



Bienvenidos

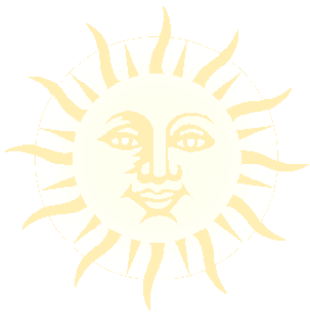
AUTHENTIC MEXICAN CUISINE IN THE HEART OF THE CITY.

A brief history

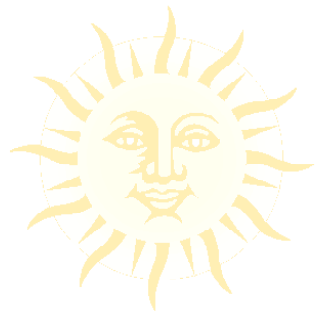
The inspiration behind El Sol Mexican Restaurant came about while owners Juan and Lisa Garcia were living in Juan's hometown of La Paz de Ordaz, Jalisco, Mexico. Both Juan and Lisa (a Harrisburg native) knew that fresh, authentic Mexican food was not readily available in Central Pennsylvania. Their combined passion for good food and cultural awareness, along with Juan's talent and creativity in the kitchen, seemed like a perfect fit for a restaurant in downtown Harrisburg... and a few years later, El Sol opened its doors on May 29, 2007. We invite you to sit down, relax, and have a freshly prepared, authentic Mexican meal in a relaxing, yet festive environment. Buen Provecho!



La inspiracion de "El Sol Mexican Restaurant" empezo mientras dueños Juan y Lisa Garcia vivian en La Paz de Ordaz, Jalisco, Mexico (dondo Juan se crió). Juan y Lisa (nacida y criada en Harrisburg) ya sabían que verdadera comida Mexicana casi no se encontraba en Pennsylvania. Los dos tenían pasión para comida buena y conocimiento de cultura, y con el talento y creatividad de Juan en la cocina, decidieron abrir un restaurante Mexicano. Se abrió el Restaurante El Sol en el 29 de Mayo, 2007. Buen Provecho!



Appetizers



Chips and Salsa

Homemade salsa and freshly fried warm tortilla chips \$3.29

Chicken Flautas

Crispy fried tortillas, rolled around shredded spiced chicken, and served with lettuce, sour cream, pico de gallo, and finished with a mild tomato sauce. \$6.99

Sopes (2)

Thick, homemade tortilla topped with refried beans, tender steak, cilantro, onions, and salsa verde. \$6.99

Mexican Shrimp and Scallops Picante

Sautéed shrimp, scallops, and mushrooms in a spicy red tomatillo sauce. \$11.59

Ensalada de Pulpo y Camarones

Chilled octopus and shrimp served on a bed of lettuce with carrots, celery, tomato, cucumber, onions, and avocado and finished with fresh lime juice and picante sauce. \$11.59

El Sol Appetizer Sampler

2 Chicken flautas, 2 sopes, 2 quesadillas with sour cream and guacamole garnish. \$10.99

Queso Fundido

Melted Mexican cheese and chorizo with diced poblano peppers, served with chips and tortillas. \$8.99

Guacamole

Fresh avocado, tomatoes, onions, and cilantro with our special blend of spices, served with chips. \$7.99

Quesadillas (2)

Cheese melted between corn tortillas, and served with pico de gallo, guacamole, and sour cream. \$7.59
Chicken quesadillas \$8.79
Veggie quesadillas \$8.79
Shrimp quesadillas w/ flour tortillas \$10.59

Coctel de Camarón

Shrimp, avocado, tomatoes, onions, cucumbers, and cilantro in a Clamato juice broth. Served chilled with crackers and chips. \$9.99

Coctel de camarón y pulpo-- shrimp and octopus \$11.59

Camarones al Limon

Large shrimp sautéed in a lemon-lime butter sauce with garlic and diced red and poblano peppers. \$12.99

Salsa Sampler

Choose 4 --salsa, guacamole, spicy sour cream dip, refried beans, pico de gallo, salsa ranchera. Served with fresh, warm chips. \$8.99

Ceviche

Tilapia, onions, tomatoes, cilantro, and cucumbers marinated in lime juice, with a hint of picante sauce, and served with fresh chips and sliced avocado. \$8.59

Champiñones la Hacienda

Sautéed mushrooms with roasted garlic and guajillo chiles in a mild, yet flavorful sauce. \$6.99 w/shrimp \$11.99

Salads

Dressings--house lime vinaigrette, chipotle ranch, Caribbean mango, ranch, lite ranch, french, blue cheese, or salsa. All dressings served on the side.

