



DINE-IN

Serving Artisanal Food & Drinks

**A leisurely stroll around charming, historic White
Town, Puduchery is best followed up with a little bit
of indulgence. Savour our curated
menu of food and beverages while time stands still
right here at**



A unit of The Mayflower Chennai

/sola.bistro

HOT BEVERAGES

Filter Coffee 145

English Breakfast Tea 145

Masala Chai 145

Hot Melted Chocolate 245

COLD BEVERAGES

Classic Lemon soda 145

Blueberry Fizz 185

Lime Chilli Fizz 155

Lemon Basil Mojito 165

Strawberry Vanilla Mocktail 185

Cold Coffee Float 245

Cold Bournvita Float 245

Salted Caramel Shake 265

Everything Chocolate 265

Fresh Strawberry Shake 255

Iced Chocolate 255

Home Made Ice tea 165

Sunshine Smoothie 265

(A Blend of Fresh Orange, Strawberry & Pineapple)

Fresh Juices 180

(Orange, Strawberry & Pineapple)

Green Mango, Fennel & Mint 160

Guava, Chilli & lime 160

Pineapple & Mint Lemonade 165

Green Smoothie 295

Peanut Butter & Banana Smoothie 355

ABC Smoothie 325

Sweet Lassi 175

HEALTHY SOUPS

Smoked Tomato Basil veg/chicken 225/245

(Simple yet hearty. Smoked tomato & basil soup all by itself.)

Miso Mushroom veg/chicken 225/245

(A blend of button mushroom, shiitaki mushroom, miso soup & sweet leeks.)

French Onion veg/chicken 235/255

(Caramelised onion cooked with seasoned french broth & topped with Mozarella bread)

Creamy Broccoli & Almond 245

(It's a vegan soup made with blanched broccoli, almond, soy milk, garlic & pepper)

SALAD BOWLS

Oh My Quinoa 395

(Toasted orange quinoa, goat cheese crumble, shaved radish, salt cured cucumber, almonds, chilli vinaigrette)

Junia Called It Ceasar 435

(Romani, toasted black garlic croutons, creamy parmesan and parsley mustard dressing)

It's a Spicy Chic 525

(Peri-peri grilled chicken sausage, lemony mushroom, pita chips, pickled radish & poached egg)

Very Berry Prawns 650

(Vanilla sesame grilled prawns, romaine, smashed berry, vinaigrette, salted cucumber & toasted peanuts)

ADD-ONS

Grilled Veggies 55

Grilled Chicken 105

Bacon 85

Onion Mushroom 55

Chicken Sausage 105

Pork Peperoni 85

Cheese Melt 85

Chicken Ham 75

Grilled Prawn 165

Sauteed Mushroom 65

Roast Chicken 120

Roast Pork 180

Roast Beef 150

Roast Duck 150

 - Vegan / make the salad bowls vegan with cashew cheese at rupees 85 extra.

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STARTER VEG

Beer Battered Onion Rings 275

(Beer marinated onion rings double battered deep fried and served crisp)

Fries & Wedges Choose from 245

(Salted / Peri peri, BBQ / Cheese, Korean)

Spanish Potatoes 295

(Potatoes tossed with Spanish seasoning and tangy tomato sauce)

Peri Peri Mushroom Popcorn 310

Crunchy mushroom popcorn tossed in peri peri seasoning

Jalapeno Cheese Balls 360

Mozzarella cheese balls stuffed with jalapenos, coated in bread crumbs and deep fried

Thai Paneer Satay With Peanut Sauce 355

Medley of vegetables and paneer threaded on wooden skewers and flavored with a sweet and spicy peanut sauce

Crispy Lotus Stem 375

Lotus stem fried and wok tossed with house made asian sauce

Schezwan Crispy Corn 295

Indo-Chinese recipe of corn kernels deep-fried and sautéed in Schezwan Sauce

Vegetable Tempura 345

Traditional Japanese dish consisting of assorted veggies, tempura battered and deep fried.

