



SOL TAPAS



SOL TAPAS RESTAURANT, 28 DUKE ST,
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soltapas.co.uk



TAPAS

Indulge in our exquisite tapas, freshly prepared with the finest ingredients, complemented by our homemade breads baked daily. Whether you're sharing a selection of 4-5 dishes between two or enjoying them as main courses, each bite promises an authentic Spanish culinary adventure.

1 SPECIALLY SELECTED MIX OF OLIVES **DF GF V** £4.95

Sourced directly from the Seville region of Spain.

2 HOMEMADE BREAD BASKET WITH BUTTER **V** £4.50

Enjoy our freshly baked homemade bread served with creamy butter.

3 HUMMUS WITH HOMEMADE FLATBREAD **GF V** £5.95

Traditional hummus paired with our freshly made flatbread.

4 CHICKEN LIVER PATE WITH CARAMELISED ONIONS **GF OPTION AVAILABLE** £6.95

Our homemade, chicken liver pate on toast served with caramelised onion jam.

5 BREADED SPANISH BRIE **V** £6.95

Perfectly paired with sweet caramelised onion jam and a refreshing salad.

6 FRESHLY MADE FLATBREADS:

CHORIZO, CHEESE & TOMATO

Homemade flatbread topped with chorizo, gooey cheese and tangy tomato.

TOMATO, CHEESE & GARLIC **V**

Homemade flatbread topped with ripe tomatoes, melted cheese and garlic.

7 CREAMY GARLIC MUSHROOMS **V** £5.95

Sauteed mushrooms, finished with garlic and cream.

8 CROQUETTES OF THE DAY (3) £4.50

Crispy-coated croquettes filled with a creamy, smooth blend of seasonal ingredients.

9 FRIED POTATOES IN BRAVAS SAUCE **DF GF V** £4.00

Crispy fried potatoes served with our signature bravas sauce.

10 FRIED POTATOES WITH AIOLI **GF V** £6.95

Crispy fried potatoes served with a creamy and tangy aioli dip.

11 DEEP FRIED HALLOUMI STICKS **V** £4.95

Deep fried halloumi served with a sweet chili sauce.

12 SPANISH TORTILLA **GF V** £6.95

The classic Spanish omelette with onions and potatoes.

13 SPANISH STYLE BLACK PUDDING £8.95

Spanish black pudding, deep-fried with creamy mashed potato and gravy.

14 SOL SPECIALITY CHORIZO IN APPLE CIDER £8.95

Spanish chorizo in a creamy cider sauce, a cherished recipe from one of Madrid's oldest restaurants.

Please advise our staff of any special dietary requirements before ordering

MEATS

Indulge in our meat creations & explore our diverse selection of mouthwatering meat dishes.

15 TRADITIONAL SPANISH MEATBALLS **DF** £8.95

Succulent lamb mince meatballs in a zesty and flavourful spicy tomato sauce.

16 SLOW BRAISED BEEF IN RIOJA £8.95

Melt-in-your-mouth local beef, slow-braised to perfection in a rich Rioja-infused gravy.

17 SLOW BRAISED BEEF IN DIANE SAUCE £8.95

Locally sourced beef, slow-cooked in a traditional Diane sauce.

18 SLOW BRAISED BEEF IN PEPPER SAUCE £8.95

Again, tasty, locally sourced beef, superbly tender, served in a fresh black pepper sauce

19 SAUTÉED LAMB'S LIVER **DF** £7.50

Tender lamb's livers in Rioja gravy.

20 CRISPY CHICKEN GOJONS £8.50

Deep fried, breadcumbered chicken strips with aioli.

SPECIALITY CURED MEATS

21 IBERICO HAM **DF** £18.50

Traditionally cured, acorn fed ham, cured for three years minimum, served with a bread basket & Manchego cheese

LEBANESE MIXED GRILL

22 LEBANESE MIXED GRILL FOR TWO **DF GF** £5.95

An authentic selection of marinated meats, perfectly chargrilled and tasty sides. Includes 6 x skewers of meat (chicken, beef & lamb), patatas bravas, homemade hummus, homemade flatbread & salad.

