

Starters

Peri-Peri Chicken Livers 79

Spicy Peri-Peri Chicken Livers served with homemade bread fingers.

Patagonian Baby Squid 89

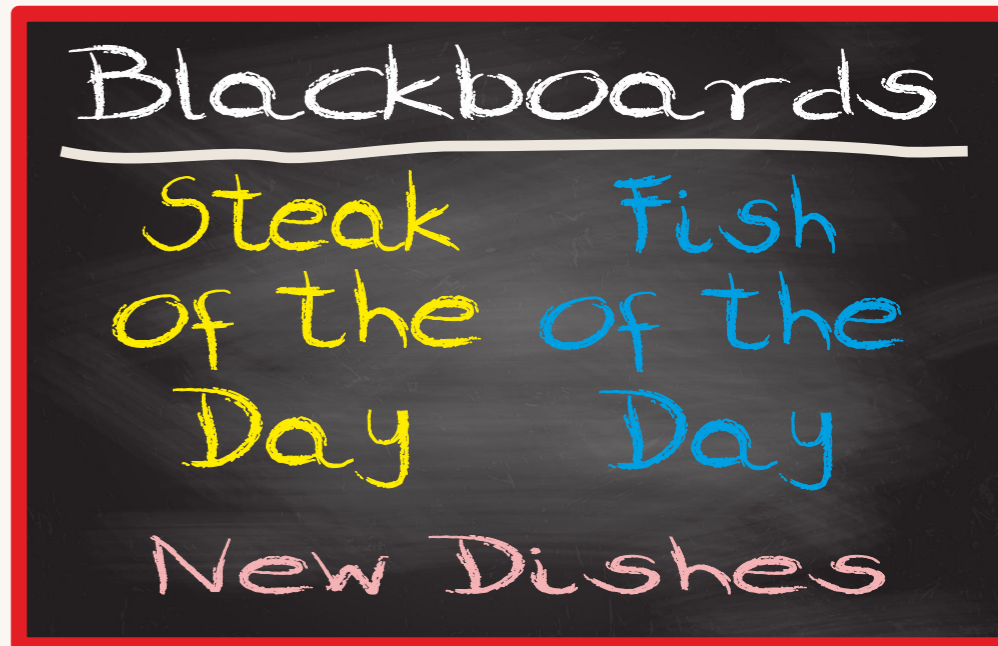
Dusted in seasoned flour and fried to perfection.

Springbok Carpaccio 109

Wafer-thin, lightly smoked Springbok, served with rocket, caramelised onion and a white wine dressing.

Trinchado: Beef 99 Chicken 79

Tender, juicy strips of beef or chicken in our fragrant Peri-Peri or Lemon & Herb sauce. Served with homemade bread fingers.



Side Dishes

Pap Frites 39

Traditional maize porridge, cut into strips and fried.

Pan-fried Veggies 39

Finished with a hint of garlic and fresh parsley.

Chunky beer battered Onion Rings 39

Served with homemade aioli.

Side Salad 39

Mixed greens, roasted beetroot, feta, toasted pumpkin seeds and Sol dressing.

Farm-style Chips 39

Golden rustic cut chips.

Mashed Potatoes 39

Rice 39

Steamed yellow rice.

Sauces

Mushroom / Peppercorn / 3 Cheese 49

Bordelaise 55

Reduced beef stock finished with bone marrow.

Platters & Combos

Seafood Platter For 1: 299 For 2: 599

A Feast of Prawns, Patagonian Squid, Fish and Mussels, served with lemon butter, garlic butter, our famous Peri Peri and a side of your choice.

Fish & Patagonian Squid 219

Fresh Fish fillet and Patagonian Squid, served with a side of your choice.

Rib & Prawn 269

Our famous Sol Ribs & Prawns, served with a side of your choice.

Rib & Chicken 249

Our famous Sol Ribs & Half Chicken, served with a side of your choice.

Chicken & Prawn 269

Prawns & half Chicken, served with a side of your choice.

Main Courses

East African Seafood Pilaf 219

Fragrant East African dish of Prawns, Mussels & Basmati rice with exotic aromatic spices and flavours.

Extra Large Prawns 500g 279 or 250g 179

Grilled and served with lemon butter, garlic butter, our famous Peri-Peri and a side of your choice.

East Coast Hake 139

Fresh hake fillet, fried in beer batter or grilled. Served with homemade tartare sauce and a side of your choice.

Pan-fried Gnocchi 149

Homemade Parisienne gnocchi, butternut puree, peas, toasted pumpkin seeds and pan-fried mushrooms, finished with rocket and a balsamic caramel.