Garlic Soy Tofu 355

Crispy tofu pan fried in a garlicky and soya savoury sauce

Mountain Chilly Babycorn 325

Crispy Babycorn tosed in mountain chilli sauce

Paneer Keema In Malabar Parotta Canopies 355

A flavour explosion when the bite sized portion hits the mouth

Tangra Chilli Panner 345

An authentic Indo Chinese dish as popularised by the Chinese settlements in the Tangra

Beetroot & Tofu Kabab 335

Beetroot & tofu mixed with spices & bread crumbs and then pan-seared to perfection. Served with mint chutney & garlic mayo

 - Vegan

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STARTER NON-VEG

Coconut Battered Crispy Shrimp 450

Deep fried Coconut battered shrimp served with sweet chilli sauce

Crispy Fried Butter Milk Chicken 375

Chicken tenders marinated in buttermilk & other spices then deep fried until crunchy outside and juicy inside

Lemon Garlic Prawns 465

Prawn cooked in a delicious lemon flavored cream sauce

Beer Battered Crispy Calamari 445

A beer twist to the dish. calamari battered with spices, beer & fried to perfection

Drunken Tiger Prawn 950

The biggest prawn in town marinated and blended with wine & brandy then pan fried to perfection

Thai Chicken Satay With Peanut Sauce 425

Sawadika! A well marinated chicken cooked in peanut sauce

Orange Chicken 395

Crispy Chicken wok tossed with house made orange sauce

Ginger Basil Fish 465

Fish pan-seared in mouth watering ginger basil sauce

Mountain Chilly Crispy Prawn 475

Batter fried Prawn tossed in house made mountain chilli sauce

Jumbo Prawn Tempura 950

It's a Japanese dish, Tiger Prawn dipped in tempura batter and deep fried

Korean BBQ Pork 950

Juicy tender pork roast fused together with the Korean BBQ sauce

Chicken Keema In Malabar Parotta Canopies 395

Delicious Indian dish made with chicken minced, spices, herbs and served on Malabar parotta

Steamed Fish Wrapped In Banana Leaf 450

Fish marinated with South Indian spices wrapped in banana leaves and cooked to perfection.

Beef Galauti Kabab 495

King of Kababs from Lucknow! as finely ground minced beef seasoned with a bouquet of herbs and spices



- Fish we use is Mahi Mahi, King Fish or Mackerel. And they are fresh

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FLATBREADS

VEG

Vegan Flat Haven 430

Grilled eggplant, garlic & cashew cheese with pickled onions

Roasted Garlic with Mozzarella Cheese 295

Double Cheese 345

Mozzarella, feta, roasted tomato & basil

All things mushroom 425

Mushroom, thyme, olive oil, cheese & lemon drizzle

Everything Basil 395

Basil leaves, dry basil & basil pesto sauce with Mozzarella

NON VEG

Breakfast Dough 410

Scrambled egg, bell peppers, red onions & mozzarella

Ham & Cheese 410

Chicken Ham, cheese & sauce period!

Shrimp & Cheese Garlicy 430

Garlicky butter shrimps & herbs in white sauce

Pepperoni & Cheese 430

Pork Pepperoni, Cheese & sauce period!

ADD-ONS

Grilled Veggies 55

Grilled Chicken 105

Bacon 85

Onion Mushroom 55

Chicken Sausage 105

Pork Peperoni 85

Cheese Melt 85

Chicken Ham 75

Grilled Prawn 165

Sauteed Mushroom 65

Roast Chicken 120

Roast Pork 180

Roast Beef 150

Roast Duck 150

 - Vegan

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PIZZA

Made with homemade Artisanal Sourdough & our cheese is specially made from a local farm that is trained to make in authentic style and we use Mozzarella, Ricotta, Feta & Parmesan.

