

# SOFT BEVERAGES / COFFEE

BOTTLE OF WATER	2	ESPRESSO	2.5
SPICY LEMONADE	4	CAPPUCINO	3.5
GATORADE	3	MACCHIATO	3
COKE	2.5	AMERICANO	3
COKE ZERO	2.5	ICED COFFEE	4
GINGER ALE	2.5	MATCHA LATTE	6
SAN PELLEGRINO	3.5	TEA	2.5

# BEER & WINE

BALBOA / PANAMA PAN	3	HEINEKEN 0.0 NL	3.5
CORONA MEX	4	HEINEKEN NL	4
PAULANER WHEAT BEER DE	5	GLASS OF WINE RED OR WHITE	5
HEINEKEN NL	4	BOTTLE OF WINE RED OR WHITE	29

# REFRESHING SMOOTHIES

HANDLEPASS BLUEBERRY/ BANANA	4
BACKROLL WATERMELON / LIME/ GINGER	4
NEXUS PAPAYA/ PASSION FRUIT	4
SWITCHBLADE PINEAPPLE/ SPEARMINT	4
MOTO PINEAPPLE / BANANA / SPINACH	4
KITELOOP STRAWBERRY/BANANA	4

ADD A SCOOP OF PLANT PROTEIN + \$1  
ADD OAT/ SOY MILK

# COCKTAILS

## CLASSIC FROZEN MARGARITA

Tequila, lime, cointreau.

7

## MOJITO MARACUYÁ

Panamanian rum, lime, passion fruit, spearmint, brown sugar.

7

## PIÑA COLADA

Panamanian rum, coconut cream, coconut milk, pineapple.

7

## PANAMARINHA

A local twist on your classic Caipirinha. Seco herrerano, lime and sugar.

7

## CHAME MULE

Seco herrerano, lime, ginger syrup, club soda, topped with ginger foam.

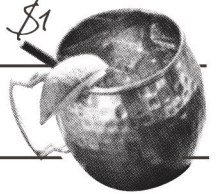
*You will love it!*

8

## THE DOWNWINDER

Panamanian rum, passion fruit syrup, lime, ginger, ginger ale, topped with ginger foam

8





✓ VEGETARIAN

✓ VEGAN

# SOLE BEACH CLUB


At Solé we cook Latin Fusion Food with mediterranean roots, with an emphasis on vegan and vegetarian options.

We believe this is the future of eating - better for the environment and without a sacrifice of taste.


We welcome you to elevate your health, connect with like-minded people and enjoy the beach.

Because nothing brings people together like good food.

## START YOUR DAY RIGHT

**BANANA PANCAKES**  **7**

Small banana pancakes with chia and granola. Add agave or marmalade.

**SMOOTHIE BOWL**  **8**

Mixed berries, papaya, banana, oat milk. Topped with chia seeds, grated coconut, peanut butter, oats, and granola.


ADD PLANT-BASED PROTEIN POWDER +\$1

**SCRAMBLED EGGS**  **7**

Served with toast and cheese

**SCRAMBLED TOFU**  **8**

Served with toast and home-made hummus

**POACHED EGGS**  **8**

Poached eggs on a bed of creamy avocado spread with hollandaise sauce and black sesame seeds, served on toast.

**FRESH FRUIT SALAD OF THE DAY** **4**


*Something Special!*

## AREPAS

**VEGGIE**  **6** | **REINA PEPIADA** **8**

Sauteed veggies and cilantro sauce

Chicken, avocado, mayonaise, cilantro

**CHEESE**  **6**

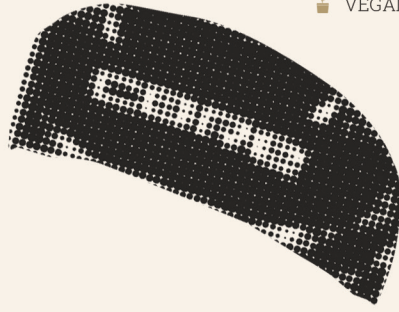
gouda cheese



BREAKFASTS

VEGETARIAN

VEGAN



## SMALL BITES OF HAPPINESS

### CHICKEN SANDWICH

8

Grilled chicken sandwich with cheese, tomato and lettuce.

### FISH TACOS

8

Two corn tortillas with fried fish sticks, salad, pickled onions, tahini sauce and cilantro.

### CHICKEN OR FISH FINGERS *kids friendly*

7

with tártara or cilantro sauce

### HUMMUS PLATTER

7

Home-made hummus with chips and veggie sticks.

