



SOLÉ

BEACH CLUB

WELCOME TO SOLÉ BEACH CLUB & PANAMA KITE CENTER

We're delighted to welcome you to our little piece of paradise in Punta Chame.

We are more than just a beach club; a vibrant, welcoming community where the local kite crowd mixes seamlessly with adventurous travelers from around the world.

Pull up a seat, enjoy the ocean breeze, and let our dedicated team serve you delicious food and refreshing drinks. Dive into our fresh menu of international favorites and local classics. We cook Latin Fusion Food with mediterranean roots, with plenty of vegetarian options.

Our ingredients are sourced as much as possible from farmers markets and local fishermen.

Relax, recharge, connect with like-minded people and enjoy your time on the beach with friends.



WIFI



REVIEW

Free Beer

SOFT BEVERAGES/COFFEE

BOTTLED WATER 0.5L	2	ESPRESSO	3
BOTTLED WATER 1L	3	CAPPUCINO	4
SAN PELLEGRINO	4	MACCHIATO	3
LIMONADA DE COCO	5	AMERICANO	3
GATORADE	3	ICED COFFEE	5
COKE	3	ICED MATCHA LATTE	6
COKE ZERO	3	TEA	3
GINGER ALE	3		



BEER

BALBOA / PANAMA PAN	3.5	CORONA 0 MEX	4.5
CORONA MEX	4.5	MODELO MEX	4.5
CUBETAZO NACIONAL	17	CUBETAZO INTER.	22

WINE

 CASILLERO DEL DIABLO	Sauvignon Blanc - Chile	5
 MARTIN CODAX	Albariño - Rias Baixas, Spain	35
 MARQUES DE RISCAL	Verdejo - Rueda, Spain	35
 CASILLERO DEL DIABLO	Cabernet Sauvignon- Chile	5
 MARQUES DE CACERES	Crianza Tempranillo - Rioja, Spain	35
 ALTOS LAS HORMIGAS	Malbec - Mendoza, Argentina	35

COCKTAILS



CLASSIC FROZEN MARGARITA	8
Tequila, lime, cointreau.	
MOJITO MARACUYÁ	8
Panamanian rum, lime, passion fruit, spearmint, brown sugar.	
APEROL SPRITZ	8
A vibrant and refreshing Italian aperitif, combining Aperol, white wine, and soda water	
PIÑA COLADA	9
Panamanian rum, coconut cream, coconut milk, pineapple.	
PANAMARINHA	8
A local twist on your classic Caipirinha. Seco herrerano, lime and sugar.	
CHAME MULE	8
Seco herrerano, lime, ginger syrup, club soda.	
THE DOWNWINDER	8
Panamanian rum, passion fruit syrup, lime, ginger, ginger ale.	
GIN TONIC	9
A classic cocktail, crafted with premium gin, tonic water, and a twist of cucumber. Refreshing and invigorating.	

You will love it!

REFRESHING SMOOTHIES

KITELOOP	STRAWBERRY/BANANA	5
HANDLEPASS	BLUEBERRY/ BANANA	5
BACKROLL	WATERMELON / LIME/ GINGER	4.5
NEXUS	PAPAYA/ PASSION FRUIT	4.5
SWITCHBLADE	PINEAPPLE/ SPEARMINT	4.5
MOTO	PINEAPPLE / BANANA / SPINACH	4.5

ADD A SCOOP OF PLANT PROTEIN + \$1.5
ADD OAT/ SOY MILK

START YOUR DAY RIGHT

	BANANA PANCAKES Small banana pancakes with chia and granola with sweet agave.	8
	SMOOTHIE BOWL Mixed berries, papaya, banana, plant milk. Topped with chia seeds, peanut butter, oats, and granola. ADD PLANT- BASED PROTEIN POWDER +\$1.5	8
	SCRAMBLED EGGS Served with toast and cheese	8
	SCRAMBLED TOFU Served with toast and home-made hummus	9
	EGGS BENEDICT Two poached eggs on a bed of smoked salmon topped with a luscious caper hollandaise sauce served on toast.	12
	POACHED EGGS Two poached eggs on a bed of creamy avocado spread with hollandaise sauce and black sesame seeds, served on toast.	9
	VEGGIE OMELETTE A fluffy omelette filled with fresh vegetables. Served with bread and cheese	9
	VEGGIE AREPA Two grilled corn cakes filled with a savory mix of sautéed vegetables and cilantro sauce	8
	CHEESE AREPA Two grilled corn cakes filled with melted cheese, a simple and satisfying treat.	8
	REINA PEPIADA AREPA Venezuela's Favorite: Corn cakes filled with chicken, avocado, mayo and cilantro	9

Something Special!