Fajita Salad

A bed of lettuce topped with sautéed onions, tomatoes, and green peppers. \$6.29

with chicken \$9.99

With steak \$11.99

With shrimp \$12.99

With chicken, steak, and shrimp \$13.99

Taco Salad

Shredded lettuce, tomatoes, onions, guacamole, sour cream, shredded cheese, and tortilla crisps. \$7.59

With chicken \$11.99

With steak \$13.59

With shrimp \$14.59

Ensalada El Sol

Iceberg lettuce, pico de gallo, cucumbers, and avocado. \$6.29

With chicken \$10.59

With steak \$11.99

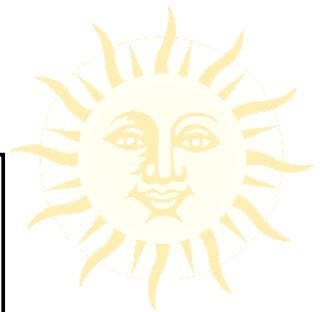
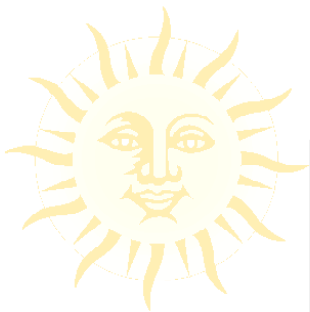
With shrimp \$12.99

Ensalada de Pescado

Ensalada El Sol with a grilled 8 oz salmon or tuna fillet. \$14.59

Gratuity and Separate checks

In order to provide prompt service, we would greatly appreciate if parties of 5 or more did not request individual checks. However, if separate checks are necessary, please let your server know before you order. Please be advised that it is a time consuming process, and we would appreciate your patience. 20% gratuity will be added to parties with 4 or more separate checks. 18% gratuity will be added to parties of 5 or more.



Soft Tacos

Tacos are served on corn tortillas, and taco platters include 3 tacos, refried beans, and salad.

Choose from the following meats:
(mixed taco platters will slightly alter the platter price)

Grilled Fish Tacos

Grilled tilapia topped with cilantro, onions, and green sauce.
\$11.99/single taco \$3.29

Carne Asada Tacos

Tender chopped steak, topped with onions, cilantro, and green sauce.
\$10.99/single taco \$2.99

Chicken Tacos

Shredded chicken simmered with diced onions and tomatoes, and topped with cilantro, onions, and green sauce.
\$9.99/single taco \$2.59

Carnitas Tacos

Tender pork simmered with spices, topped with pico de gallo and spicy red sauce. \$9.99/single taco \$2.59

Chorizo Tacos

Mexican sausage, topped with cilantro, onions, and green sauce. \$9.99/
single taco \$2.59

Lengua Tacos

Considered a delicacy in Mexico, these beef tongue tacos are topped with chopped onions, cilantro, and green sauce. \$9.99/single taco \$2.59

Fried Fish Tacos

Crispy fried cod, topped with pico de gallo, lettuce, and roasted tomato and chile sauce. \$11.99/single taco \$3.29

Traditional Entrées

Chile Relleno

Large, battered poblano chile stuffed with Oaxaca cheese and topped with green sauce and melted cheese. Served with rice, beans, salad, and tortillas. \$12.99

Chile con Carne

Tender steak and mixed vegetables sautéed in a roasted tomato and chile sauce.
Served with rice, beans, and tortillas. \$14.99

Carnitas

Tender chunks of pork, fried and simmered in Mexican spices, served with beans, guacamole, pico de gallo, and tortillas. \$14.99

Doña Lita's Tamales

A soft shell of corn flour stuffed with various fillings and sauce, steamed in a corn husk and finished with salsa verde. Choose from Chicken, Pork, or Vegetable fillings. Three per order, served with rice, beans, and salad. \$12.99

