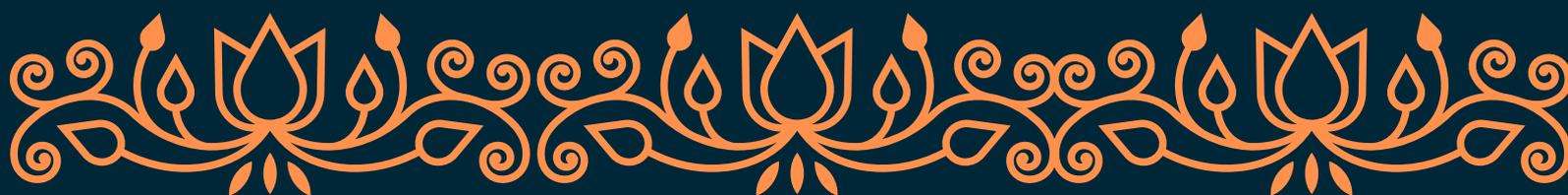




सोल्टी
SOLTI

LOUNGE & RESTAURANT
BY GAUTAM'S

À LA CARTE MENU



सोल्टी

Solti - Pronounced 'soul tea' is the sister venue of the much loved Gautam's in Meadowbank.

Solti is a phrase of affection to describe a close friendship - in this context we aspire to serve every customer that walks in through our doors as a Solti so expect the very best of Nepali hospitality and cuisine.

After an extensive research trip in Nepal exploring the full potential of Nepali cuisine we have put together a tantalising new menu for all of our customers. Using amazing local Scottish produce with spices that have travelled from afar we present to you the second part of our Journey of food.

Please speak to a member of staff if you have any special requirements and for further allergy information. Some dairy dishes can be made without for vegan diners

 Mild - Medium

 Medium- Hot

 Hot - Very Hot

 Contains Nuts

 Contains Dairy

 Contains Gluten

Appetisers

Poppadom Tray 🍷 🌱 🥘 £3.95

Assortment of 3 poppadum's, spiced onions, Mango chutney, mixed pickle and Solti's house chutney

Starters

Chicken MoMo 🍷 🌱 🥘 £6.50

Classic Nepali steamed dumplings with a filling of chicken, chopped herbs and spices (15 Minute Cooking Time)

Chicken Pakora 🍷 £4.95

Strips of marinated chicken breast fillets coated in a gram flour batter and deep fried.

Mixed Pakoras 🍷 🌱 £6.50

Mix of chicken, vegetable, haggis and fish pakoras

Vegetable Pakora 🍷 £4.50

Diced potatoes, chopped onions and spinach coated in gram flour

Vegetable Samosa 🍷 🌱 £4.95

Homemade vegetarian samosas served with a side of spiced chickpeas

Haggis Pakora 🍷 £5.95

Campbells lamb haggis married with Indian spices and herbs and prepared in a pakora batter.

Solti Signature Starters

Gorkhali Lamb Chops 🍷 🥘 £7.95

Trio of Scottish Lamb Chops marinated in ground spices, ginger, garlic and cooked in the Tandoor

Poleko Kukhuro 🍷 🥘 £5.95

Chicken leg marinated overnight in Himalayan herbs and spices, cooked in the tandoor

Malekhu Ko Macha 🍷 £5.75

Panga fish marinated with a Malekhu inspired batter served with a Nepali mint chutney. (Malekhu is a small Nepali town popular for its riverside fish dishes)

Paneer Sashlik Tikka 🍷 🥘 £5.90

Tandoori grilled cottage cheese served with mixed bell peppers and onions

Salmon Tikka 🍷 🥘 £7.95

Delicately marinated Scottish Salmon cooked in the tandoor

Kathmandu Lamb Choila 🍷 £6.95

Sliced Lamb kebabs tossed with red onions, spring onions in a sauce and served with beaten rice.

