

Soul

EXPRESS BREAKFAST	Espresso coffee, tea or hot chocolate, warm croissant and ciabatta with conserves and freshly squeezed orange juice	\$13.50
PASTRIES, BREAD & TOAST	Warm croissant with unsalted butter	\$4.50
	with conserves	\$5.50
	Sourdough with unsalted butter	\$4.00
	or with Soul's bessara or extra virgin olive oil and pomegranate syrup	\$5.00
	Toasted sourdough or multigrain topped with whipped feta, avocado and grilled zucchini	\$15.50
	topped with roma tomatoes and fresh basil	\$15.50
	topped with grilled portobellos and parsley purée	\$16.50
filled with smoked bacon and rocket	\$17.50	
HOT & COLD SOUL FOOD	Mahurangi oysters with verjuice jelly and shallot vinegar (6/12)	\$19.50/ \$37.00
	Pan fried scallops smoked confit bacon, shallot soubise and squid ink toast	\$26.00
	Pink peppercorn cured salmon with toasted walnut, apple and endive salad	\$16.50
	Duck liver pâté with grilled pineapple and toasted walnut bread	\$17.00
	Marinated Kalamata olives smoky baba ganoush, Lebanese cucumbers and vine tomatoes	\$16.50
	Scampi cocktail with vine-ripened tomatoes, mustard and tarragon dressing	\$28.50
	Salt and pepper squid almond skordalia with smoked chilli oil	\$18.50
	Soul's chowder with hapuku, mussels, shrimps and saffron	\$17.50
	SALADS	Mixed green salad
Rocket and Parmesan salad		\$10.50
Caesar salad		\$19.50
Buffalo mozzarella and seared vine tomatoes with fresh basil and olive jelly		\$22.50
with Parma ham		\$26.50
PASTA	Macaroni mature cheddar cheese sauce, ham and truffle	\$21.00
	Waikanae crab and tiger prawn linguine roast vine tomatoes, chilli and oregano	\$26.50/ \$39.50
	Risotto Milanese with saffron, chorizo and semi dried vine tomatoes	\$19.50

EGGS & OTHER THINGS	Gerald's toasted muesli with rhubarb compote		\$13.50
	Fresh sliced fruit with yoghurt and Pohutukawa honey		\$15.50
	Buttermilk waffles with caramelised bananas or vanilla ice-cream and maple syrup		\$18.50
	Scrambled eggs with fresh parsley and toast (2 eggs)		\$13.50
	Flat omelette of smoked chipotle, green peas and cherry tomatoes with grilled chorizo, rocket and sour cream		\$16.50
	Curried Spanish rice	1 egg	\$22.50
	with smoked hapuku, poached egg and coriander tips	2 eggs	\$25.00
	Soul's Mixed Grill crispy bacon, vine tomatoes, merguez sausage, field mushrooms, Italian fried egg and toast	1 egg	\$20.50
		2 eggs	\$23.00
	Hapuku and preserved lemon brandade on sourdough with roasted peppers and a poached egg	1 egg	\$17.50
		2 eggs	\$20.00
	Eggs benedict with crispy bacon or smoked salmon, hollandaise sauce		\$21.50
	Brioche French toast with caramelised bananas and chocolate sauce		\$18.50
	THE WEEKEND	Grilled Akaroa salmon on preserved lemon risotto with salsa verde	
Roasted corn fed chicken breast with white bean and truffle puree and rocket pistou			\$30.50
Pan fried snapper sautéed chorizo and squid with saffron potatoes and smoked paprika oil			\$36.50
Deep-fried snapper in beer batter with sauce gribiche and French fries			\$28.50
Char-grilled big eye tuna aubergine caponata salad and fried caper dressing			\$36.00
Wakanui beef fillet short rib and porcini pie, celeriac puree and roasted garlic			\$42.50
EXTRAS		French fries	
	Fried potatoes		\$6.00
	Spicy merguez sausages		\$7.50
	Pan-fried black pudding		\$7.50
	Grilled mushrooms		\$7.50
	Oven roasted tomatoes		\$7.50
	Smoked bacon		\$7.50
	Smoked salmon		\$7.50
	Gingered baby carrots and broccoli		\$7.00
	Steamed green beans with crispy chorizo and fried garlic		\$7.00

One account per table. 20% surcharge will be added to your bill on public holidays.
Soul Bar and Bistro does not accept responsibility for lost items.