

Solandra

SOLANDRA MENU

— CAPE TOWN —

CAPE SUNDOWNER MIXOLOGY BLENDS COASTAL EASE AND URBAN FLARE

TO SHARE

AWARD WINNING SOUTH AFRICAN CHEESE BOARD 285 G·L
FINEST LOCAL CHEESES, SEED CRACKERS,
CRISPBREAD, GRAPES, ORANGE BUCHU JAM

SELECTION OF SOUTH AFRICAN CURED MEATS 295 G·L·N
FENNEL SALAMI, ARTISANAL CHORIZO, PROSCIUTTO, CULATELLO HAM,
PISTACHIO MORTADELLA, D'EPICE MUSTARD, BAKED ARTICHOKE
CREMA, MARINATED OLIVES, GARLIC DOUGH KNOTS

SALMON TASTING 345 G
GRAVADLAX, HOT SMOKED SALMON, SALMON RILLETTE,
CAPERS, CORNICHON & FRISÉE SALAD, MARBLED RYE BREAD,
MUSTARD & LIME DRESSING, LEMON AIOLI

ANTIPASTI 395 G·L·P
FENNEL SALAMI, PROSCIUTTO, CREMALAT GORGONZOLA,
CAPE WINELANDS BRIE, BAKED ARTICHOKE CREMA,
FIRE-CHARRED RED PEPPER CHUTNEY, MARINATED OLIVES

SOLANDRA / SŌ-LAN-DRUH
A WARM, GOLDEN FLOWER THAT INSPIRES RADIANCE AND VITALITY

SALAD CLASSICS

BURRATA CAPRESE 235 V·L

FRESH HERITAGE TOMATOES, BURRATA,
FRESH BASIL, BASIL OIL

LA CAESAR 1972 165 G·L·E

ROMAINE LETTUCE, PARMIGIANO REGGIANO,
SILVER ANCHOVY, FOCACCIA CROUTONS,
ENRICHED DRESSING

ADD CHICKEN BREAST 45

ADD COAL-FIRED PRAWNS 125

PIZZA

BLISTERING SOURDOUGH-CRUST PIZZAS

OG MARGHERITA 140 V·G·L

SAN MARZANO TOMATO SAUCE,
FIOR DE LATTE, FRESH BASIL

QUATTRO FORMAGGI 165 V·L

PROVOLONE, CREMALAT GORGONZOLA,
PARMIGIANO REGGIANO, FIOR DE LATTE

SPRING 180 G·L·P

PROSCIUTTO, CHARRED COURGETTES, ASPARAGUS,
LEMON RICOTTA, PEAS, FIOR DE LATTE

CALABRESE HEAT 185 G·L·P

SPICY SALAMI, PROVOLONE,
CALABRIAN CHILLI PASTE, FIOR DE LATTE

UNDER THE SEA 295 G·L·C

PRAWN, MUSSELS, SEABASS CARPACCIO,
CHARRED TOMATO, ROCKET, FRESH BASIL

CAPRICCIOSA 210 G·L·P

CULATELLO HAM, ARTICHOKE ALLA ROMANA,
LECCINO OLIVES, MUSHROOM, FIOR DE LATTE

VEGAN 155 VE·G

ARTICHOKE ALLA ROMANA, LECCINO OLIVES,
MUSHROOM, VEGAN CHEESE, CHERRY TOMATO

GLUTEN-FREE BASES AVAILABLE ON REQUEST

NAPOLI-STYLE PIZZA SANDWICH

CAPRESE 125 V·G·L

SEARED TOMATOES, BASIL PESTO, BURRATA,
ARUGULA, BALSAMIC GLAZE

CHICKEN PARMIGIANO 145 G·L

CHICKEN SCHNITZEL, VODKA & PARMESAN TOMATO SAUCE,
CHARRED CHERRY TOMATOES, BURRATA, BASIL

ITALIAN CLUB 215 G·P·L·N

PROSCIUTTO, FENNEL SALAMI, CHICKEN PARMIGIANO,
MOZZARELLA, PROVOLONE, PARMESAN TOMATO SAUCE

CAPE BRIE 195 G·L·H

CAPE WINELANDS BRIE, TRUFFLED HOT HONEY,
CARMELISED ONIONS, WATERCRESS

DESSERT

FROZEN FRUIT POTS 135 V·E

WATERMELON, SWEET MELON,
PINEAPPLE, GRAPES, ORANGE

CANNOLI TWINS 145 G·N·L

SWEET RICOTTA, CHOCOLATE CHIP,
CHOPPED PISTACHIO

SWEET CARAMEL RICOTTA,
TOFFEE FUDGE CRUMB, DARK CHOCOLATE DIP

GELATO 90 L·V

CHOCOLATE

COOKIE MONSTER

HONEYCOMB

SORBET 90 VE

APEROL SPRITZ

LIMONCELLO

SPIKED APPLE SNOW

C - CRUSTACEANS | E - EGGS | G - GLUTEN | H - HONEY | L - LACTOSE
M - MOLLUSC | N - NUTS | P - PORK | V - VEGETARIAN | VE - VEGAN

At InterContinental® Table Bay Cape Town, our menu items may change and could include common allergens. We recommend that you inform your waiter of any special dietary needs including all intolerances and allergens.

