

Soul

BREAD	Baguette / Ciabatta	
	with unsalted butter	\$4.00
	with Soul's bessara or extra virgin olive oil and pomegranate syrup	\$5.00
COLD	Bluff oysters	\$25.00/
SOUL FOOD	with ponzu dressing and Marlborough salmon caviar (6/12)	\$50.00
	Marinated Kalamata olives	
	smoky baba ganoush, Lebanese cucumbers and vine tomatoes with warm jou jou bread	\$17.00
	Marlborough smoked salmon	
	with salsa verde and toasted sourdough bread	\$17.00
	Seared kingfish	
	with mango and lemongrass purée, toasted peanuts and green chilli	\$17.50
	Caesar salad	\$19.50
	Duck and prune terrine	
	with toasted brioche, spiced pear purée and herb salad	\$21.50
	Buffalo mozzarella and marinated tomatoes	
	with fresh basil and olive jelly	\$23.00
	with Parma ham	\$26.50
	Caprino goat curd	
	with roasted baby beets, summer leaves and garlic toasted crostini	\$15.50
	Scampi cocktail	
	with whipped avocado and Moroccan ketchup	\$28.50
HOT	Salt and pepper squid	
	almond skordalia with smoked chilli oil	\$19.00
	Little Turkish spinach pies	
	with feta and walnuts	\$17.50
	Bluff oysters	\$25.00/
	fried in panko crumbs with wasabi mayonnaise (6/12)	\$50.00
	Steamed jumbo mussels	
	berberi spices, lemon and Italian parsley	\$16.50
	Pan fried scallops	
	miso mayonnaise, yuzu daikon and crispy baby octopus	\$23.50
	Soul's chowder	
	with hapuku, mussels, shrimps and saffron	\$17.50
	South Island whitebait fritters	
	with lemon butter sauce	\$29.50
PASTA	Macaroni	
	mature cheddar cheese sauce, ham and truffle	\$21.50
	Crayfish and Crystal Bay prawn ravioli	
	with granny smith apple purée and lemon butter sauce	\$25.50
	Garden pea risotto	
	with pea cress, feta cheese and lemon brown butter	\$20.50

	Agnolotti	\$18.00/
	hand filled pasta with Meyer lemon ricotta, shaved parmesan and pea shoots	\$27.00
	Pappardelle	
	with braised lamb shank sauce, Kalamata olives and preserved lemon	\$25.50
FISH	Pan fried john dory	
	on whipped cauliflower with blood orange grenobloise and crispy sourdough croutons	\$37.00
	Grilled hapuku	
	roasted sunchokes, rocket and salsa verde	\$35.00
	Pan fried snapper	
	with chipotle chilli and lime, avocado purée and marinated tomatoes	\$37.00
	Pan fried whole flounder	
	capers, toasted hazelnuts and lemon	\$31.50
	Char-grilled big eye tuna	
	aubergine caponata salad and fried caper dressing	\$36.50
	Mixed Seafood Platter (for two)	
	served with mixed salad and Maori potatoes <i>Changes daily – see your waiter</i>	
MEAT & POULTRY	Seared free range chicken breast	
	medjool dates and triple mustard	\$29.50
	Crispy Freedom Farms pork belly	
	with kumara and miso purée, baby bok choy and soy dressing	\$35.00
	Roast Hawkes Bay lamb rack	
	watercress purée, olive tapenade and caprino goat curd gnocchi	\$39.50
	Twice cooked Gameford Lodge duck breast	
	with slow cooked shitake mushrooms, celeriac purée and wilted spinach	\$37.00
	Savannah beef fillet with oysters (land and sea)	
	soy marinated chicken oysters, panko crumbed Bluff oyster and pan fried oyster mushrooms	\$41.00
	Dry aged Hereford rib of beef (for two)	
	with truffle mash, portobello mushrooms and seared vine tomatoes	\$87.50
VEGETABLES & SIDE SALADS	Creamed feta spinach with fried almonds	\$8.00
	Goats' cheese mash	\$6.50
	Gingered baby carrots and broccoli	\$7.50
	Roasted portobello mushrooms with smoked chilli and rosemary	\$7.50
	Maori potatoes sautéed with cabbage and bacon	\$7.50
	Steamed green beans with toasted pine nuts and romesco sauce	\$7.50
	Cauliflower fritters	\$8.00
	French fries	\$6.50
	Mixed green salad (small/medium)	\$8.00/ \$14.50
	Rocket and Parmesan	\$11.00

Vegetarian menu available on request. Limited menu 3.30 - 4.30pm.

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.