

# SOLE

*Seabar by Tarragon*

Welcome to Sole, Seabar by Tarragon, where the elegance of the Mediterranean meets the vibrant spirit of Malta on the shores of St George's Bay. Inspired by the island's rich culinary heritage, our menu celebrates the finest seasonal ingredients – from seafood freshly sourced from Maltese waters to Mediterranean classics thoughtfully reimaged with contemporary flair.

At Sole by Tarragon, dining is more than a meal; it is an experience that captures the essence of island living. Our menu is a tribute to both sea and land, highlighting the fisherman's daily catch, refined Maltese-inspired creations, and Mediterranean favourites elevated through creativity and craftsmanship.

Sole, Seabar by Tarragon proudly continues the legacy of Tarragon, one of Malta's most celebrated dining destinations, founded by Malta's Culinary Ambassador, Chef Marvin Gauci. Renowned for his innovation and unwavering respect for local produce, Chef Gauci championed the farm-to-fork philosophy long before it became a global movement.

Today, that philosophy lives on through a carefully curated Mediterranean dining experience, where relaxed sophistication meets exceptional cuisine under the guidance of Head Chef Marco lasenza, whose passion for flavour, seasonality, and precision defines our kitchen.

*Learn more about our story:*



## TASTING MENUS

### CHEF SNACKS & AMUSE

Homemade Bread | Cultured Butter | House Olive Oil

### SEABASS CEVICHE [D][L]

Seabass | Leche de tigre | Strawberries | Basil | Chilli

### COURGETTE GARDEN [H][L]

Mint | Pinenuts | Olives | Citrus

### SMOKED BURRATA\*\* [A][G][L]

Datterino tomato sauce | Basil | Chilli Strings | Focaccia

### CAPPELLACCI [A][C][F][G][H][O]

Braised Short Ribs | Parmesan | Caramelised Onions | Hazelnuts

### BAJTRA DROPS

### GRILLED MEAGRE [D][G][L][O][R]

Cauliflower Puree | Clams | Seaweed Beurre Blanc | Fresh Local Herbs

### LAMB RACK\*\* [A][F][G][H][O]

Aubergine | Almond Cream | Thyme Jus | Herbed Crust

### LIMONCELLO BABA [A][C][G][H][O]

Sauvignon blanc | Lemon Chantilly | Rosemary | Limoncello

6 COURSE

85

\*\* 8 COURSE

105

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs  
Should you have any allergens or intolerances, kindly advice your server before ordering.

## RAW & CARPACCIO

### BEEF TARTARE [C]

Roasted Red Peppers | Confit Egg Yolk | Puffed Rice

**17**

### SEABASS CEVICHE [D][L]

Seabass | Leche de tigre | Strawberries | Basil | Chilli

**18**

### ROSSO CARPACCIO [B][D][F][G][L]

Local Red Prawns | Sweet Corn Purée | Chilli Oil | Cress

**24**

### CRUDO PLATTER [B][D][R][L]

Red Prawns | Oysters | Fasolare | Langoustine | Seabass | Tuna

**95**

### CAVIAR SELECTION [A][C][D][G][O]

50g tins, Blinis, Condiments

Kaluga | Platinum | Oscietra | Black Label | Beluga

**140 | 180 | 200 | 180 | 495**

### OYSTER SELECTION

#### GILLARDEAU OYSTERS [D][O][R]

With Gin & Tonic Granita

**8**

OR

#### UMAMI OYSTERS [D][O][R]

With Negroni Granita

**8**

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs

Should you have any allergens or intolerances, kindly advise your server before ordering.

## STARTERS

### FRESH MUSSELS [R]

White wine | Cherry Tomatoes | Garlic | Crostini

18

### MEDITERRANEAN PRAWNS [B][D][O]

Cherry Tomatoes | Capers | Lemon | Sauvignon Blanc

20

### BLACK CALAMARI FRITTI [A][D][F][R]

Aioli Mayo | Charcoal | Citrus | Squid Ink

18

### COURGETTE GARDEN [H][L]

Mint | Pinenuts | Olives | Citrus

16

### SMOKED BURRATA [A][G][L]

Datterino tomato sauce | Basil | Chilli Strings | Focaccia

18

### HOKKAIDO SCALLOPS [A][G][L][R]

Herbs Gratin | Caramelised Celeriac Purée | Beurre Blanc | Herb Oil

24

### LOBSTER ROLL [A][B][C][D][E][F][G][L][O]

Homemade Brioche | Roasted Lettuce | Wild Thyme Infused Honey  
| Paprika Emulsion

32

### ALJOTTA FISH SOUP [D][L][O][R]

Local Fish | Molluscs | Tomato | Katsobushi

18

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs  
Should you have any allergens or intolerances, kindly advise your server before ordering.

