PER 5G SPOON

GOLD SELECTION — DAURICUS SCHRENKII

€190 PER 50G CAN

€19 PER 5G SPOON

RARE 'HUSO HUSO' BELUGA

€495 PER 50G CAN

€49 PER 5G SPOON

Oyster Selection

GILLARDEAU OYSTERS — €8

Flavours: Salmon Roe & Ginger Vinaigrette, Lemon or Plain

POGET OYSTERS — €8

Flavours: Salmon Roe & Ginger Vinaigrette, Lemon or Plain





Carpaccio & Raw

BEEF TARTARE – €20

Hand-diced tenderloin with capers, cornichons, shallots, Dijon mustard, olive oil & lemon bone marrow pâté.

[G] [L]

BEETROOT & RADISH – €15

Pickled carpaccio, olive oil, root gel, Gozo salt, cashew nuts, radish gel, raspberry sorbet.

[V] [N]

GAMBERI ROSSI – €24

Prawns, crudo & carpaccio, lemon textures, olive oil, local sea salt, stracciatella, fresh chili and herbs.

[L] [Sh] [Sp]

(Optional 5g Kaluga caviar enhancement for an additional €13)

OCTOPUS CARPACCIO – €18

House-dried cherry tomatoes, garlic & citrus infused oil, balsamico, octopus, ginger & citrus croquettes, paprika tuiles, pomegranate seeds.

[G] [M]

CEVICHE 'LECHE DE TIGRE' – €18

Sea bass, citrus & passionfruit essence.

[F] [Sp]

CURED SALMON – €18

Cured in citrus, beetroot and Gozo salt, local herb oil.

Wakame seaweed salad, wasabi mayo.

[G] [Sp] [F]

(Optional 5g Kaluga caviar enhancement for an additional €13)

CRUDO PLATTER – A SELECTION OF 4 THE ABOVE – €50

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Starters

ANGUS CIGARILLO – €18

Spring roll pastry filled with Black Angus beef, red peppers, red onions & parsley, poppy seed ash, beef jus, chili, cumin & honey crème fraîche.

[G] [L] [Sp]

BLACK TIGER PRAWN TEMPURA – €18

Tempura batter, Wakame seaweed, wasabi mayo, sesame seed garnish.

[G] [Sh] [Sp] [Ss]

BLACK CALAMARI FRITTI – €18

Lemon & charcoal mayo, parsley, garlic olive oil.

[M] [G]

BELLY BITES – €16

Pork, honey, ginger, orange & soy glaze, sesame seeds & chives.

[P] [G] [Ss]

SMOKE & SEA – €20

Scallops, local plum tomato concassé, garlic, white wine, citrus oil, smoky bacon jam.

[Sh] [P]

MEDITERRANEAN FRESH MUSSELS

Cooked in garlic, olive oil, fresh herbs, chili, white wine, finished with ginger & coconut. Served with toasted home-made sourdough with herbs.

[Sh] [Sp] [G]

‘ALJOTTA’ – €16

Traditional Maltese fish soup. Fish stock, pulled fish, rice, garlic, olive oil, tomatoes & fresh herbs. Served with toasted home-made sourdough with herbs.

[F] [G]

GOAT CHEESE – €17

Baked in filo pastry, garden leaves, fruit compote, honey & citrus dressing.

[G] [L]

PARMESAN TACOS – €16

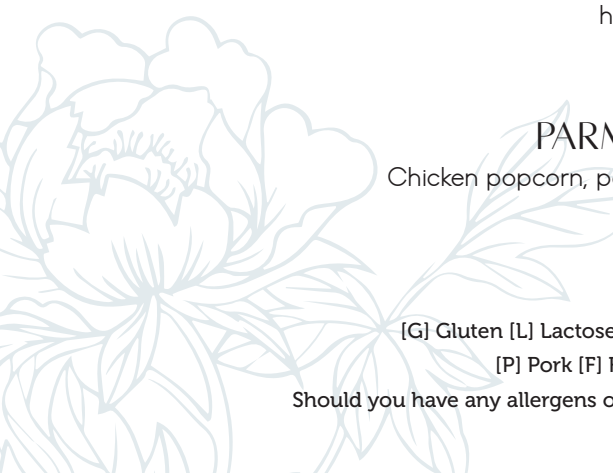
Chicken popcorn, petit chimichurri salad, sweet soy emulsion.

