



Rock 'n Sole Menu

<https://menuweb.menu>

Shop 8, Alberton I-, South Africa

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Here you will find the [menu](#) of **Rock 'n Sole** in Alberton. At the moment, there are **21** meals and drinks on the menu.

Rock 'n Sole Menu

Salads

SIDE SALAD

Entrées

SQUID

Sushi Rolls

SUSHI

Fish Dishes

FISH AND CHIPS

Appetizer

TEMPURA

Seafood

PRAWN

CALAMARI

Ingredients Used

FETA

GARLIC

CREAM CHEESE

CHEESE

SEAFOOD

LETTUCE

PRAWNS

These Types Of Dishes Are Being Served

MUSSELS

FISH

TUNA STEAK

SALAD

SIRLOIN STEAK

MEAT

BURGER

Rock 'n Sole

Shop 8, Alberton I-, South Africa

Opening Hours:

Monday 07:00 -21:00

Tuesday 07:00 -21:30

Wednesday 07:00 -21:30

Thursday 07:00 -21:30

Friday 07:00 -22:00

Saturday 07:00 -22:00

Sunday 08:00 -20:00

Made with [Menu](#)