Enchiladas Mexicanas

Three corn tortillas filled with your choice of shredded chicken, steak, or cheese, topped with spicy red sauce and melted cheese. Served with rice, beans, and salad. \$14.59

Enchiladas Verdes

Three corn tortillas filled with your choice of shredded chicken, steak, or cheese, topped with salsa verde and melted cheese, served with rice, beans, and salad. \$14.59

Enchiladas de Camarón

Two flour tortillas filled with shrimp and sautéed vegetables, and topped with roasted tomato and chile sauce and melted cheese. Served with sour cream, guacamole, refried beans, and salad. \$15.99





Steak and Chicken

All steak and chicken entrées are served with corn tortillas

Pollo Verde

*Broiled chicken breast topped with a slightly spicy, chunky avocado and tomatillo sauce, and garnished with cilantro. Served with rice, beans, and salad. \$16.99
add cheese \$2.29*

Mole Poblano

Chicken breast simmered in a traditional homemade mild mole poblano sauce. Served with rice, beans, and salad. \$14.99

Pollo Costeño

Grilled chicken breast topped with chorizo and roasted tomato and chile sauce. Served with rice, beans, and salad. \$17.99/add cheese \$2.29

Carne Asada

A 9 oz New York Strip grilled and served with refried beans, guacamole, and pico de gallo, and garnished with grilled green onion and nopales. \$17.99

Bistek Guadalajara

Tender grilled steak topped with sautéed green peppers, mushrooms, tomatoes, and onions, finished with cheese and broiled. Served with rice, beans, and salad. \$18.99

Bistek Sarape

Grilled skirt steak topped with poblano and red peppers, and a roasted tomato and chile sauce. Served with rice, beans, and salad. \$18.99

Seafood Entrées

All seafood entrées are served with corn tortillas.

Hacienda del Mar

Scallops and shrimp sautéed with mushrooms, garlic, and mild guajillo chiles and served with rice and salad. \$20.99

Camarones a la Diabla

Shrimp and mushrooms sautéed in a spicy sauce made from 3 kinds of chiles and spices. Served with rice and salad. \$17.99

Tilapia Jalisco

Grilled seasoned tilapia fillet topped with sautéed tomatoes, onions, mushrooms, with a tangy lime sauce. Served with rice and salad. \$16.99/ add cheese \$2.29

Camarones al Mojo de Ajo

Shrimp sautéed with mushrooms in a garlic butter sauce, and served with rice and salad. \$17.99

Camarones al Sol

Shrimp baked with onions, tomatoes, green peppers, mushrooms, mild sauce, and topped with cheese. Served with rice and salad. \$19.99

Camarones al Tequila

Shrimp sautéed with mushrooms, serrano chiles, carrots, and tequila, then set afire for a special flavor. Served with rice and salad. \$17.99

Camarones al Limón

Shrimp sautéed in a lime, garlic-butter sauce with diced red peppers, and served with rice and salad. \$18.99/ with scallops \$21.99

Add a house salad to any entrée for \$1.99



Fajitas

Fajitas are a sizzling skillet of sautéed vegetables and strips of meat, drizzled with our homemade red sauce. All fajitas are served with corn tortillas, rice, and beans.

Add zucchini, yellow squash, and mushrooms for \$2.59

Add chorizo (Mexican sausage) for \$2.59

Smother your fajitas with cheese for \$2.59

Chicken fajitas

Sautéed chicken, onions, green peppers, and tomatoes. Choose mild or spicy. \$14.99

Steak Fajitas

Tender strips of steak sautéed with onions, green peppers, and tomatoes. Choose mild or spicy \$15.99

Shrimp Fajitas

Shrimp sautéed with onions, green peppers, and tomatoes. Choose mild or spicy. \$16.99

Fajitas Mixtas

Combination of chicken, steak, and shrimp with sautéed onions, green peppers, and tomatoes. Choose mild or spicy. \$17.99

Vegetarian Fajitas

Sautéed mushrooms, zucchini, onions, green peppers, and tomatoes. Choose mild or spicy \$13.99

Parrilladas

Parrillada--small tabletop "grill" with your choice of meats, garnished with spring onions, jalapeno peppers, and nopales (cactus). Served with two homemade sauces, rice, beans, and tortillas.

Parrillada de Carnes

Steak, chicken breast, and chorizo

One person \$18.99

Two people \$29.99

Parrillada Don Juan

Steak, pork carnitas, chorizo, chicken breast, and shrimp.

