

## PUPUSAS



QUESO.....	\$2.25
REVUELTAS.....	\$2.50
FRIJOL Y QUESO.....	\$2.30
AYOTE.....	\$2.25
LOROCCO.....	\$2.35
ESPINACA.....	\$2.25
CHICHARRÓN CON QUESO.....	\$2.45
POLLO CON QUESO.....	\$2.50
FRIJOLE.....	\$2.25
JALAPEÑOS CON QUESO.....	\$2.35

## BURRITOS



REGULAR.....	\$7.50
SUPER BURRITO.....	\$8.50



## TACOS

REGULAR TACOS.....	\$2.00
TACOS ESPECIALES.....	\$3.00

Beans, cheese, avocado

## CHOICE OF MEAT

Carne / Beef - Pollo / Chicken - Carnitas

Camarones (shrimp) add.....	\$2.00
Lengua (Beef tongue) add.....	\$0.50

## EXTRAS

RICE (8 OZ CUP).....	\$1.75
BEANS (8 ONZ CUP).....	\$1.75
GUACAMOLE (8 ONZ CUP).....	\$2.00
CREAM / SOUR CREAM (4 ONZ).....	\$1.00
FRIED PORK / CHICHARRÓN.....	\$2.00
YUCCA / YUCA.....	\$1.50
PLANTAINS / PLÁTANOS (3 PCS).....	\$1.50
FRESH CHEESE / QUESO FRESCO.....	\$1.50

## DRINKS / BEBIDAS

SODAS.....	\$2.75
AGUAS FRESCAS.....	\$2.50
HORCHATA - TAMARINDO - MARACUYÁ.....	
FRESCO ENSALADA.....	\$2.75
AGUA.....	\$1.50
CAFÉ.....	\$1.50
CHOCOLATE.....	\$2.00
TÉ.....	\$1.50
ATOL DE ELOTE.....	\$3.00



# Menu

# Sol i Mar

## Mexican & Salvadorean Restaurant

(707) 600-1059

6030 E. Highway 20  
Lucerne, CA 95458

## APERITIVOS / APPETIZERS

- QUESADILLAS**  
Four tortilla filled with Monterrey cheese with guacamole & Mexican sour cream. Choice of meat.  
Chicken/ Beef - Pollo / Carne .....\$7.00  
Shrimps / Camarones .....\$9.00  
Cheese / Queso .....\$6.00
- TORTAS DE CEVERICHE**  
Tortilla shell with shrimp of fish, topped with fresh avocado.  
Camarones / Shrimp .....\$6.00  
Fish & Shrimp / Pescado y Camarones .....\$8.00
- GARNACHAS**  
Tostadas with ground beef and pickled cabbage and salsa.  
4 .....\$6.00  
6 .....\$8.00  
8 .....\$10.00
- FLAUTAS (2)** .....\$8.00  
Two deep fried rolled corn tortillas with chicken of beef, topped with lettuce, sour cream, cheese and guacamole.
- PAPAS FRITAS SALVADOREÑAS** .....\$6.00  
Fries with mayo, ketchup and cheese.  
Add beef.....\$2.00
- YUCA FRITA O COCIDA CON CHICHARRÓN** \$7.50  
Fried or steamed yucca and crackling pork.
- PASTELITOS (2) (Chicken or Beef)** .....\$5.50  
Salvadorean empanadas filled with minced meat or chicken and vegetables. Served with curtido and salsa.
- EMPANADAS (2)** .....\$6.50  
Plantain empanadas filled with custard or beans.

## SOPAS / SOUPS

- SOPA DE GALLINA INDIA** .....\$14.00  
(Free range chicken soup). Served with a side of rice and grilled chicken on the side and tortilla.
- SOPA DE RES** .....\$11.50  
(Beef Soup) Served with a side of rice and tortilla
- SOPA SIETE MARES** .....\$15.50  
Seafood soup. Served with tortillas.

(Agregar crema / add sour cream \$1.00)

## SOPAS DE FIN DE SEMANA WEEKEND SOUPS

- SOPA DE PATA** .....\$12.50  
Salvadorean soup made from cow's feet and tripe. Served with tortillas.
- MENUDO** .....\$12.50  
Authentic hominy and beef tripe soup. Served with tortillas.
- POZOLE** .....\$12.50  
A rich traditional soup with chunks of pork, joint meat, hominy and spices. Served with tortillas.

