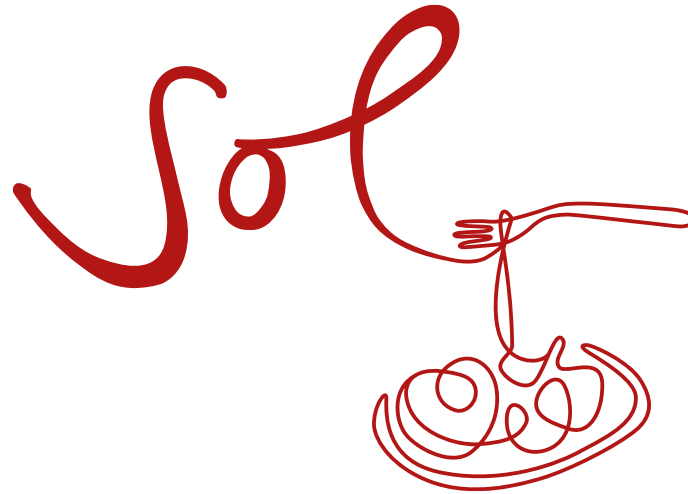




SOL – Mediterranean. Modern. Shared.

Kissed by the sun and inspired by the south, SOL brings together the flavours from the Levant to Liguria. Our cuisine is plant-forward, creative and open-minded – vegetables take centre stage, accompanied by carefully selected fish and meat from sustainable Swiss sources. We cook with honesty and quality, reimagined in a modern way – with the lightness of the Mediterranean and the groundedness of our region. Whether a sharing tavolata, a business lunch or dinner with friends: SOL is about pleasure, togetherness and the feeling of being on holiday – right in the heart of Dübendorf.



ANTIPASTI & STARTERS

Kalamata-Oliven

marinated with garlic, lemon and chilli

7

Hummus

with dukkah and toasted focaccia

14

Parmesan Fries

with fresh herbs and truffle cream

12

Rosemary Focaccia

with olive oil and coarse sea salt

9

Bruschetta Caprese

with buffalo mozzarella, marinated cherry tomatoes and basil

15

Bruschetta Levante

with baba ganoush, pepperoncini, preserved lemon and parsley

15

Bruschetta Sole

with ricotta, cured ham and basil pesto

15

Calamari Fritti

with homemade aioli

22



Swiss Salmon Tartare 🌱

with vegetable brunoise, ricotta, preserved lemon and onion sprouts 24

Melone e Bufala 🌱

cantaloupe melon, buffalo mozzarella, roasted hazelnuts and hazelnut oil 18
with cured ham +8

SOL Board

with cured ham, salametti, Grana Padano, baba ganoush, pickled vegetables and house bread 26

Black Angus Beef Tartare small

with Grana Padano, pickled mustard seeds, tomato crème and toast 28

Black Angus Beef Tartare large

with Grana Padano, pickled mustard seeds, tomato crème and toast 34



SALADS & SOUP

Green Salad 🌿🌾

with lettuce and rocket

8

Summer Leaf Salad 🌾

with melon, toasted seeds and Grana Padano

14

Green Bean Salad

with gazpacho crème, cherry tomatoes, pickled red onions, black olives and feta

16

Superfood Salad Bowl 🌿🌾🌾

with lettuce, rocket, spinach, cherry tomatoes, green beans, quinoa, pomegranate, melon and hummus

24

Caesar Salad

with lettuce, roasted farm bacon, Grana Padano, croutons and Caesar dressing.

24

with avocado

+6

with chicken thigh skewer

+12

Gazpacho 🌿

with vegetable brunoise and bruschetta

12



PASTA & RISOTTO

Conchiglie al Pesto

with basil pesto, crudaiola and buffalo mozzarella 26

Spaghetti Carbonara

with roasted farm 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 summer truffle, sorrel and Grana Padano 32

PINSA

Pinsa Levante

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

Pinsa Estate

with ricotta, grilled vegetables, cherry tomatoes and basil 27

Pinsa SOL

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



MAIN COURSES

Mediterranean Grilled Vegetables

with hummus, hazelnut dukkah, basil-vinaigrette and focaccia
with onsen egg

28
+4

Baked Feta 🌱

with Mediterranean vegetables, olives and rosemary potatoes

26

Lostallo Salmon "Riviera"

with cherry tomatoes, olives, caper berries, courgette and spaghetti

38

Grilled Herb Pork Tenderloin in Bacon 🌱

with green beans, rosemary potatoes and basil-chimichurri

42

Chicken Thigh Skewers

with baba ganoush, roasted vegetables and herb quinoa

36

Tagliata di manzo

Black Angus entrecôte 200g with grilled vegetables, balsamic crème, Grana Padano
and rosemary potatoes

46

Costoletta alla milanese

breaded veal cutlet 200g with French fries

48



DESSERT

Affogato ☼

vanilla ice cream with espresso

8

Sorbetto Limoncello Spritz 🌿☼

lemon sorbet, limoncello and prosecco

10

Chocolate Mousse

with dates, coconut sauce and preserved cherries 🌿☼

12

White Chocolate Lava Cake

with liquid pistachio centre and apricot sorbet

14

Cheesecake

with fresh berries and blackberry sauce

12

Tiramisu

«SOL»

12



ICE CREAM

Iced Coffee ☼

coffee ice cream, coffee, cream

13

Banana Split ☼

vanilla ice cream, banana, chocolate sauce, cream

13

Coupe Danemark ☼

vanilla ice cream, chocolate sauce, cream

13

Coupe Romanoff

with vanilla ice cream, strawberry sauce, fresh strawberries
with cream

12
13.50

Strawberries

fresh strawberries
with cream

10
11.50

Ice Cream Flavours:

caramel, vanilla, chocolate, strawberry, raspberry, lemon, cherry, coffee, yoghurt
pistachio, stracciatella ☼

Per scoop ☼

4.50

Cream ☼

1.50

Chocolate sauce ☼

1.50

Sol

MEAT DECLARATION

Meat

Beef CH, IP-Suisse

Veal CH, IP-Suisse

Pork CH, IP-Suisse

Chicken CH, BTS (especially animal-friendly husbandry)

Fish

Salmon CH

The origin may vary depending on availability and is declared in the menu.

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

For further information, our staff will be happy to provide assistance.

All prices in CHF incl. 8.1% VAT.

Symbols

Gluten-free 

Vegan 