1. Yes it is a solution. It is transparent, does not settle out and only one phase (liquid) is visible.
2. The solutes are carbon dioxide (carbonated water), sugar, citric acid, etc. The solvent is water.
3. Gas (CO2) - Solid (sugar, citric acid, etc.) - Liquid (water) solution
4. Since water is polar most of the solutes will be polar. However, carbon dioxide is non-polar and is held into water under pressure.
5. When the cap is removed, the pressure is released, decreasing the solubility of the gas in the liquid and the gas escapes.