



# 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*

### ***Sopes (2)***

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

### ***Guacamole***

*Fresh avocado, tomatoes, onions, and cilantro with our special blend of spices, served with chips. \$6.59*

### ***El Sol Appetizer Sampler***

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

### ***Salsa Sampler***

*Choose 4 of the following: salsa, guacamole, spicy sour cream dip, pico de gallo, refried beans, or salsa ranchera. Served in a caddy with fresh, warm chips. \$6.59*

### ***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*

### ***Mexican Shrimp and Scallops***

#### ***Picante***

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

#### ***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*

#### ***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*

#### ***Red, White, and Green***

*Grilled shrimp, guacamole, and pico de gallo, served with chips. \$7.59*

## Salads

### ***Ensalada de Pescado***

*Ensalada El Sol with an 8 oz salmon or tuna fillet. Healthy and delicious! \$10.59*

### ***Ensalada El Sol***

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

*with chicken \$8.59*

*with steak \$9.59*

*with shrimp \$9.99*

*with chicken, steak, and shrimp \$10.99*

### ***Fajita Salad***

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

*with chicken \$8.59*

*with steak \$9.59*

*with shrimp \$9.99*

*with chicken, steak, and shrimp \$10.99*

### ***Taco Salad***

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

*with chicken \$9.59*

*with steak \$9.99*

*with shrimp \$10.59*

*with chicken, steak, and shrimp \$11.99*

### ***Dressings***

*house lime vinaigrette, chipotle ranch, caribbean mango, ranch, lite ranch, french, blue cheese, or salsa*

## Burritos

All burritos are served with sides of sour cream, guacamole, and pico de gallo. Pickled jalapeños are available by request.

### **Steak Burrito**

Tender chopped steak, refried beans, shredded cheese, and lettuce. \$6.99

### **Carnitas Burrito**

Chunks of pork carnitas, with refried beans, shredded cheese, and lettuce. \$6.99

### **Bean Burrito**

Choose from vegetarian pinto beans, or our homemade refried beans (which contain chorizo) with shredded cheese and lettuce.  
\$6.59

### **Chicken Burrito**

Shredded chicken breast with sautéed onions and tomatoes, refried beans, lettuce, and shredded cheese. \$6.99

### **Huevos con Chorizo Burrito**

Eggs and Mexican Sausage with cheese, beans, lettuce, and salsa. \$6.99

### **Baja Burrito**

Fried cod fillet, with pico de gallo, sour cream, lettuce, and spicy sauce. Served with a side of refried beans. \$7.99

## Soft Tacos

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

### **Grilled Fish Tacos**

Grilled tilapia, topped with cilantro, onions, and green sauce. \$8.59/single taco \$3.00

### **Carne Asada Tacos**

Tender chopped steak, topped with onions, cilantro, and green sauce.  
\$8.59/single taco \$3.00

### **Carnitas Tacos**

Tender pork simmered with spices, topped with pico de gallo and spicy red sauce.  
\$7.99/single taco \$2.59

### **Chorizo Tacos**

Mexican sausage, topped with cilantro, onions, and green sauce.  
\$7.99/single taco \$2.59

### **Fried Fish Tacos**

Crispy fried cod, topped with pico de gallo, lettuce, and roasted tomato and chile sauce.  
\$8.59/single taco \$3.00

### **Lengua Tacos**

Considered a delicacy in Mexico, these beef tongue tacos are topped with chopped onions, cilantro, and green sauce.  
\$8.59/single taco \$3.00

### **Chicken Tacos**

Shredded chicken breast simmered with diced tomatoes and onions, topped with cilantro, onions, and green sauce.  
\$7.99/single taco \$2.59





## Lunch Entrées

### **Huevos con Chorizo**

Eggs scrambled with Chorizo (Mexican sausage). Served with rice, beans, and tortillas. \$8.59

### **Doña Lita's Tamales**

A soft shell of corn flour stuffed with a variety of fillings and sauce, and steamed in a corn husk and finished with salsa verde.

Choose 3: Chicken, pork, or vegetable.  
Served with rice, beans, and salad. \$9.59

### **Bistek Guadalajara**

Tender steak topped with sautéed green peppers, mushrooms, onions, tomatoes, and cheese. Served with rice, beans, salad, and tortillas. \$13.99

### **Charbroiled Chicken Breast**

Charbroiled chicken breast, served with rice, beans, salad, tortillas, and a side of spicy red sauce. \$9.99

### **Carne Asada**

Grilled 8 oz New York Strip served with guacamole, refried beans, pico de gallo, tortillas and a side of spicy red sauce.  
\$13.99

### **Chile con Carne**

Tender chopped steak and mixed vegetables sautéed in a roasted tomato and chile sauce.