SMOOTHIES & BREAKFAST









- VEGETARIAN
- VEGAN
- GLUTEN FREE

SMALL BITES OF HAPPINESS

	NACHOS AND GUACAMOLE Crispy corn tortilla chips with sour cream and a fresh scoop of guacamole.	9
	CHICKEN SANDWICH Grilled chicken sandwich with cheese, tomato and lettuce.	10
	CLUB SANDWICH Triple-layered comfort with grilled chicken, crisp bacon, eggs, fresh vegetables, and a signature mix of mayo and ketchup.	12
	FISH TACOS Two corn tortillas with fried fish sticks, salad, pickled onions, with tahini cilantro sauce.	10
	TROPICAL SHRIMP SKEWERS Juicy shrimp marinated in a tropical passion fruit sauce with grilled veggies and pineapple on a stick.	12
	GRILLED TOFU SKEWERS Breaded tofu marinated in a soy-ginger sauce breaded with a zucchini and eggplant mix grilled to perfection on a stick.	10
	CHICKEN OR FISH FINGERS <i>kids friendly</i> with garlic sauce	10.5
	BRUSCHETTA TRADICIONAL Toasted artisan bread topped with fresh diced tomatoes, garlic, basil, and a drizzle of extra virgin olive oil.	10.5
	HUMMUS PLATTER Home-made hummus with pita bread and veggie sticks.	10.5
	TEQUEÑOS Venezuelan cheese sticks	8.5
	CEVICHE Tender corvina fish marinated in zesty citrus, balanced with cilantro, red onions and a touch of heat. Or, shrimp coated in tangy pink sauce. FRIED FISH 10 FISH 10 SHRIMPS 12	
	PATACONES WITH SAUCE	5
	FRENCH FRIES WITH KETCHUP	5

SOMETHING SWEET

	BROWNIE <i>Must try!</i> Warm chocolate brownie served with vanilla ice cream.	6.5
	WAFFLES A decadent warm waffle served with a velvety chocolate sauce or fresh fruit and sweet agave nectar or a scoop of premium ice-cream.	5.5
	COCONUT CHEESECAKE Our tropical twist on a creamy dessert.	5
	LEMON PIE Refreshing lemon pie with a burst of zesty flavor.	5



RICES



VEGGIE FUNGHI RISOTTO

Creamy Arborio rice slowly cooked with mixed fresh vegetables and savory mushrooms.

15

SHRIMP RISOTTO

A creamy and flavorful risotto made with Arborio rice, rich seafood broth. Topped with grated Parmesan cheese and fresh herbs.

18

SALMON RISOTTO

A luxurious risotto made with Arborio rice, rich seafood broth, and tender salmon. Topped with fresh herbs and grated Parmesan cheese.

20



THAI CURRY

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

CHICKEN 14 | TOFU 14  | SHRIMPS 16



BUDDHA BOWL

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

CHICKEN 14 | TOFU 14  | SHRIMPS 16

ARROZ CHAUFA

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

VEGGIE 12  | CHICKEN 14 | SHRIMPS 16

PASTAS

FRUTTI DI MARE

Fresh seafood (shrimp, calamari, mussels) tossed with al dente pasta in a light, savory napoli or aglio e olio sauce.

18

CARBONARA

A classic Italian pasta dish, featuring al dente spaghetti tossed in a rich and creamy sauce made with eggs and bacon.

16

BLACK PASTA

Rich squid ink pasta served with tender shrimp, sautéed mushrooms, and sweet grilled bell peppers.

19



SOLÉ'S BOLOGNESE

Spaghetti or penne with tomato sauce and plant-based meat.

13





PHAD THAI

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

VEGGIE 13 | CHICKEN 14 | TOFU 14 | SHRIMPS 16

BASIL PESTO

Spaghetti or penne with home-made pesto sauce.

PLAIN 12  | MUSHROOMS 13  | CHICKEN 14



AGLIO E OLIO

Spaghetti or penne sauteed in extra virgin olive oil, garlic and a hint of peperoncino.

PLAIN 12 | CHICKEN 14 | SHRIMPS 16



NAPOLI

Spaghetti or penne with napoli tomato sauce.

PLAIN 12 | CHICKEN 14 | SHRIMPS 16

MEALS TO REFUEL

	SOLÉ SALAD Refreshing beach salad with, cherry tomatos, kale, lettuce, red cabbage, guacamole, red onions, mushrooms and tortilla triangles with sesame oil dressing. CHICKEN 14 TOFU 14 SHRIMPS 16	
	PANAMANIAN FRIED FISH A local favorite. Lightly battered entire fish. Fried to golden perfection, with 2 sides of choice.	17
	AJILLO FISH FILLET <i>Chef recommends!</i> Fish fillet with vegetables sauteed in white wine and garlic sauce with 2 sides of choice.	16
	CHEESE BURGER Classic burger with cheese, tomato and lettuce home-made sauce with fries.	14
	VEGGIE BURGER Plant-based pattie, lettuce, tomato and home-made tahini sauce with fries.	14 <i>Carefully free!</i>
	CHICKEN BURGER Breaded tender chicken filet with home-made garlic sauce w/ fries.	14
	FISH BURGER Breaded fish with cole slaw and home-made cilantro sauce with fries.	14
	GRILLED CHICKEN BREAST Tender grilled chicken breast w/ 2 sides of choice.	14
	FALAFEL WRAP Falafel, carrots, zucchini, lettuce, tomatoes and hummus with home-made cilantro sauce with fries.	13
	CHICKEN WRAP Chicken, carrots, zucchini, lettuce, tomatoes and hummus with home-made cilantro sauce with fries.	13
	SIDES Cole Slaw/ Patacones/ French Fries/ White Rice/ Salad	

PIZZAS

	MARGARITA Our classic mozzarella cheese pizza	12
	VEGETARIAN Mozarella, zucchini, peppers, carrots , mushrooms.	13
	PEPPERONI Classic crust topped with tangy salsa pomodoro, melted mozzarella, and savory sliced pepperoni.	14
	TARTUFATA Black truffel sauce, mozzarella, earthy mushrooms, fresh arugula, and a delicate truffle-infused oil over a rich salsa pomodoro. A burst of flavor in every bite.	16
	ARUGULA & PARMESAN A simple yet elegant pizza featuring fresh arugula, creamy mozzarella, and Parmesan cheese.	14
	SHRIMP PARMESAN A wild combination of juicy shrimp, Parmesan cheese, and fresh tomato sauce on a crispy crust.	16