Chicken Tikka 🍷 🥘 £5.60

Chicken breast marinated in a yoghurt sauce with fresh garlic and ginger

Seekh Kebab 🍷 £5.95

Lamb mince kebab with freshly ground spices, ginger and garlic cooked in the tandoor

King Prawn Garlic Chili 🍷 🥘 £7.50

King prawns in a spicy garlic and chilli sauce with bell peppers, spring onions and fresh coriander

Tandoori King Prawns 🍷 🥘 £7.50

King prawns marinated with yoghurt, fresh garlic and mustard seeds

Chef's Mixed Starter 🍷 🥘 £13.50

Mixed pakora, chicken tikka, seekh kebab, King prawns (Serves 2)

Chef's Favourites

Dishes highlighting the diversity of flavours and regional styles across South Asian cooking.

<p>Ma's Butter Chicken 🌶️🍷 £12.50</p> <p><i>Chicken tikka in a creamy, tomato sauce with butter and aromatic fenugreek</i></p>	<p>Lamb Rogan Josh 🌶️ £11.95</p> <p><i>A Kashmiri dish prepared in a dark gravy flavoured with garlic, ginger, cinnamon</i></p>
<p>Garlic Chilli Chicken 🌶️🌶️ £11.95</p> <p><i>Succulent chicken breast served in a uniquely hot garlic and chilli sauce</i></p>	<p>Chicken Jalfrezi 🌶️🌶️🍷 £10.50 (Lamb £11.50, King Prawns13.95)</p> <p><i>A medium spicy dish with onion, tomato and bell peppers in a rich gravy sauce</i></p>
<p>Chicken Tikka Masala 🌶️🍷 £10.50 (Lamb £11.50, King Prawns 13.95)</p> <p><i>Diced chicken tikka infused in a special tomato sauce with fresh peppers and onions</i></p>	<p>Chicken Balti 🌶️🌶️🍷 £9.95 (Lamb £11.50, King Prawns13.95)</p> <p><i>Chicken tikka in a tangy ginger and garlic-based sauce with a touch of pickles and chickpeas</i></p>
<p>Chicken Korma 🍷🍷 £9.95 (Lamb £11.50, King Prawns13.95)</p> <p><i>Mildly spiced sauce with onion, coconut and ground almonds topped with fresh cream to finish</i></p>	<p>Chicken Madras 🌶️🌶️🌶️ £9.95 (Lamb £11.50, King Prawns13.95)</p> <p><i>A hot red chilli sauce slow cooked with tender cuts of chicken breast for a unique depth of flavour</i></p>
<p>Chicken Saag 🌶️🍷 £10.25 (Lamb £11.50, King Prawns13.95)</p> <p><i>Slow cooked spinach and cuts of chicken breast with hints of garlic and ginger</i></p>	

Solti Signature Dishes

The most Unique Flavours plucked from far-reaching corners of Nepal.

<p>Tandoori Lobster Whole 🌶️🍷 £27.95</p> <p><i>A whole tandoori lobster marinated in Himalayan spices and served with a side of spicy baby butter potatoes. (Item's Availability may vary)</i></p>	<p>Himali Chicken Hot Pot 🌶️🌶️ £11.95 (Lamb 12.95)</p> <p><i>Julienne peppers, onions and ginger in a hot tangy sauce to warm you from the cold</i></p>
<p>Lamb Kathmandu 🌶️🍷 £12.50</p> <p><i>A medley of diced lamb, makhni lentils and spinach cooked with a hint of pickles</i></p>	<p>Mustang Ko Piro Piro Lamb 🌶️🌶️🌶️ £14.50</p> <p><i>Spicy lamb chops in a thick gravy inspired by festive village feasts. Served in a semi-dry gravy</i></p>
<p>Chicken jai' 🌶️🍷🍷 £11.95</p> <p><i>Coconut and cream with a hint of nutmeg flower in a delicately balanced mild sauce.</i></p>	<p>Gau' Ko Kukhuro (On the bone) 🌶️🌶️ £11.95</p> <p><i>Chicken on the bone inspired from the villages of Nepal, slow cooked on a low heat with a base of onions, garlic, tomato and ginger and finished off with a dash of spices and herbs</i></p>
<p>Raja's Nihari Ghost 🌶️🍷 £15.50</p> <p><i>Slow cooked lamb shank in an onion and tomato gravy infused with the finest spices to compliment the dish, fit for royalty. Served with Boiled rice</i></p>	<p>Machi Jhol 🌶️ £11.95</p> <p><i>A village classic - boneless fish with hints of mustard seeds, curry leaves and garlic</i></p>
<p>Chicken Naga 🌶️🌶️🌶️ £12.95 (Lamb 13.95)</p> <p><i>Chicken tikka in a dangerously spicy sauce with a touch of Timur.</i></p>	<p>Garlic Chilli King Prawns 🌶️🌶️ £13.95</p> <p><i>King prawns in a spicy garlic chilli sauce, with mixed peppers and spring onions</i></p>
<p>Solti Ko Salmon 🌶️🌶️ £14.50</p> <p><i>Marinated salmon in a spicy gravy with timur, onions and garlic</i></p>	