One person \$23.99

Two people \$39.99

Create your own parrillada

Choose 3 of the following: steak, carnitas, chicken breast, chorizo, or shrimp.

One person \$19.99

Two people \$31.99

Molcajetes

The words "molcajete" and "tejolote" are Spanish for "mortar" and "pestle." These volcanic rock bowls, originally used by the ancient Aztecs, are still used in Mexican cooking to grind spices and make sauces. We use them as a serving bowl for our house specialties, the molcajete mixto and molcajete de mariscos.

Molcajetes are served with rice, beans, and tortillas

Molcajete Mixto

A delicious combination of steak, shrimp, chicken, and mushrooms with cheese drizzled with our homemade sauce and served in flame kissed molcajete, which melts the cheese and retains heat. Garnished with cilantro, and spring onions. \$19.99

Molcajete de Mariscos

Large shrimp, sea scallops, and filet of tilapia, served in a molcajete with cheese, mushrooms, and homemade sauce, garnished with cilantro, spring onions, and cactus. \$23.99



Beverages

Soft drinks

Coke, Diet Coke, Sprite, Cherry Coke, Lemonade, Raspberry Iced Tea, Ginger Ale, Unsweetened Iced Tea. Free refills

Aguas Frescas

Authentic homemade Mexican beverages

Limonada--fresh squeezed limeade

Agua de Jamaica-- (sweetened or unsweetened) hibiscus flower drink

Horchata--sweet rice milk drink

Agua de Tamarindo -- tamarind drink

Mexican Sodas

Jarritos: Mandarin, Mango, Strawberry, Guava, Pineapple, Grapefruit, Sidral Apple soda, or Mexican Pepsi

Colombian Coffee

regular or decaf

Hot Tea

Choose from a variety of regular and herbal teas.

Bottled water

San Pellegrino, Saratoga still or sparkling, in various sizes. Ask your server for availability.

Bottled Beer (Imported)

Sol, Tecate, Corona, Corona Light, Modelo, Negra Modelo, Pacifico Clara, Heineken, Amstel Light

Bottled Beer (Domestic)

Coors Light, Miller Lite, Yuengling Lager, Budweiser, Michelob Ultra

Draft Beer (Imported)

Dos Equis Special Lager or Dos Equis Amber

Tequila Selection

Here at El Sol, we are proud to have Harrisburg's largest tequila selection. We also want people to open their minds and learn about this popular Mexican liquor that is often misunderstood in American culture. Tequila is made from blue agave plants, in the state of Jalisco, Mexico, in areas surrounding a city called Tequila, which is where the liquor got its name. There are four main types of tequila: gold, blanco, reposado, and añejo.

Gold tequila is a white or blanco tequila that has glycerin, fructose, and/or wood flavoring to resemble aged tequila. Although popular with Americans, gold tequila is not considered to be of pure quality. At El Sol, we offer only 100% pure agave tequilas, and no gold tequilas.

Blanco Tequila

also referred to as silver, or white tequila, this tequila is bottled immediately following the distilling process, and is not aged.

Reposado Tequila

means "rested" and refers to tequila that has been aged between 2 months and 1 year in oak barrels. This imparts a slight golden color and sweeter flavor.

Añejo Tequila

means aged or vintage, and refers to tequila that has been aged for at least one year in oak barrels. Some tequilas are aged for many years. Like other fine liquors or wines, the longer it has been aged, the more expensive it is.

Tequila Flights

Each tequila flight is served with 3 different tequilas, limes, and Sangrita, a Clamato based palate cleanser which enhances the flavor of the tequila.

Patrón

Patrón Silver, Patrón Reposado,
Patrón Añejo \$18

Don Julio

Don Julio Blanco, Don Julio
Reposado, Don Julio Añejo \$20

La Patrona

Casa Noble Blanco, Corralejo
Reposado, Tres Generaciones Añejo.
\$16

Casa Noble

Casa Noble Blanco, Casa Noble
Reposado, Casa Noble Añejo \$20

Añejo

Gran Centenario Añejo, Cazadores
Añejo, Herradura Añejo \$16

Los Tres Julios

Don Julio Reposado, Don Julio
Añejo, and Don Julio 1942 \$28

For a complete list of all of our tequilas, ask your server.