



Sol' Sweet was born out of a desire for real homemade foods from starch, like grandma use to make; Made with love.

Motivated by family and friends to start a small bake goods menu .This expanded our passion for good wholesome cook meals, with a History of

*Caribbean, Cajun, and Deep South foods
Sol' Sweet to the SOUL!*

We accept all Major
Credit Cards
Pay-pal

Summer Hours

Tuesday-Friday 10:00am-5:00pm
Saturday 10:00am - 7:00pm

Closed

Sunday/ Monday

Catering

Birthdays
Anniversary
Picnics
Boys Club
Girls Night Out
Special Events
Holidays

Deliveries in

Lancaster/Palmdale
A minimum purchase of \$15

Sol' Sweet

Menu



Sweet to the Soul!

Caribbean, Cajun,
American southern Food

954.793.3103
Www.solsweet.com

SOL' JERKING SWEET



JERK DISHES ARE MADE FRESH!

WE USE, Allspice, Thyme, Peppers, vinegar, sea-salt, onions, garlic and of course our very own

“Special Blend Seasoning”

JERK CHICKEN WINGS *FLAVORS
HOTTIE, HOT, MED, MILD, MANGOES
PINEAPPLE, LEMON/LIME GARLIC

JERK CHICKEN WINGS,
MIXED CHICKEN, BREAST

JERK PORK

JERK FISH (STEAMED IN
SEASONING)

CARRIBEAN PATTIES! \$3.00

CHICKEN, VEGGIE, BEEF, TURKEY

RICE AND HOT DIFFERENT DAILY!

COCONUT RICE JAMBALYA RICE

RICE AND PEA'S PIEGION PEAS
AND RICE

RED BEAN RICE BROWN RICE

CRAZY RICE WHITE RICE

White Rice comes with all dinners' all
other Rice is \$ 3 sm. \$5 Lg \$7 xlg

Curry!!! On..

CURRY CARRIBEAN STYLE SPICY TO FIREY HOT!
NATURAL CUMIN,PIMENTO,CORIANDER,TURMERIC

WE MARINATE ALL OF OUR MEATS AND THEN SEASON
AND SEASON AGAIN, AS WE COOK! THIS IS TO ENSURE
THAT ISLAND STYLE SHINE THROUGH*

CURRY GOAT OUR IS THE BEST!
CURRY CHICHEN; WINGS, CHICHEN BREAST



CAJUN DELIGHTS

GUMBO* FILE
CRAB, SHRIMP, CHICHEN, SAG, FISH, AND
CRAWFISH & OH' MY SEASONING*

SHRIMP CREOLE' YEH BABY!!!
SHRIMP SMOTHERED IN RED SAUCE

OLD FASHION RED BEANS
COOKED IN SMOKED MEAT, FRESH DRY BEANS COOKED FOR
HOURS IN SOL'SWEET SEASONING WITH A DASH OF SAG..

STEWED FISH IT A WRAP!
WRAPPED IN FOIL AND STUFFED* YES!

SWEET HEAVEN'S
WHOLESOME GOODNESS
LIKE REAL BUTTER, FRESH
EGGS, RAW HONEY'S! TO
NAME A FEW!

CAKES



FAMOUS Red Velvet

Moist cake with rich chocolate and cream
cheese frosting

Mama's Pound Cakes

Sour cream, Lemon, coconut

Almond Butter Cake

Rich almond flavor

COCONUT PINEAPPLE CAKE

SWEET/FRESH W/ SPECIAL MADE
CREAM-ICING, SHREDD COCONUT

CHOCOLATE/CHO-CHIP CAKE! RICH
DECADANT WITH CHIPS THROUGHOUT

A VALLINA DREAM* Not box"

homemade goodness! Your choice of
Icings, butter-cream, whipped, jellies

COOKIES & BREADS

CLIPCAKES! CLIPCAKES! CLIPCAKES!
OATMEAL, CHOCOLATE CHIP, UL-
TIMATES (EVERYTHING)
OMG-COOKIES, WE CAN ADD
NUTS OR NO NUT!!!

BANANA BREAD, SWEET POTATO BREAD,
ZUCHINNA BREAD

PEACH AND BERRY COBBLERS

BANANA PUDDING, yummie***