Rest-Assured:  
 Java library, code intensive, loads of plugins (to add flexibility), TDD and BDD focused.

Mostly for REST APIs, harder to learn.  
  
Soap UI:  
 Stand-alone GUI system, drag and drop, beginner friendly, good documentation, flexible, built-in reports and mocking.

There’s a paid version, considered more resource intensive.

Jmeter:

Java application, very flexible, less code intensive, plugin-based structure, load-test and performance focused, very good community documentation.

Reports only in html, not great for unit testing.