Please ask our order taker for a sample

VEG

Classic Margarita 495

Roasted Tomatoes, Basil, Mozzarella

An Italian Farm 515

Corn Broccoli, Mushroom, Roasted Garlic, Onion, Mozzarella

Roasted Garlic Pizza 515

Caressed With Garlic Butter, Topped With Chunky Garlic Bits, Rosemary Leaves & Drizzled With Olive Oil. Served With Mozzarella & Parmesan.

Kabab & Paneer Tikka Pizza 515

Crowd Favourite Beetroot & Tofu Kabab, Paneer Tikka, Peppers, Onion & Mozzarella

Four Cheese Pizza 595

Fusing The Continents Together - Mozzarella, Feta, Ricotta, Parmesan

Mediterranean Pizza 545

Roasted Peppers, Spinach, Olives, Jalapeños, Garlic With Feta & Mozzarella

Eggplant Parmigiana 565

Roasted Eggplant, Basil Leaves, Pickles, Roasted Tomato In Mozzarella & Parmesan

Popeye The Sailor 565

Spinach, Tossed Nuts, Kale, Jalapeños, Pesto with Mozzarella

Tex Mex Pizza 565

2 Inch Filling On A Tasty Crust. Layers Of Black Beans, Broken Tacos, Roasted Peppers,

Loaded Veggies & 3 Cheese 585

Corn, Mushroom, Caramelized Onion, Chunky Garlic, Cottage Cheese, Oven Roasted Tomatoes, Pickles With Mozzarella, Feta & Parmesan

PIZZA

VEG

Mushroom Alferdo Pizza 585

Roasted Mushroom, Shiitake Mushroom, Roasted Garlic, Onion With Alfredo Sauce & Mozzarella

Vegan Pizza with Cashew Cheese 635

Choose upto 4 toppings of your choice & relish the Pizza

ADD-ONS

Grilled Veggies 55

Onion Mushroom 55

Cheese Melt 85

Sauteed Mushroom 65

Grilled Chicken 105

Chicken Sausage 105

Chicken Ham 75

Roast Chicken 120

Roast Beef 150

Bacon 85

Pork Peperoni 85

Grilled Prawn 165

Roast Pork 180

Roast Duck 150

PIZZA

NON VEG

Chicken Supreme 645

Peri Peri Chicken Rashers, Sausage, Chicken Ham, Caramelised Onion, Capers, Roasted Garlic & Mozzarella

Pepperoni Pizza 645

So Its Pork Pepperoni, Crispy Bacon Bits, Mozzarella & Ricotta

Grilled Shrimp Alferdo Pizza 695

Butter Garlic Shrimp, Roasted Garlic, Capers With Alferdo Sauce & Mozzarella

Parmesan Bolognese Pizza 685

Chicken Or Beef Bolognese, Mozzarella & Topped With Parmesan

All Meat 715

No Seafood But Everything Else

Chicago Pizza 735

Chicken & Beef Served As True As Possible to the Original

Seafood Everything 735

Fish, Prawns, Squid With Ricotta

ADD-ONS

Grilled Veggies 55

Onion Mushroom 55

Cheese Melt 85

Sauteed Mushroom 65

Grilled Chicken 105

Chicken Sausage 105

Chicken Ham 75

Roast Chicken 120

Roast Beef 150

Bacon 85

Pork Peperoni 85

Grilled Prawn 165

Roast Pork 180

Roast Duck 150

PASTA

Home Made Pasta (Choice of Spaghetti & Fettuccine)

Spinach & Edamame Spaghetti / Beetroot Fettuccine / Barilla Durum Wheat Penne

Beer Mac & cheese 495

Macroni pasta tossed with beer cheese sauce and finally topped with mozzarella & olives

Vegan Meatball in Marinara Sauce Topped (W) Cashew Ricotta 550

Toffu & beetroot meatballs tossed in marinara sauce with spaghetti and topped with cashew ricotta

Spicy Arrabbiata Pasta 395

Choice of pasta tossed with the classic tomato sauce, roasted garlic, olives and finished with parmesan cheese.

