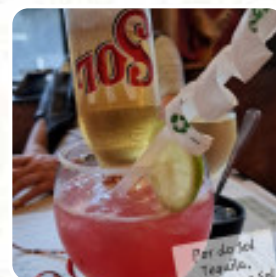




Sol Kitchen Menu

<https://menuweb.menu>

6 Yellowwood Ctr, Main Street, Plettenberg Bay, South Africa
+27445331420,+27767713341 - <https://solkitchen.co.za>



Here you will find the [menu](https://menuweb.menu) of Sol Kitchen in Plettenberg Bay. At the moment, there are **46** dishes and drinks on the menu.

Sol Kitchen Menu



Smoothies

THE HULK R3.324

Entrées

SQUID

Main Courses

ESPETADA

Gnocchi

GNOCCHI

Breakfast

THE POPEYE R2.196

Side Dishes

POTATO CHIPS

Drinks

BEER

Schnitzel

SCHNITZEL

Sauces

CHEESE SAUCE

Appetizer

SEAFOOD PLATTER

Dessert

MILKSHAKES

Antipasti - Starters

CARPACCIO

Starters

JR PIZZA R1.491

Pizza Small Ø 26Cm

BRUTUS R2.599

Main Course

PERI PERI CHICKEN

Chicken Wings

WINGS

Toppings

STANDARD PIZZA TOPPINGS R443

Hot Drinks

COFFEE

Italian Specialties

FOCACCIA

Artisan Pizzas

HAWAIIAN R2.196

Pizza Toppings

DELUXE PIZZA TOPPINGS R665

Produce

ROSEMARY R1.108

Sol Kitchen Menu



Popular

FC CHICKEN R3.002

Torpasta

FAB R2.901

Mocktails Fh

V MARGARITA R1.309

Fish / Seafood Dishes

GRILLED PRAWNS

Seafood

PRAWN

CALAMARI

Indian

CHICKEN CURRY

CHICKEN CURRY

Kids Menu

JR RIBS R1.994

JR PASTA R1.390

Thin Base Pizzas

THE FLASH (HOT) R3.002

SOLFREDO R3.002

Juniors (<12)

JR CHICKEN STRIPS & CHIPS R1.390

JR MARGARITA PIZZA R1.007

Chicken

QUEEN R2.196

GRILLED CHICKEN

CHICKEN WINGS

From The Grill



SPARE RIBS

RIBS

PORK RIBS

Restaurant Category



MEXICAN R3.002

MEDITERRANEAN

VEGETARIAN R2.599

These Types Of Dishes Are Being Served



PASTA

MEAT

SOUP

BREAD

CHICKEN

DESSERTS

PIZZA

FISH

SALAD

Ingredients Used



ONION

CORN

TOMATO

CAMEMBERT

SEAFOOD

Sol Kitchen Menu



PORK MEAT

CHEESE

MUSHROOMS

PRAWNS

PEAS

BEEF

Sol Kitchen

6 Yellowwood Ctr, Main Street,
Plettenberg Bay, South Africa

Opening Hours:

Monday 11:00-21:00
Tuesday 11:00-21:00
Wednesday 11:00-21:00
Thursday 11:00-21:00
Friday 11:00-21:00
Saturday 11:00-21:00

Made with [Menu](#)