## PASTA

### CAPPELLACCI [A][C][F][G][H][O]

Braised Short Ribs | Parmesan | Caramelised Onions | Hazelnuts

26

### SPAGHETTO IASENZA [A][G][H]

Coffee Butter | Garlic Panko | Olive Oil | Maltese Salt

24

### TAGLIATELLE WITH MUSSELS [A][C][D][F][G][H][R]

Cacio Pepe Cream | White Wine | Parsley Oil | Cress

26

### HOMEMADE LOBSTER PASTA [A][B][C][D][F][G][H][O]

Squid Ink Tagliatelle | Lobster Bisque | Samphire | Creme Fraiche

90 | Serves 2

### RED PRAWN RISOTTO [B][D][F][G][H][O]

Smoked Stracciatella | Bisque | Nduja Oil | Chives

32

## SIDES

Local Leaves Salad

Fried Polenta [G]

Garlic and Potatoes Mash [G]

Local Roasted Potatoes

Seasonal Roasted Vegetables [O]

6 Each

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs  
Should you have any allergens or intolerances, kindly advice your server before ordering.

## MAINS

### BLACK ANGUS RIB EYE [A][C]

Carrot Purée | Potato Gnocchi | Shallots Petals | Jus

38

### LAMB RACK [A][F][G][H][O]

Aubergine | Almond Cream | Thyme Jus | Herbed Crust

38

### BLACK ANGUS FILLET [A][C]

Zucchini Purée | Potato Gnocchi | Charred Onions | Red Wine Jus

38

### GRILLED OCTOPUS [A][C][D][F][G][O][P][R]

Fondant Potato | Octopus Croquette | Cauliflower Purée |  
Beurre Blanc

36

### GRILLED MEAGRE [D][G][L][O][R]

Cauliflower Purée | Clams | Seaweed Beurre Blanc |  
Fresh Local Herbs

34

### SOLE MEUNIÈRE [A][D][O]

Beurre Noisette | Crispy Capers | Lemon | Parsley

50

### KING CRAB [B][F]

Zucchini | Preserved Lemon | Saffron | Olive Oil

65

### LOBSTER WELLINGTON [A][B][C][D][G][O]

Asparagus Duxelles | Butter-Poached Tail | Puff Pastry | Bisque Velouté

110 | Serves 2

### DAILY SELECTION OF FRESH FISH

Al sale | Cartoccio | Grilled | Acqua Pazza

Market Price

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs  
Should you have any allergens or intolerances, kindly advice your server before ordering.

## DESSERTS

### PRICKLY PEAR [A][C][G][H][O]

Almond | Honey | Bajtra liqueur | Wild Thyme Sorbet

**11**

### LIMONCELLO BABA [A][C][G][H][O]

Sauvignon blanc | Lemon Chantilly | Rosemary | Vanilla Ice cream

**11**

### BLACK OLIVE & CHOCOLATE [A][C][G][H][O]

Greek Yogurt | Marvin Gauci Olive Oil | Phyllo

**11**

### CRÈME BRÛLÉE [A][C][G][H][O]

Orange Confit | Almond Crumble | Citrus Caramel | Pedro Ximénez Ice Cream

**11**

### TIRAMISU [A][C][G][H][O]

Mascarpone | Coffee | Cocoa | Savoiardi Biscuit

**12**

### SORBET

Lemon & Mint Infusion Sorbet

**4 Per Scoop**

### SELECTION OF GELATO [C][G][H]

Ask our servers for the daily selection

**4 Per Scoop**

[A] Gluten | [B] Crustaceans | [C] Eggs | [D] Fish | [F] Soybeans | [G] Milk | [H] Nuts | [L] Celery |  
[M] Mustard | [N] Sesame | [O] Sulphites | [P] Lupin | [R] Molluscs  
Should you have any allergens or intolerances, kindly advice your server before ordering.