£55.00
FOR TWO
PEOPLE

CHICKEN

From creamy pan-fried breast to succulent sauteed options.

23 CREAMY CHICKEN & MUSHROOM £8.95

Chicken breast cooked with mushrooms and creme fraiche.

24 CAJUN CHICKEN £8.95

Pan-fried chicken in a creamy cajun sauce.

25 CHICKEN DIANE £8.95

Pan-fried chicken breast finished in a Diane sauce.

26 LEBANESE CHICKEN & LAMB KOFTA **DF GF** £16.95

Marinated chicken and lamb kofta skewers served with patatas bravas.

27 CHICKEN CHORIZO & CIDER £9.95

Pan-fried chicken breast, cooked with chorizo and a creamy cider sauce.

28 CHICKEN IN PEPPER SAUCE £9.95

Pan-fried chicken breast cooked in a pepper sauce.

SALADS

Elevate your dining experience with our selection of fresh and vibrant salads.

29 FETA SALAD **GF V** £3.95

A refreshing blend of crisp greens, juicy tomatoes, tangy olives and creamy feta cheese.

30 GRANDE RESERVA HAM SALAD **GF** £4.95

Our signature salad featuring slices of premium Grande Reserva ham with a bed of fresh mixed greens.

31 MIXED LEAF SALAD **DF GF V** £3.95

A refreshing blend of assorted fresh greens, delicately tossed in a light vinaigrette dressing.

FISH

Our fish is perfectly paired with all our tapas dishes.

32 MUSSELS IN WHITE WINE £7.50

Steamed mussels in a light, white wine, cream & parsley sauce

33 MUSSELS IN TOMATO SAUCE £7.50

Steamed mussels in a creamy tomato sauce.

34 SOL SALMON £10.95

Pan fried salmon in a creamy chilli & coriander sauce.

35 GAMBAS AL AJILLO **DF** £8.50

This 100 year old recipe for fresh prawns in a garlic and chilli sauce is served sizzling hot & was given to us by the iconic restaurant, La Casa Del Aboulo, in the centre of Madrid.

36 CHILES GAMBAS **DF GF** £8.50

Prawns cooked in chilli, coriander & creamy sauce.

37 CALAMARI **DF** £7.50

A large portion of deep fried squid with traditional aioli.

38 KING PRAWNS & CHORIZO **DF** £9.95

Sauteed king prawns with chorizo and sherry butter.

39 COD TAGINE **DF** £7.95

Deep fried, battered cod in Spanish vegetable stew (courgette, aubergine, red onion, tomato, garlic and coriander)

PAELLA

Paella is a rice dish originally from the Valencian community and is one of the best-known dishes in Spanish cuisine. (For one person)

40 SEAFOOD PAELLA **DF** £13.95

Mussels, prawns and calamari cooked with Arborio rice.

41 VEGETABLE PAELLA **DF** £9.95

A dish that stands on its own for flavour.

42 CHICKEN & CHORIZO PAELLA **DF** £13.95

Arborio rice cooked with chicken and chorizo.

43 CHICKEN & PRAWN PAELLA **DF GF** £13.95

Arborio rice cooked with chicken & king prawns.

44 CHICKEN PAELLA **DF GF** £11.95

Arborio rice cooked with chicken.

Our Iberico Ham

This is the best Iberian ham shoulder or Paleta Iberica in Spanish, that money can buy.

This Paleta Iberica de Bellota has been produced using a 100% bred Iberian black pig which has had a diet purely consisting of Acorns (Bellota in Spanish).

The Acorn-Fed Jamon is the finest of all and is given the prized 'Black Label' classification.

To taste, the ham shoulder has a nuanced nutty taste which is salty and with hints of smoke- the shoulder is 'younger' taste than the Iberico Ham Leg which gives the shoulder a more 'intense' flavour. The ham shoulder also has an intense aroma. To look at, the Jamon shoulder is slightly oily and the fat is soft. This Iberico ham shoulder is cured for 18-24 months.

Our wines are hand picked and match our food perfectly. Please ask a member of staff for if you're unsure which wine to choose.



If you're looking to hire a venue for a private event, we have various options available. Please ask for a member of staff.



Please ask for our delicious dessert menu