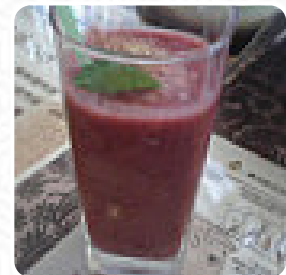




## ***Soland Menu***

<https://menulist.menu>

3/F, Wah Yuen Building, 6 Gilman's Bazaar, Central, Hong Kong Island, Hong Kong, China  
(+86)85294733412



A comprehensive menu of Soland from Hong Kong Island covering all **37** courses and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website. What [Rachel McGlynn](#) likes about Soland:

I loved this place. The lunch I had here felt very nutritious and healthful. Good portion sizes. I love the subtle flavours but if you don't like macrobiotic no onions, no garlic, etc style food it may be a bit of an adjustment. I had the lunch set and smoothie which was absolutely delicious. I also love the no-wastage philosophy of the place. I would definitely recommend this place. Came to a very reasonable \$55 [read more](#). What [Godfrey Gumedede](#) doesn't like about Soland:

The food served is very primitive: steamed rice with steamed vegetables, no special flavors, herbs or spices. A lasy-cook's style. The fact that was absolutely shocking: the pumpkin cream soup, which I had as a first dish, appeared in my second one as a dressing!!! You have no options or choices, no menu. Soland's food is not a meal but just a set of nutrients. I was starving in an hour after I left. The stuff was ve... [read more](#). The extensive range of [coffee and tea specialties](#) makes a visit to Soland even more worthwhile, there are also fine [vegetarian](#) meals on the menu. The kitchen of the Soland also offers many international menus, Moreover, the *enchanting desserts* of the house shine not only on children's plates and in children's eyes.

# *Soland Menu*



## *Salads*

LETTUCE

## *Non alcoholic drinks*

WATER

## *10 most popular*

SHAKE

## *Main Dishes*

GREEN CURRY

## *Sauces*

CURRY SAUCE

## *Dessert*

SORBET

## *Fresh Juices*

CARROT

## *Main*

SET B

## *Milchshakes*

SMOOTHIE

## *Side Order*

BROWN RICE

## *Set Meals*

SET A

## *Popular Items*

SMOOTHIES

## *Coffee*

COFFEE

## *Drinks*

DRINKS

## *Condiments and Sauces*

CURRY

## *Nut Milks*

ALMOND MILK

## *Soups*

TOMATO SOUP

VEGETABLE SOUP

## *Restaurant Category*

VEGETARIAN

VEGAN

DESSERT

*These types of dishes are being served*

NOODLES

SALAD

SOUP

*Dishes are prepared with*

STRAWBERRY

# *Soland Menu*



**BANANA**

**MUSHROOMS**

**VEGETABLES**

**VEGETABLE**

**TOMATE**

**ONIONS**

**GARLIC**

**FRUIT**

**BEANS**

**GREEN BEANS**

**TRAVEL**

**MILK**

# *Soland Menu*



## *Soland*

3/F, Wah Yuen Building, 6  
Gilman's Bazaar, Central, Hong  
Kong Island, Hong Kong, China

**Opening Hours:**  
Monday 12:00-14:30  
Tuesday 12:00-14:30  
Wednesday 12:00-14:30  
Thursday 12:00-14:30  
Friday 12:00-14:30

Made with [menulist.menu](https://menulist.menu)

