Here is the comparison between SOAP and RESTful web services.

REST

REST is not a protocol, it is an architectural style REST uses URL to expose the web service REST allows different data formats: XML, JSON, plain text...

REST requires less bandwidth than SOAP

RESTful services inherits security measure from underlying transport layer

RESTful service can use SOAP web services as implementation

REST uses JSON. JSON is easier to parse than XML. Thus, REST uses less memory and CPU REST is best for social media based Applications

SOAP

SOAP is a protocol SOAP uses WSDL class to expose the web service

SOAP Allows Only XML format

SOAP requires more bandwidth than REST

SOAP uses its own security measures. SOAP is based on standardized Web service security. Thus, better secured compared to REST. SOAP is more reliable in terms of security than REST SOAP is a protocol. SOAP uses only XML. XML is harder to parse. SOAP uses more memory and CPU SOAP is best for Enterprise web applications, banking transactions...