

SOL – Mediterranean. Modern. Together.

Kissed by the sun and inspired by the South, SOL brings together flavours from the Levant to Liguria. Our cuisine is plant-forward, creative and cosmopolitan – vegetables take centre stage, accompanied by carefully selected fish and meat from sustainable Swiss sources.

We cook with honesty, quality and a modern approach – combining the lightness of the Mediterranean with the down-to-earth character of our region.
Whether it's a sharing-style Tavolata, a business lunch or dinner with friends: at SOL, it's all about good food, conviviality and that holiday feeling – right in the heart of Dübendorf.

ANTIPASTI & STARTERS

Parmesan fries *
with fresh herbs and truffle cream 12

Hummus *
with dukkah and toasted focaccia 14

Après-SOL Tapas *
Rosemary focaccia, baba ganoush, Kalamata olives, pickled pumpkin and Grana Padano 19

SOL Platter *
with cured ham, Salametti, Grana Padano, pickled pumpkin and house bread 24

Bruschetta Caprese
with buffalo mozzarella, marinated cherry tomatoes and basil 15

Bruschetta Levante
with pumpkin cream, marinated red onions and dukkah 15

Bruschetta Sole
fresh goat's cheese, balsamic figs and crispy bacon 15

Calamari Fritti
with homemade aioli 17

Sol

Swiss Salmon Terrine	
orange and fennel salad, sweet-and-sour pickled pumpkin and honey mustard sauce	24
Beetroot Carpaccio	
mustard seed caviar, watercress and toasted hazelnuts	16
with caramelised fresh goat's cheese	+6
Figs & Burrata	
with cured ham and port-balsamic reduction	22
Black Angus Beef Tartare, small *	
with Grana Padano, pickled red onions, pickled mustard seeds, tomato cream and toast	28
Black Angus Beef Tartare, large *	
with Grana Padano, pickled red onions, pickled mustard seeds, tomato cream and toast	34

SALADS & SOUP

Green Salad
with cos lettuce and rocket — 8

Autumn Radicchio Salad *
sautéed wild mushrooms, toasted walnuts and Grana Padano shavings — 18

Warm Fennel Salad *
with Beluga lentils, onsen egg and sweet-and-sour pickled pumpkin — 14

Superfood Salad Bowl
with cos lettuce, rocket, cherry tomatoes, green beans, quinoa, pickled red onions, avocado, pumpkin and hummus — 24
with chicken thigh skewer — +12

Caesar Salad *
with cos lettuce, crispy bacon, Grana Padano, crispy bread crumble and Caesar dressing — 22
with avocado * — +6
with chicken thigh skewer — +12

Cream of Pumpkin Soup *
with burrata foam, pumpkin seed oil and toasted pumpkin seeds — 14

PASTA AND RISOTTO

Paccheri «Matteo»
with braised pumpkin and onion salsa, olive oil and toasted walnuts 26

Spaghetti Carbonara
with crispy farmhouse bacon, egg, cream and Grana Padano 28

Gnocchi
alla Bolognese «SOL» 27

Tagliatelle SOL
with cured ham, buffalo mozzarella, Grana Padano, tomato sauce, cream, rocket and truffle oil 29

Porcini Triangoli*
with autumn truffle, sorrel and Grana Padano 32

Autumn Risotto*
with cicorino rosso braised in red wine, mascarpone and lemon pepper 28

PINSA

Pinsa Levante
with hummus, baba ganoush, watercress, hazelnuts and herb oil 26

Pinsa del Bosco
with mascarpone, wild mushrooms, pickled pumpkin and black truffle 27

Pinsa SOL
with cured ham, buffalo mozzarella, Grana Padano, tomato sauce, cream, rocket and truffle oil 29

MAIN COURSES

Stuffed Baked Sweet Potato with saffron crème fraîche, rich vegetable jus, sautéed autumn mushrooms and braised chicory	28
Baked Feta with Mediterranean vegetables, olives and rosemary potatoes	26
Lostallo Salmon «Riviera» with cherry tomatoes, olives, caper berries, Hokkaido pumpkin and boiled potatoes	38
Braised Venison Shank * with Cicorino Rosso risotto, red cabbage and toasted Piedmont hazelnuts	42
Venison Fillet with saffron risotto, braised Hokkaido pumpkin, red cabbage and rich game jus	48
Mediterranean-style Wild Boar Stew with braised peppers, olives and creamy Ticino polenta	42
Chicken Thigh Skewer * with baba ganoush, autumn vegetables and herb pesto	36
Tagliata di Manzo Black Angus entrecôte 200 g with autumn vegetables, fig-balsamic jus, Grana Padano and rosemary potatoes	48
Cotoletta alla milanese breaded veal chop 200 g, autumn vegetables and French fries	52

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DESSERT

Affogato
vanilla ice cream with espresso 8

Sorbetto di Uva
with lemon sorbet and fresh grapes 10
with grappa +4

Cheesecake
with fresh figs and port sauce 12

Crema Catalana
with marinated Williams pear 12

Tiramisu
«SOL» 14

Warm Chocolate Cake
with a molten centre, vanilla ice cream and plum compote 14

MEAT DECLARATION

Meat
Beef IP-Suisse
Veal IP-Suisse
Pork IP-Suisse
Chicken CH, BTS (particularly animal-friendly housing)

Fish
Salmon CH

Origin may vary depending on availability and will be declared on the menu.

If you have any questions about allergens or intolerances, our service team will be happy to assist.

For further information, our team will be happy to help.
All prices in CHF incl. 8.1% VAT.

Symbols

Gluten-free

Vegan

Gluten-free bread is available on request.*