Tandoori Sizzlers

All tandoori dishes served with Boiled rice and curry sauce

King Prawn Tandoori  	£16.50	Paneer Sashlik  	£12.50
<i>Marinated King prawns cooked in the tandoor oven with fresh garlic and mustard seeds served straight from the oven</i>		<i>Tandoori cottage cheese cooked in a masala marinade served with bell peppers and red onions</i>	
Lamb Chops  	£16.50	Seekh Kebab  	£13.50
<i>Tender lamb chops delicately spiced and slow cooked in the tandoor oven</i>		<i>Freshly ground spices, garlic and ginger with marinated lamb mince</i>	
Chicken Tikka  	£12.50	Poleko Kukhuro  	£12.50
<i>Yoghurt marinated chicken breast with garlic, ginger and freshly ground spices</i>		<i>Chicken leg marinated overnight in Himalayan herbs and spices, cooked in the tandoor</i>	
Mixed Tandoori  	£16.50		
<i>A mix platter of chicken tikka, seekh kebab, paneer tikka, Lamb chop and Kind prawn</i>			

Vegetarian Dishes

Side Portions Available - £5.50

Tarka Daal 	£8.95	Okra Masala 	£9.50
<i>Lentils tempered in a delicate mix of onion, garlic, tomato and fresh coriander</i>		<i>Fresh Okra, fresh tomatoes, garlic and ginger</i>	
Daal Makhani  	£9.50	Saag Paneer  	£8.95
<i>Whole lentils and beans slow-cooked with butter and cream</i>		<i>A thick spinach sauce with cottage cheese</i>	
Aloo Baingan 	£8.95	Saag Aloo  	£8.95
<i>Potatoes and Aubergine in a medium spiced gravy</i>		<i>Spinach sauce served with tempered potatoes</i>	
Jackfruit Bhuteko  	£8.95	Kadai Paneer  	£8.95
<i>Jackfruit and potatoes in a spicy, and dry curry.</i>		<i>Cottage cheese with diced bell peppers, onions and fresh coriander.</i>	
Aloo Tama Bodi  	£9.50	Mushroom Bhaji 	£8.95
<i>Baby bamboo shoots, potatoes and black-eyed peas infused with Nepali herbs and spices</i>		<i>A combination of mushrooms in a spiced curry with onions, tomato, ginger and garlic.</i>	
Paneer Makhani  	£8.95	Chana Masala 	£8.95
<i>A rich gravy of tomatoes, butter cream and spices with chunks of cottage cheese</i>		<i>Boiled chickpeas in a slow cooked broth of Nepali spices and herbs</i>	
Timuri Aloo Piro  	£8.95		
<i>Spicy baby potatoes in a dry masala with a touch of timur</i>			

Briyani Dishes

Basmati Pilau rice in an aromatic blend of herbs and spices married with one of the below.

Jackfruit Briyani		£11.95
Chicken Briyani		£12.50
Lamb Briyani		£13.50

Rice & Naan

Basmati Boiled Rice	£2.95	Plain Naan	£2.95
Basmati Pilau Rice	£3.25	Garlic Naan	£3.50
Mushroom Rice	£3.25	Cheese Naan	£4.25
Chapati	£1.95	Peshwari Naan	£3.95
Tandoori Roti	£2.25	Garlic Coriander Naan	£3.95
Tandoori Paratha	£2.95	Garlic Cheese Naan	£4.50