[G] [L]

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Pasta Selection

BEEF & COGNAC RAVIOLI – €18

Beef ragu, Cognac infused wild mushrooms & truffle veloute,
caramelised hazelnuts, Parmesan crisps.

[G] [N] [L]

SPAGHETTI GAMBERI – €24

Prawn meat, creamy prawn bisque, cherry tomatoes,
garlic, white wine & chives soffritto.

[G] [Sh]

SOLE & SUN RAVIOLI – €18

Snapper and salmon artisan made pasta, lemongrass, mandarin zest,
roasted creamy tomato salsa, cashew nut crumble.

[G] [N] [L] [F]

TAGLIATELLE LOBSTER – €32

Half lobster, sweet tomatoes, Sauvignon Blanc & garlic soffritto,
creamy lobster bisque, with local herbs.

[G] [L] [Sh]

UPGRADE TO A MAIN COURSE –SIZED PORTION FOR AN ADDITIONAL €6

Palate Cleanser

LEMON & MINT NITROGEN SORBET – €12

Mediterranean lemon sorbet with a hint of mint,
hand crafted at table.

EDIBLE MOLECULAR SPHERES – €4

Palate cleanser served with a twist.

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Mains from our Lava grill

BLACK ANGUS RIBEYE – €36 – 300g

[G]

BLACK ANGUS FILLET – €38 – 280g

[G]

CHATEAUBRIAND – € 80 (SERVES 2) – 600g

[G]

FRENCHED VEAL ON THE BONE – €38 – 400g

[G]

PETITE LAMB CHOPS – €36 – 300g

Char grilled rack of lamb, parsley & garlic gremolata,
fig jam, rosemarie & red wine jus

[G]

GARNISHED WITH BUTTERY MASHED POTATOES,
LOCAL VEG AND OVEN-GRILLED ONION PETALS.

PORK BELLY – €29

Dry brined, slow cooked with local 'Cisk Lager',
citrus & wholegrain mustard.

[P] [G]

ADD ON: SURF & TURF – €10

2 king prawns pan fried with
peppery bisque sauce. [Sh] [L] [G]

SIDE DISHES – €5

Roasted local potatoes

Golden wedges [G]

Buttery mash [L]

Roasted panache of local veg

Citrus salad

SAUCES – €5

Mushroom [L] [G]

Peppercorn [L] [G]

Gorgonzola & Walnut [L] [G] [N]

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Mains

GRILLED SALMON – €29

Citrus & parsley gremolata, ginger & lemon beurre blanc.

[F] [L] [G]

SEAFOOD WELLINGTON – €35

Snapper, prawn & asparagus duxelles, prawn powder crêpe, puff pastry, bisque crème fraîche.

[G] [L] [Sh] [F]

FISH 'AL SALE' – €38

Sea bass crusted in rock salt baked in the oven, flambéed & crafted at the table.

[F]

MEDITERRANEAN OCTOPUS – €32

Olive oil, garlic, sweet plum tomato, Kalamata olives, white wine, parsley, sea salt, octopus, ginger & citrus croquettes.

[M] [G]

KING CRAB LEGS – 350G FOR €75 / 700G FOR €150

Open-shelled king crab legs, garlic & fresh local herb butter.

[L] [Sh]

KING PRAWNS – €36

King prawns with garlic, cherry tomatoes, creamy bisque white wine, olive oil & crushed pepper.

[Sh] [L]

GAMBERI ROSSI (MARKET PRICE)

Char-grilled local Gamberi Rossi, white wine, garlic, olive oil, & parsley.

[Sh]

VEGAN WELLINGTON – €28

Chestnut mushroom, spinach, & barley roulade wrapped in vegan pastry, served with mushroom & soy jus.