Sol Ribs Full Portion 259 Half Portion 169

Braised belly ribs, grilled and basted in our signature BBQ sauce. Served with a side of your choice.

Mama's Bobotie 169

Classic Cape Malay sweet 'n sour mince curry with savoury egg topping. Served with yellow rice, sliced banana and sambals.

Patagonian Baby Squid 199

Dusted in seasoned flour and fried to perfection. With homemade aioli, tomato chutney and a side of your choice.

Chicken Schnitzel 159

Panko crumbed succulent chicken breast. Served with a side and a sauce of your choice.

Sol Chicken Full 229 Half 159

Delicious, juicy whole or half chicken, grilled and basted in your choice of Lemon & Herb or Peri-Peri. Served with a side of your choice.

Trinchado Beef 199 Chicken 159

Tender, juicy strips of beef or chicken in our fragrant Peri-Peri or Lemon & Herb sauce. Served with homemade bread fingers.



May Contain Nuts



Vegetarian



Vegan



Kitchen

Welcome! Wamkelekile! Welkom!
Karibu! שלום Willkommen! Bem Vindo!

Welcome to our tribute to life on the sunny East Coast of Africa!

We invite you to celebrate this vibrant melting pot of people, cultures, sights, music, and, of course, food and drink, with us. We do everything we do here with love, dedication, passion and attention to detail.

Our fresh produce is proudly self-grown or sourced locally wherever possible.

So relax, take a load off and picture yourself in a little bay in the middle of nowhere, dhows sailing off into the distance – sipping on a cocktail and enjoying a feast with family & friends.

Please note:

Tables of 8 or more will have a 15% service charge added.

Split Bills: Please advise us BEFORE placing your order.



044 533 1420



WhatsApp

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Pizza

Classic Thin Base Pizza

Our thin base pizzas are hand-rolled and freshly baked daily in our wood-burning oven.

Gluten-Free base available (add R35).

- V Margarita – Tomato base & Mozzarella 70
- Regina – Ham & Mushroom 119
- Hawaiian – Ham & Pineapple 119
- V Popeye – Cream Spinach, Feta & Garlic 119
- Brutus – Bacon, Cream Spinach, Feta & Garlic 139
- FAB – Bacon, Feta & Avo (seasonal) 159
- FC Chicken – Chicken, Feta, Caramelised Onion & Peppadews 159
- The Flash (Hot) – Chouriço, Jalapeno, Feta & Peppadews 159
- Mexicano – Mince, Banana, Chutney & Chillies (optional) 169
- The Hulk – Ham, Salami, Bacon, Chouriço & Garlic 179
- Peri Peri Chicken – Peri Peri Chicken, Chouriço, Onion & Garlic 169
- V Vegetarian – Mushroom, Caramelised Onion, Olives & Sundried Tomato 139
- Solfredo (Ham/Chicken) – Saucy Mushroom, Garlic & Black Pepper 169

Focaccia (Pizza Bread)

- V Garlic Focaccia – Olive oil, Garlic & Herbs 55
- V Rosemary – Fresh Rosemary, Caramelised Onion & Olive Oil 60
- V Cheese – Sprinkled with Mozzarella, Cheddar, Garlic & Herbs 70

Make Your Own:

Add toppings to any of our pizzas:

- STANDARD Pizza Toppings 25**
- V Banana, Capers, Jalapeno, Mushrooms, Olives, Onion, Peppadew, Pineapple, Rocket, Sundried Tomato,
- V Caramelised Onion, Cream Spinach, Feta

Meat/Fish/Poultry:

Anchovy, Bacon, Ham

DELUXE Pizza Toppings 36

V Avo V Blue Cheese

Meat/Fish/Poultry:

Peri Peri Chicken, BBQ Chicken, Chouriço, Mince, Salami



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Juniors (<12)

Jr Pasta 69

Beef mince pasta, just like Mama used to make it.



Jr Ribs 99

Junior portion of sticky Ribs & Chips.

Jr Fish Bites 79

Battered Fish bites & Chips.

Jr Chicken Strips 79

Panko crumbed succulent Chicken strips & Chips.

Desserts



Pavlova 85

Meringue case with Chantilly cream, seasonal fruit and Chef's touch.



Chocolate Brownie 79

Homemade Chocolate Brownie, Bar One sauce and vanilla ice cream.

Malva Pudding 79

A true classic, served with salted caramel custard.

Sol Pedro 99

Frangelico hazelnut liqueur, Nachtmuzik choc liqueur and Ice Cream.



Ice Cream & Bar One sauce 55

Vanilla ice cream drizzled with Bar One sauce.



Cake

Please see our Blackboards for Ouma Nita's latest decadence.



Nederburg