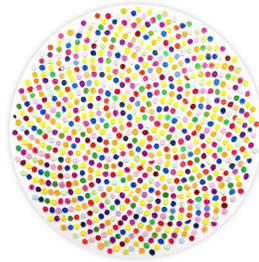


S O L O



***We serve brunch all day !***

***Monday to Friday 8:00 – 16:00***

*Kitchen closes 15:30*

Facebook : [solorestaurantcapetown](#)

Instagram : [@restaurantsolo](#)

## SMOOTHIES & SMOOTHIE BOWLS

Peanut butter, chocolate, banana, yoghurt 45

Nectarine, pineapple, chia seed, yoghurt 45

Mixed berries, basil, yoghurt 45

Apple, spinach, avocado 45

Nutella yoghurt bowl, caramelised banana, toasted coconut, flakes, pecan nuts 70

Seasonal fresh fruit & yoghurt bowl, honey, chia seeds, homemade granola 70

## FRESH JUICES

Orange 35

Orange, mango 35

Grapefruit, apple 35

Cucumber, kale, apple 35

Pineapple, mint 35

Sweet melon, strawberry 35

Ginger shot 15

\* = Vegetarian

For special dietary requests, please speak to your waiter.

All items subject to availability.

## SOMETHING SWEET

Chocolate croissant 25

Freshly baked muffin/Cake of the day 25/40

Buckwheat flapjack stack *(gluten-free)*

Crispy bacon, maple syrup 45 Nutella, strawberry \* 45

## EGGS

*served with toasted sourdough or 100% rye (gluten-free)*

*substitute bread with plain croissant +10*

Two eggs sunny side up, bacon, roasted cherry tomatoes 65

Two eggs sunny side up, seasonal greens, mushrooms \* 70

Two poached eggs, herb crème fraiche, hollandaise

Crispy bacon 80 Baby spinach \* 75 Smoked salmon trout 95

"Cacio e pepe" scrambled eggs, black pepper, mature cheddar \* 70

Spicy peppadew scrambled eggs, Franschhoek smoked salmon trout, dill 90

Poached egg, roasted red pepper and tomato, pickled jalapeno, borlotti beans, yoghurt, cumin \* 80

## SALADS

Shredded kale, apple, blue cheese, butternut, raisins, walnuts, red wine vinaigrette \* 80

Gem lettuce, boiled egg, corn, pickled jalapeno, avocado, feta, tortilla chips, caesar dressing \* 85

Quinoa, roasted carrots, red grapes, orange, currants, baby spinach, coriander, turmeric citrus dressing \* 95

*add roast chicken 25 bacon 25*

## SANDWICHES

*served with toasted sourdough or 100% rye (gluten-free)  
unless stated otherwise*

Mascarpone, caramelised banana, pistachio dukkah,  
honey, fresh mint \* 65

Smashed avocado, chilli flakes, crème fraiche,  
tomato & basil salsa \* 65

Pulled roast chicken, curried mayo, baby gem lettuce,  
homemade pineapple chutney 70

Fried panko chicken breast, sriracha mayo coleslaw  
(on hot dog bun) 80

Sautéed exotic mushrooms, baby spinach,  
goat's cheese, hazelnut, truffle cream \* 80

Smoked mozzarella, kimchi, kale,  
homemade sweet chilli sauce \* 70

Butternut, feta, caramelized onion,  
roasted carrot, harissa mayo \* 75

Franschhoek smoked salmon trout, cucumber, dill,  
whipped crème fraiche 90

Parma ham, ricotta, rocket, sundried tomato, pesto 90

Beef sirloin roast, kimchi, parmesan,  
Dijon mustard aioli 85

*skinny potato fries 20, sweet potato fries 25, side salad 20*

Smoked red pepper and tomato soup  
with toasted sourdough/100% rye \* 60

Chickpea and cauliflower curry, peas,  
coconut flour wrap, cucumber yoghurt 75  
*add roast chicken 25*

Mac & cheese

classic \* 65

butternut, sage \* 75  
*add roast chicken 25*

bacon, mushroom 85

*gluten-free fusilli available*

Bockwurst dog, smoked mozzarella, sweet & sour pickles,  
pickled jalapeno, roasted red pepper, caramelised onion,  
mustard, aioli 80

*skinny potato fries 20, sweet potato fries 25 or a side salad 20*

Ground beef (180g) or chicken breast burger  
mozzarella, caramelised onion, lettuce, tomato  
(served on brioche roll) 95

*skinny potato fries 20, sweet potato fries 25, side salad 20*

\* = Vegetarian

*For special dietary requests, please speak to your waiter.*

*All items subject to availability.*

## SIDES

Plain croissant	20
Sourdough or 100% rye (slice, toasted)	10
Savoury/sweet muffin of the day	25
Aioli, crème fraiche	12
Sliced mozzarella, feta, mature cheddar	15
Freshly chopped chilli	12
Roasted tomatoes	15
Sautéed exotic mushrooms	20
Avocado	20
Side salad	20
Skinny potato fries	20
Sweet potato fries	20
Poached/fried egg	10
Crispy bacon	25
Franschhoek smoked salmon trout	35

## COLD BEVERAGES

Iced coffee	30
Coke/Coke Light/Lemonade/Ginger Ale (200ml)	20
Appletiser/Grappetiser	25
BOS Ice tea	25
<i>Peach/Lemon/Berry</i>	
Happy Culture Kombucha	35
<i>Cucumber &amp; mint/Ginger &amp; lemon</i>	
Pura Soda (low sugar)	25
<i>Cranberry/Lemon &amp; Elderflower</i>	
aqua V Mineral Water (330ml)	20
<i>Still/Sparkling</i>	

## HOT BEVERAGES

Single espresso	16
Double espresso/Americano	22
Cappuccino/Flat white	25
Latte/Vanilla latte	28
Chai latte/Matcha latte/Mocha	32
Zang hot chocolate ( <i>caffeinated</i> )	32
Lady Bonin loose leaf tea	30
<i>Jasmine Green/Wild Rooibos/Spiced Chai/Red Berry</i>	
Five Roses tea	25
<i>Rooibos/Earl Grey/Ceylon</i>	
<i>Substitute soya/almond milk</i>	10

*For art enquiries & sales please contact the gallery next door :*

*99 Loop Gallery | 021 4223766*

*gallery@99loop.co.za*

*Facebook : 99loop*

*Instagram : @99loopgallery*

*For corporate events, private functions, parties or other venue  
hire related queries please contact info@solorestaurant.co.za*

**Solo Restaurant**

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