

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

£6.25
- Homemade flatbread topped with chorizo, gooey cheese and tangy tomato.
- TOMATO, CHEESE & GARLIC

V

£5.50
- Homemade flatbread topped with ripe tomatoes, melted cheese and garlic.
- 7

CREAMY GARLIC MUSHROOMS

V

£7.95
- Sauteed mushrooms, finished with garlic and cream.
- 8

CROQUETTES OF THE DAY (3)

£5.95
- Crispy-coated croquettes filled with a creamy, smooth blend of seasonal ingredients.
- 9

FRIED POTATOES IN BRAVAS SAUCE

DF GF V

£4.50
- Crispy fried potatoes served with our signature bravas sauce.
- 10

FRIED POTATOES WITH AIOLI

GF V

£4.00
- Crispy fried potatoes served with a creamy and tangy aioli dip.
- 11

DEEP FRIED HALLOUMI STICKS

V

£6.95
- Deep fried halloumi served with a sweet chili sauce.
- 12

SPANISH TORTILLA

GF V

£4.95
- The classic Spanish omelette with onions and potatoes.
- 13

SPANISH STYLE BLACK PUDDING

£6.95
- 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

DF Dairy Free GF Gluten Free V Vegetarian

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 GOUJONS

£8.50
- Deep fried, breadcrumbed 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

£55.00
- 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.

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.

Please ask for our delicious dessert menu

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
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- 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
- Aborio rice cooked with chicken & king prawns.
- 44

CHICKEN PAELLA

DF GF

£11.95
- Aborio 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.