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SOLANDRA DRINKS

— CAPE TOWN —

ITALIAN APERITIVO CULTURE & COASTAL SOUL

COCKTAILS

LIMONCELLO MOSCOW MULE 120

VODKA, LIME JUICE, LIMONCELLO LIQUEUR, GINGER ALE

SPICY MANGO MARGARITA 110

TEQUILA, ORANGE LIQUEUR, FRESH CHILI, LIME,
MANGO JUICE, FRESH LIME JUICE

PASSION FRUIT CAIPARINHA 100

WHITE RUM, FRESH LIME, SUGAR, PASSION FRUIT PUREE

FROZEN GIN & TONIC 95

GIN, TONIC WATER, ELDERFLOWER SYRUP

COCONUT MARGARITA 110

TEQUILA, ORANGE LIQUEUR, CREAM OF COCONUT,
LIME JUICE, SIMPLE SYRUP

PINEAPPLE MAI TAI 120

WHITE RUM, DARK RUM, ORANGE LIQUEUR,
PINEAPPLE PUREE, LIME JUICE

DAIQUIRI (PASSION FRUIT/MANGO/STRAWBERRY) 125

WHITE RUM, SIMPLE SYRUP, LIME JUICE, STRAWBERRY PUREE,
FROZEN STRAWBERRIES/ PASSION FRUIT/ MANGO

CIN CIN!

SANGRIA 125

RED SANGRIA MIX, RED WINE, LIME, ORANGE JUICE

FROSÉ 130

ROSÉ, STRAWBERRY SYRUP, LEMON JUICE, CRUSHED ICE

NON-ALCOHOLIC COCKTAILS

NOJITO 85

LEMON JUICE, MINT SYRUP, LEMONADE, GINGER ALE

CRIMSON SOL 105

BLOOD ORANGE, SODA WATER, NON-ALCOHOLIC BUBBLY

BOTANICA WHISPER 90

ABSTINENCE BOTANICAL, TONIC WATER

TABLE BAY SPRITZ

APEROL SPRITZ 125

APEROL, MCC, SODA WATER

LIMONCELLO SPRITZ 125

LIMONCELLO LIQUEUR, MCC, SODA WATER

PASSION SPRITZ 125

PASSION FRUIT, MANGO, MCC, SODA WATER

HUGO SPRITZ 125

ELDERFLOWER LIQUEUR, MCC, SODA WATER

GIN

TANQUERAY	40
TANQUERAY N° TEN	65
BOMBAY	45
HENDRICK'S	45

RUM

BACARDI RUM	30
CAPTAIN MORGAN SPICE GOLD	35
CAPTAIN MORGAN DARK RUM	35

WHISKY

IRISH WHISKEY

JAMESON ORIGINAL	55
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BLENDED SCOTCH