Served with rice, beans, and tortillas.  
\$8.99

### **Enchilada de Camarón**

Two flour tortillas stuffed with shrimp, mushrooms, tomatoes, and onions, topped with roasted chile and tomato sauce and melted cheese. Served with sour cream, guacamole, refried beans, and salad. \$9.99

### **Enchiladas Mexicanas or Verdes**

Three tortillas filled with your choice of shredded chicken (with sautéed onions and tomatoes), steak, or cheese, topped with red or green sauce and melted cheese. Served with beans, rice, and salad. \$8.99

### **Carnitas**

Tender chunks of pork, fried, and then simmered in Mexican spices, served with beans, guacamole, pico de gallo, tortillas, and a side of spicy red sauce. \$8.99

### **Mole Poblano**

Chicken breast simmered in a traditional, mild mole poblano sauce, served with rice, beans, salad, and tortillas. \$9.99

### **Tilapia Jalisco**

Tilapia filet topped with sautéed tomatoes, onions, mushrooms, and cheese in a tangy lime sauce and served with rice, salad, and tortillas. \$12.99

### **Chile Relleno**

One large poblano chile stuffed with Mexican cheese, sautéed in an egg batter and topped with salsa verde and melted cheese. Served with rice, beans, salad, and tortillas. \$9.59

### **Camarones a la Diabla**

Shrimp and mushrooms sautéed in a spicy sauce made from 3 kinds of chiles and spices. Served with rice, salad, and tortillas. \$13.99

## **Molcajetes**

*Molcajete: 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, chicken, shrimp, mushrooms, and cheese drizzled with our homemade red sauce and served in a flame-kissed molcajete, which melts the cheese and retains heat. Garnished with cilantro, spring onions, and cactus. \$17.99*

### **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. \$19.99*

## **Fajitas**

*All fajitas are served with corn tortillas, rice, and beans.*

### **Chicken Fajitas**

*Sautéed chicken, onions, green peppers, and tomatoes. Choose spicy or mild. \$12.99*

### **Steak Fajitas**

*Tender strips of steak sautéed with onions, green peppers, and tomatoes. Choose spicy or mild. \$13.99*

### **Shrimp Fajitas**

*Shrimp sautéed with onions, green peppers, and tomatoes. Choose spicy or mild. \$14.99*

### **Veggie Fajitas**

*A combination of sautéed zucchini, squash, mushrooms, onions, green peppers, and tomatoes. Choose spicy or mild. \$11.99*

### **Fajitas Mixtas**

*A combination of chicken, steak, and shrimp with sautéed onions, green peppers, and tomatoes. Choose spicy or mild. \$15.99*

## **Parrilladas**

*Parrillada-- small tabletop grill with your choice of meats, garnished with spring onions, peppers, and cactus. Served with two homemade sauces, rice, beans, and tortillas. Choose for 1 or 2 people.*

### **Parrillada de carnes**

*Steak, chicken breast, and chorizo (mexican sausage) one person \$15.99 two people \$25.99*

### **Parrillada "Don Juan"**

*Steak, Carnitas (pork), chorizo, chicken breast, and shrimp. one person \$20.99 two people \$35.99*

### **Create your own Parrillada**

*Choose 3 of the following meats: steak, carnitas, chicken breast, chorizo, or shrimp.  
One person \$17.99 Two people \$29.99*

# **Beverages**

## ***Aguas Frescas***

*Authentic homemade Mexican beverages*

*Limonada--fresh squeezed limeade*

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

*Agua de Tamarindo -- tamarind drink*

*Horchata--sweet rice milk drink*

## ***Soft drinks***

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

## ***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.*

## ***Draft Beer (Imported)***

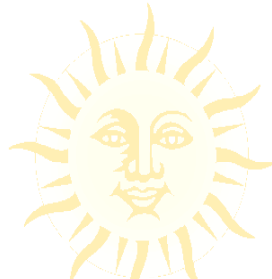
*Dos Equis Special Lager or Dos Equis Amber*

## ***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*



## ***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, and 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*

## ***Gratuity***

*18% gratuity will be added to parties of 5 or more.*