## ENSALADAS / SALADS

- TACO SALAD**  
Seasoned chicken and beef on a bed of salad greens, topped with shredded cheese, diced tomatoes, sour cream and guacamole. Served in a crispy flour tortilla bowl with salsa. ....\$10.00  
Add Shrimp.....\$12.50

## DESAYUNOS / BREAKFAST

- SOL Y MAR BREAKFAST** .....\$10.00  
Two eggs, 4 pieces of plantain, beans, sour cream, cheese and tortilla.
- HUEVOS CON CHORIZO** .....\$8.00  
Two eggs, chorizo, beans, sour cream, cheese and tortilla.
- CASAMIENTO PLATE** .....\$8.50  
2 fried eggs, mix rice and beans, sour cream, cheese and tortilla.
- PLÁTANO PLATE** .....\$7.00  
Fried plantains, beans and sour cream.
- HUEVOS RANCHEROS** .....\$7.50  
2 fried eggs, served on hot corn tortillas and smothered in cooked salsa, beans and sour cream.
- TAMAL DE ELOTE** .....\$7.00  
White ground corn tamal, served with served steamed or fried with sour cream and cheese.
- TAMALES SALVADOREÑOS POLLO Y CERDO**  
Chicken or pork Salvadorean tamales .....\$3.00 each

## SALVADOREAN MEALS

All plates include rice, beans, salad and 2 fresh made corn tortillas

- SALPICÓN** .....\$12.00  
Chilled finely chopped beef, seasoned with lime, mint leaves, radish and onions.
- ALBÓNDIGAS** .....\$15.00  
Salvadorean meat balls, flavored with mint leaves and onions. Served in a tomato puree.
- CARNE ASADA** .....\$16.50  
Thin grilled beef slices served with Chirimole and fresh avocado.
- CARNE GUISADA** .....\$15.50  
Thin sliced beef stew well done cooked with carrots and potatoes.
- POLLO ASADO** .....\$14.50  
Grilled chicken leg or thigh. Served with chirimole and fresh avocado.
- BISTEC ENCEBOLLADO** .....\$15.00  
Grilled steak sauteed with onions, bell pepper in a light tomato puree.



## PLATOS MEXICANOS MEXICAN PLATES

All plates include rice, beans, salsa and tortilla

- BEEF OR CHICKEN FAJITAS** .....\$13.00  
Tender beef or chicken with bell peppers, onions, tomatoes and sour cream.  
Shrimp.....\$14.00      Combination.....\$16.50
- ENCHILADAS (2)** .....\$8.00  
Your choice of beef and chicken rolled in a soft corn tortilla, top with red sauce and shredded cheese.
- COMBINACIÓN SOL Y MAR**  
Chile relleno, Enchilada, tamal salvadoreño, Pupusa, Yuca con Chicharrón, Flautas.  
2 Items .....\$9.00  
3 Items .....\$11.00  
4 Items .....\$15.00



## MARISCOS / SEAFOOD

All Seafood plates are served with rice, beans, salad and tortillas

- CAMARONES A LA PLANCHA** .....\$12.00  
Grilled Shrimp.
- CAMARONES A LA DIABLA** .....\$12.50  
Marinated shrimp and onions simmered in our special spicy sauce.
- CAMARONES AL MOJO DE AJO** .....\$12.00  
Shrimp cooked in garlic sauce.
- COCKTAIL DE CAMARONES** .....\$12.99  
Shrimps cocktail.
- COCKTAIL DE CAMARONES Y PULPOS** .....\$14.00  
Shrimps and Octopus.
- MOJARRA FRITA - FRIED TILAPIA** .....\$13.50



## MOLCAJETES

- MOLCAJETE MARY TIERRA** .....\$20.00  
Beef and shrimp simmered in a special sauce, garnished with grilled cactus, fresh cheese, grilled onions and grilled jalapeños.
- SOL Y MAR MOLCAJETE** .....\$23.00  
Chicken, beef, shrimp and chorizo, simmered in special sauce, garnished with grilled cactus leave, fresh cheese, grilled onions, grilled jalapeño and fried tortillas.