J&B	30
JOHNNIE WALKER BLACK	55

SINGLE MALT

GLENMORANGIE LASANTA 12YR	90
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TENNESSEE WHISKEY

JACK DANIEL'S	45
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VODKA

KETEL ONE	60
GREY GOOSE	85
BELVEDERE	70

TEQUILA

EL-JIMADOR BLANCO	60
EL-JIMADOR REPOSADO	60
DON JULIO BLANCO	100
DON JULIO REPOSADO	120

BEERS

LOCAL

CASTLE 330ML 45

CASTLE LITE 330ML 50

WINDHOEK LAGER 440ML 60

INTERNATIONAL

CORONA 330ML 60

HEINEKEN 330ML 55

GUINNESS 440ML 80

NON-ACOHOLIC

CORONA ZERO 55

DEVIL'S PEAK HERO 45

DRAUGHT BEER 500ML | 300ML

LOCAL

CASTLE LITE 500ML 60 | 40

INTERNATIONAL

STELLA ARTOIS 70 | 45

CIDERS

LOCAL

HUNTER'S DRY 330ML 55

SAVANNA 330ML 65

INTERNATIONAL

REKORDELIG

WILD BERRIES 500ML 135

REKORDELIG

STRAWBERRY & LIME 500ML 135

WINES

SAUVIGNON BLANC

LOMOND (GANSBAAI) B·500 | G·160

KLEIN CONSTANTIA (CONSTANTIA) 575

IONA 710

CHENIN BLANC

CAPE OF GOOD HOPE RIEBEEKSRIVIER (WESTERN CAPE) 440

MILES MESSOP (STELLENBOSCH) 500

RAATS (STELLENBOSCH) 540

CHARDONNAY

JORDAN UNWOODED B·495 | G·140

ARENSIG HANDCRAFTED WINES (ROBERTSON) 695

ATARAXIA (HEMEL EN AARDE) 1190

WHITE BLENDS

CAPE OF GOOD HOPE CAROLINE (RIEBEEKSRIVER) B·550 | G·140

STARK-CONDÉ FIELD BLEND 775

MERLOT

DE GREDEL B·570 | G·150

THELEMA MERLOT (STELLENBOSCH) 890

PINOT NOIR

LA BRUNE 'THE VALLEY' B·670 | G·165

CATHERINE MARSHALL SANDSTONE 770

ROSÉ

EIKENDAL B·360 | G·100

L'AVENIR SINGLE BLOCK GLENROSÉ 750

CHAMPAGNE

MOËT & CHANDON B-2200 | G-720
VEUVE CLICQUOT BRUT 2700

MCC

BOSCHENDAL BRUT B-590 | G-150

FRAPPÉ DELIZIE DI SOLANDRA

SOLANDRA'S FRAPPÉ DELIGHTS
MEDIUM | LARGE

SOLANDRA AURORA FRAPPÉ 105 | 130

PASSION FRUIT PUREE, PINEAPPLE PUREE,
MANGO PUREE, COCONUT MILK, VANILLA SYRUP

TRAMONTO DI FRAGOLA STRAWBERRY SUNSET 105 | 130

FRESH STRAWBERRIES, ORANGE JUICE,
COCONUT MILK, HONEY, CREAM, GRENADINE

COCCO-MOKA DI SOLANDRA SOLANDRA'S COCONUT MOCHA 105 | 130

ESPRESSO, MILK, CHOCOLATE SYRUP, HONEY, CREAM

SMOOTHIES

MEDIUM | LARGE

GREEN HARMONY BLEND 75 | 105

AVO, SPINACH, GRANNY SMITH APPLE, MINT,
BANANA, MAPLE SYRUP, ALMOND MILK/ FRESH MILK

EXOTIC TROPICAL 75 | 105

MANGO, PASSION FRUIT PULP, PINEAPPLE, COCONUT WATER

NUTTY AFFAIR 75 | 105

OATS, BANANA, PEANUT BUTTER, HONEY,
VANILLA EXTRACT, ALMOND MILK/ FRESH MILK

MILKSHAKES

MEDIUM | LARGE

THE CEREAL KILLER 75 | 95

FRUITY PEBBLE CEREAL, MARSHMALLOWS, MYSTERY FLAVOUR CEREAL BAR

BERRY EMULSION 80 | 115

STRAWBERRIES, BLUE BERRIES, CRANBERRIES

MINT CHIP BROWNIE 80 | 115

MINT CHOC CHIP ICE CREAM, WHIPPED CREAM, FUDGE BROWNIE

LEGEND-DAIRY FREE 85 | 120

VEGAN COOKIES, PEANUT BUTTER, CRUSHED OREO,
NON-DAIRY WHIPPED CREAM

SOFT DRINKS

- COKE 200ML 35
- COKE ZERO 200ML 35
- FITCH & LEEDES 200ML 35
- SODA WATER | TONIC WATER
- PINK TONIC | GRAPEFRUIT
- LEMONADE | DRY LEMON
- GINGER ALE
- UPLIFT KOMBUCHA 200ML 75
- LEMON GINGER | PEACH GRANADILLA
- RASPBERRY POMEGRANATE
- CERES TOMATO COCKTAIL 200ML 85
- RED BULL 250ML 65
- RED BULL SUGAR FREE 250ML 65
- APPLETISER 275ML 65
- GRAPETISER RED 275ML 65
- STONEY GINGER BEER 300ML 40
- CREME SODA 300ML 40
- FANTA 300ML 40
- SPRITE 300ML 40
- SPRITE ZERO 300ML 40
- BOS PEACH ICED TEA 300ML 55
- BOS LEMON ICED TEA 300ML 55

WATER

- VALPRÉ STILL 500ML 60
- VALPRÉ SPARKLING 500ML 60

HOT BEVERAGES

AMERICANO	42
CAPPUCCINO	42
CAFFÈ LATTE	42
MACCHIATO	38
ESPRESSO SINGLE	35 DOUBLE 45
MILO	75
HOT CHOCOLATE	75
CHOCOCCINO	75

In need of a pick-me-up?

At InterContinental® Table Bay Cape Town, we want you to feel your best while travelling. Try Timeshifter® on your next journey to ease jet lag, it's on us.



SPECIALITY COFFEES

THE ATLANTIC AFFOGATO 55

Artisanal Cape Town vanilla gelato drowned in espresso

TABLE MOUNTAIN MOCHA 75

Espresso with Belgian chocolate & cocoa dusting

SALTED CARAMEL LATTE 60

Espresso with salted caramel & foam

HAZELNUT LATTE 60

Espresso with roasted hazelnut sweetness

HOT ESPRESSO MARTINI 85

Espresso with coffee liqueur & cream foam

MATCHA LATTE 70

Ceremonial-grade Japanese matcha with steamed milk

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