



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

**Welcome to our new venue!**

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 enjoy the spectacular vistas. Indulge in one of our beautiful cocktails, wines or variety of draught beers and enjoy 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.**

## Starters

**Mussel Pot 119**

Half-shell mussels in a light and creamy white wine & leek sauce. Served with fresh bread.

**Peri-Peri Chicken Livers 99**

Spicy Peri-Peri Chicken Livers served with fresh bread.

**Caprese Salad 89**

Fresh basil, tomatoes, mozzarella & basil pesto.

**Patagonian Baby Squid 119**

Dusted in seasoned flour and fried to perfection. Served with homemade aioli.

**Soup of the Day 79**

Our team will share today's soup offering.

**Trinchado Beef: 119 Chicken: 99**

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

## Salads, Vegan & Vegetarian



**East African Vegetable Pilaf 199**

Fragrant East African dish of panfried vegetables & Basmati rice with exotic aromatic spices and flavours.



**Pan-fried Gnocchi 189**

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



**Vegetarian Pasta 179**

Homemade pasta, panfried vegetables in a pomodoro sauce.



**Sol Salad 139**

Mixed greens, roasted beetroot, Danish feta, cherry tomatoes, toasted pumpkin seeds, cucumber and Sol dressing.



**Caprese Salad 159**

Fresh basil, tomatoes, mozzarella & olive oil.



**Poached Pear Salad 169**

Mixed greens, poached pears, candied walnuts, blue cheese, rocket and balsamic glaze.

## Pizza

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

Gluten-Free base available (add R50).



Margarita – Tomato base & Mozzarella 85

Regina – Ham & Mushroom 139

Hawaiian – Ham & Pineapple 139



Popeye – Cream Spinach, Feta & Garlic 139

Brutus – Bacon, Cream Spinach, Feta & Garlic 159

FAB – Bacon, Feta & Avo (seasonal) 185

FC Chicken – Chicken, Feta, Caramelised Onion & Peppadews 185

The Flash (Hot) – Chouriço, Jalapeno, Feta & Peppadews 185

Mexicano – Mince, Banana, Chutney & Chillies (optional) 195

The Hulk – Ham, Salami, Bacon, Chouriço & Garlic 209

SOL Rib – Rib meat, Mushroom, Peppadew & Onion 209

Peri Peri Chicken – Peri Peri Chicken, Chourico, Onion & Garlic 195



Vegetarian – Mushroom, Caramelised Onion, Olives & Sundried Tomato 165

Solfredo (Ham/Chicken) – ~~Saucy~~ Mushroom, Garlic & Black Pepper 189

SEAFOOD – Prawns, Patagonian Squid and Mussels. 229

SALMON – Smoked Salmon, Capers, Cream Cheese and Seaweed Caviar 229

### Focaccia (Pizza Bread)



Garlic Focaccia – Olive oil, Garlic & Herbs 65



Rosemary – Fresh Rosemary, Caramelised Onion & Olive Oil 75

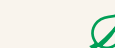


Cheese – Sprinkled with Mozzarella, Cheddar, Garlic & Herbs 85

### Make Your Own:

Add toppings to any of our pizzas:

#### STANDARD Toppings 32



Banana, Capers, Jalapeno, Mushrooms, Olives,



Onion, Peppadew, Pineapple, Rocket, Sundried Tomato,



Caramelised Onion, Cream Spinach, Feta

#### STANDARD Meat/Fish/Poultry 37

Bacon, Ham, Salami

#### DELUXE Toppings 44



Avo



Blue Cheese

#### DELUXE Meat/Fish/Poultry 65

Peri Peri Chicken, BBQ Chicken, Chouriço, Mince



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**Vegetarian**



**Vegan**



**044 004 0494**



WhatsApp

**076 771 3341**

## Meat

### Sol Famous Ribs Full: 299 Half: 199

Braised Pork Belly Ribs, grilled and basted in our signature BBQ sauce. Served with a side of your choice.