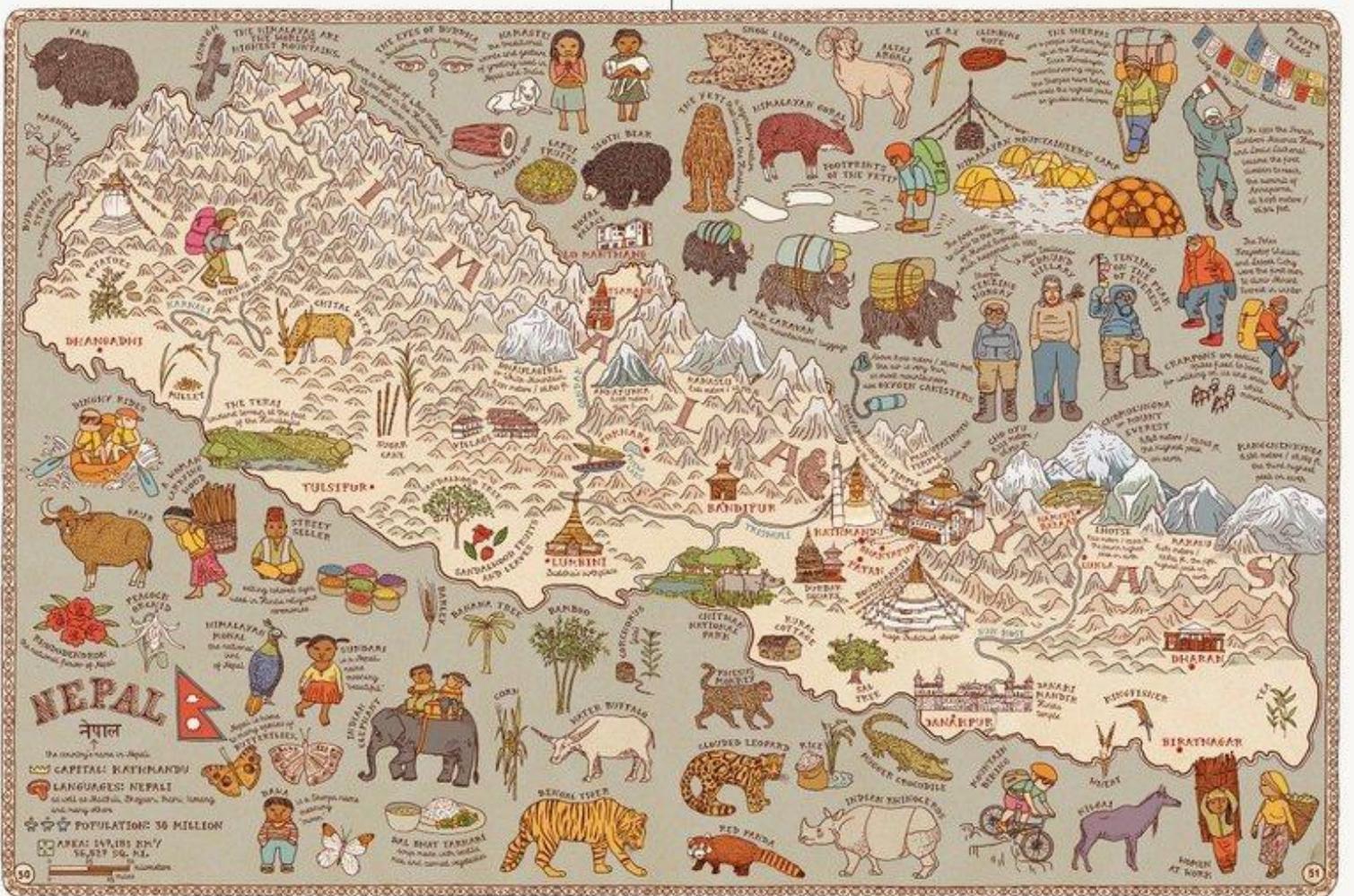
Accompaniments

Mango Chutney	£0.85	Mixed Pickle	£0.85
Green Salad	£3.50	Spiced Onions	£0.85
Mint Sauce	£0.85	Solti House Chutney	£0.95
Poppadum	£0.85	Mixed Raita	£1.50
Chips	£2.20		

Desserts

Matka Kulfi	£5.50
Gulab Jamun	£4.50
Vanilla Ice Cream	£3.95

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