### TEQUEÑOS

6

Venezuelan cheese sticks

### FILLED PLAINTAIN CUPS

CHICKEN 7 | TOFU  7 | SHRIMPS 8

5

### PATACONES

5

### FRENCH FRIES

## SOMETHING SWEET

### BROWNIE

6.5

Chocolate brownie served with vanilla ice cream.

### VEGAN BANANA CAKE *MUST TRY!*

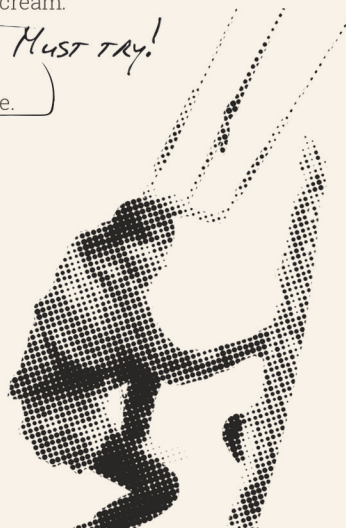
4

Vegan banana cake with granola and agave.

### LEMON PIE

4

Home-made lemon pie.



VEGETARIAN

VEGAN

---

## RICES

---

### VEGGIE FUNGHI RISOTTO 12

Mixed veggies with mushrooms and parmesan

### SHRIMP RISOTTO 15

Fresh shrimps and parmesan

### SALMON RISOTTO 16

Fresh salmon and parmesan

### THAI CURRY

Yellow curry with zucchini, carrots, peppers, coconut milk, served with rice.

CHICKEN 12 | TOFU  13 | SHRIMPS 14

### BUDDHA BOWL

White rice, kale, veggie mix, pickled onions, crispy lentils with tahini dressing

CHICKEN 12 | TOFU  13 | SHRIMPS 14

### ARROZ CHAUFA

Peruvian fried rice with peppers, green onions, carrots and egg.

VEGGIE  10 | CHICKEN 12 | SHRIMPS 14

---

## PASTAS

---

### PHAD THAI

Rice noodles with seasonal grilled veggies, thai peanut sauce, cilantro.



VEGGIE  11 | CHICKEN 12 | TOFU  13 | SHRIMPS 14

### SOLÉ'S BOLOGNESE 12

Spaghetti with tomato sauce and plant-based meat

### BASIL PESTO

Spaghetti with home-made pesto sauce

PLAIN  10 | MUSHROOMS  11 | CHICKEN 12

### AGLIO E OLIO

Spaghetti with garlic and olive oil

PLAIN  10 | CHICKEN 12 | SHRIMPS 13

### FRUTTI DI MARE 15

Spaghetti with mixed seafood in napoli or aglio e olio sauce

### NAPOLI

Spaghetti with napoli tomato sauce

PLAIN  10 | SHRIMPS 12 | CHICKEN 13



✓ VEGETARIAN

✓ VEGAN


---

## MEALS TO REFUEL

---

**GRILLED CHICKEN BREAST** 12

Grilled chicken breast w/ 2 sides of choice.

**FALAFEL WRAP**  11


Falafel, carrots, zucchini and hummus with home-made cilantro sauce w/ fries.

**CHICKEN WRAP** 11

Chicken, carrots, zucchini and hummus with home-made cilantro sauce w/ fries.

**CHEESE BURGER** 13

Classic burger with cheese, tomato and lettuce w/ fries

**VEGGIE BURGER**  12

Plant-based pattie, lettuce, tomato and home-made sauce w/ fries

*Cruelty free*

**FISH BURGER** 12

Breaded fish with cole slaw and home-made cilantro sauce w/ fries.

**AJILLO FISH FILLET** *Chef recommends!* 13

Fish fillet a on a bed of sauteed vegetables with home-made garlic sauce w/ 2 sides of choice.

**PANAMANIAN FRIED FISH** 14

Entire fish of the catch of the day w/ 2 sides of choice.


**SIDES**

COLE SLAW | FRENCH FRIES | PATACONES | WHITE RICE | SALAD


---

## PIZZAS

---

**MARGARITA**  11


Classic mozzarella cheese pizza

**VEGETARIAN**  12


Mozarella, zucchini, peppers, carrots, mushrooms.

**PEPPERONI** 13

Mozarella and pepperoni

**SOLE**  13

Plant-based meat, zucchini, peppers, carrots and mushrooms.

**ARUGULA & PARMESAN**  13

Mozarella, arugula, and parmesan

**PEDRO NIVEL** 15

Shrimps and parmesan