### Beef Fillet 250g 319

The most tender cut, grilled to your preference and served with a side and sauce of your choice.

### Beef Sirloin 250g 269

Meaty flavour at its best, grilled to your preference and served with a side and sauce of your choice.

### Bobotie 199

Mama's classic Cape Malay sweet & sour mince curry with savoury egg topping. Served with yellow rice, sliced banana, chutney and sambals.

### Trinchado 239

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

## Sauces

Cheese / Pepper / Mushroom / BBQ Rib / Chimichurri 55

## Chicken

### Sol Chicken Full: 275 Half: 195

Delicious, juicy whole or half bird, grilled and basted in your choice of Peri-Peri, Lemon & Herb, or our signature BBQ Rib basting. Served with a side of your choice.

### Chicken Schnitzel 169

Panko crumbed tender chicken breast served with a side and sauce of your choice.

### Creamy Chicken Pasta 189

Chicken breast flambéed in vodka, with mushrooms, roasted peppers, garlic and black pepper.

### Trinchado 179

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

### Cape Malay Chicken Curry 169

Traditional sweet & sour chicken curry, served with Basmati rice, poppadum and sambals.

## Fish & Seafood

### East African Seafood Pilaf 279

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

### Prawns 500g: 369 or 250g: 239

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

### Mussel Pot 239

Half-shell mussels in a light and creamy white wine & leek sauce. Served with fresh bread.

### East Coast Hake 169

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

### Fish of the Day SQ

Our team will share the day's selection and preparation details.

### Patagonian Baby Squid 249

Dusted in seasoned flour and fried to perfection. Served with homemade aioli and a side of your choice.

### Seafood Pasta 229

Homemade pasta with Prawns, Patagonian Baby Squid, Fish and Mussels in an anchovy and tomato-based sauce.

### Salmon Pasta 229

Homemade pasta with Smoked Salmon and capers in a creamy sauce.

### Seafood Platter For 1: 399 For 2: 749

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

## Combos

### Rib & Prawn 339

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

### Rib & Chicken 309

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

### Prawn & Chicken 319

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

### Baby Squid Add-On 119

Add 125g of Patagonian Baby Squid to any main course.

## Side Dishes

### Pap Frites 50

Traditional maize porridge, cut into strips and fried. Served with homemade chakalaka.

### Pan-fried Vegetables 50

Finished with a hint of garlic and fresh parsley.

### Beer battered Onion Rings 50

Served with homemade aioli.

### Side Salad 50

Mixed greens, roasted beetroot, Danish feta, cherry tomatoes, toasted pumpkin seeds, cucumber and Sol dressing.

### Rustic Potato Chips 50

Rice 50  
Steamed yellow rice.

## Dessert

### Apple Crumble 89

Spiced pie apples under a crisp, buttery topping, served with cream or vanilla ice cream.

### Chocolate Brownie 89

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

### Malva Pudding 89

A true classic, served with salted caramel custard.

### Sol Pedro Choc Hazelnut 109

Frangelico hazelnut liqueur, chocolate liqueur and ice cream.

### Sol Pedro Amarula Honey 109

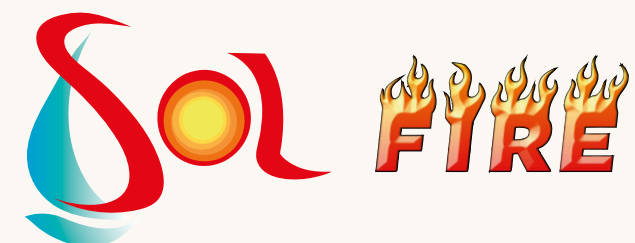
Amarula, honey liqueur and ice cream.

### Ice Cream & Bar One sauce 69

Vanilla ice cream drizzled with Bar One sauce.

### Affogato 79

Espresso and Vanilla Ice Cream  
Add: Frangelico/Amaretto/Kahlua 45



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