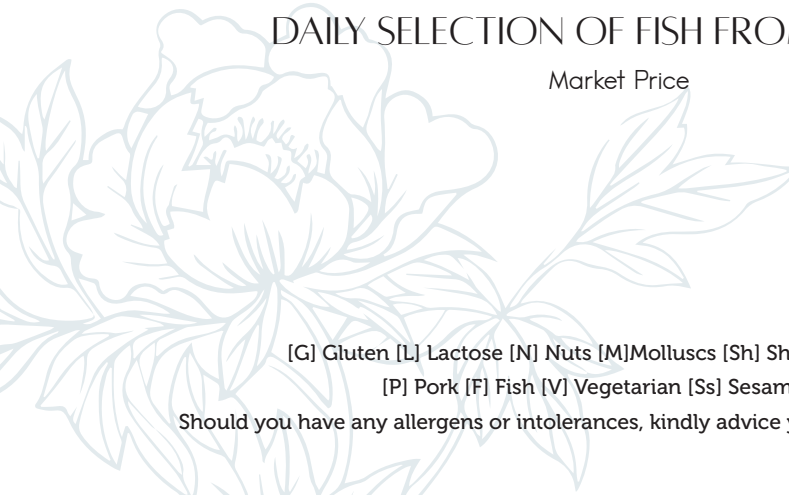
DAILY SELECTION OF FISH FROM DISPLAY

Market Price

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Desserts



BANANA & CARAMEL – €9

Caramelised banana mousse, cinnamon & ginger sablé, liquid toffee, roasted banana, salted caramel ganache & soft chantilly.

[L] [G]

DOLCE & MOJITO – €9

Lime mousse, mint sponge, rum jelly, lime meringue & a fresh mint coulis.

[L]

LAVA CAKE – €9

Dulce de leche fondant, coconut crumble & madagascar vanilla ice cream.

[G] [L]

ANANAS & COCONUTS – €9

Silky coconut mousse with passion fruit & mango gel, honey-roasted banana with rosemary, coconut crumble & pineapple sorbet.

[L] [G]

OLIVE & CHOCOLATE – €9

Rich chocolate entremet, olive oil jam, & dark chocolate mousse, cocoa nibs ganache & chocolate glaze.

[G] [L]

HAZEL & BERRY – €9

Gluten free and dairy free cacao & hazelnut sponge, coconut & red berry mousse, almond soil, berry & black tea gel, blueberries & strawberries, edible flowers.

SORBET – €4 PER SCOOP

Lemon & mint infusion Sorbet

CLASSIC GELATO – €4 PER SCOOP

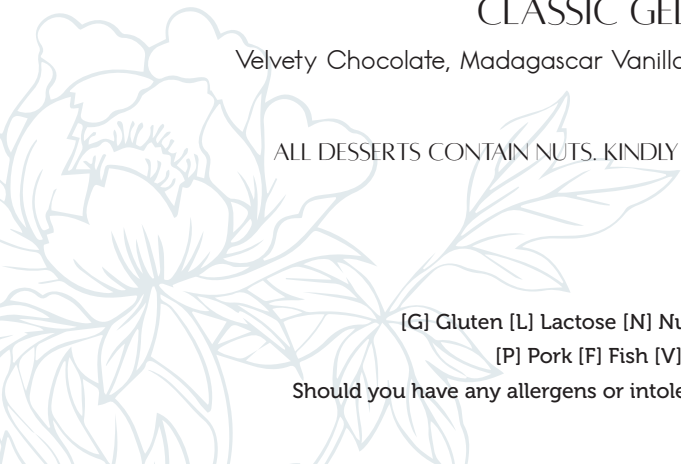
Velvety Chocolate, Madagascar Vanilla, Luscious Strawberry or Soya Vanilla Ice Cream.

ALL DESSERTS CONTAIN NUTS. KINDLY ADVISE STAFF IF YOU HAVE ANY INTOLERANCES.

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