Alfredo Pasta 395

Choice of pasta tossed in house made bechamel sauce, olives, capers and topped with fresh cream & cherry tomato.

The Popular Pink Pasta 395

Delicious creamy pasta recipe made using combination of red and white sauce.

Basil Pesto 415

Choice of Pasta tossed with the fresh basil pesto sauce & topped with parmesan cheese & olives.

Tuscan Spaghetti with Smoked Salmon & Prawn 695

Spaghetti pasta, smoked salmon & prawn tossed in marinara sauce

Beef/Chicken Bolognese 595/495

Fettuccine pasta tossed in beef/chicken bolognese and topped with parmesan cheese & cilantro

ADD-ONS

Grilled Veggies 55

Grilled Chicken 105

Bacon 85

Onion Mushroom 55

Chicken Sausage 105

Pork Peperoni 85

Cheese Melt 85

Chicken Ham 75

Grilled Prawn 165

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MAINCOURSE

VEG

Cottage Cheese Steak in choice of Sauce 445

Spinach & Corn / Onion Mushroom / BBQ

Wok tossed Stir fry Spicy Mushroom & Broccoli Noodles 495

Pad Thai Tofu 445

Flat rice noodles - the Pad thai, & toffu wok tossed with Thai spices & sauce and served fresh

Thai Green Curry 495

From the land of Thailand, world's favourite traditionally made Thai green curry served with jasmine rice

Khao Suey 495

Burmese soupy noodle dish, A crowd's favourite. This yellow curry dish served with 9 condiments for you to match with your tastebuds.

Singaporean Fried Rice w Scallion Chilli oil 445

Sweet & spicy saucy noodles tossed with scallion chilli oil

Panner Butter Masala (W) Herbed Rice 445

Comfort food of India. Fresh home made paneer cubes cooked with tomatoes based Indian gravy & topped with butter. Served with chappathi or Rice

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MAINCOURSE

NON VEG

Chicken Steak in Choice of Sauce 445

Onion & mushroom or Spinach & corn Or BBQ sauce

Sauerbraten 695

A traditional German beef steak

Mongolian Beef 795

An aussie's favourite! mate. A blast of ginger & shiitake mushroom tossed with tender strips of Beef & served with herbed rice

Seared Salmon 1135

Salmon coated with smoked paprika & garlic seared to perfection and served in a bed of mashed potatoes & veggies

Thai Green Curry - Chicken 525 | Prawn 545

From the land of Thailand, world's favourite traditionally made Thai green curry Chicken served with jasmine rice

Khow Suey - Chicken 525 | Prawn 545

Burmese soupy noodle dish, A crowd's favourite. This yellow chicken curry dish served with 9 condiments for you to match with your tastebuds.

Nasi Goreng - Chicken 525 | Prawn 545

The classic indonesian staple with vegetables or choice of meat

Singaporean Fried Rice w Scallion Chilli oil 455

Authentic, original and truly cantonese! world's hangover cure

Butter Chicken Masala (W) Herbed Rice or Chapathi (2 nos) 495

It's a rich & creamy curry made with chicken, spices, tomatos, cashew & butter

DESSERT

French vanilla Creme Brulee 300

A Fine custard made with french vanilla and creme brulee at the table

Coconut Panacotta 285

It has a lightly creamy and silky texture that charms the taste buds and refreshing flavours that caress the senses

Tiramisu 300

An authentic Italian dessert made with coffee liquor, cream and lady finger.

Salted Butter Pop Corn Ice Cream 245

(Home Made Ice Cream)

Sticky Toffee Pudding 285

A classic British dessert made with dark dense cake, dates and sea salt caramel



**We use locally sourced fresh veggies,
Artisanal cheese from Auroville &
Farm fresh meat**



Chennai



Palavakkam &
Alwarpet



Anna Nagar, Nungambakkam
Palavakkam, Anna Salai
Ambattur

Pondicherry



Mission St



Rue Romain Rolland



Rue Du Bazaar Saint
Laurent

SOLA BISTRO BAR

