

SOL

CARIBE

LATIN AMERICAN KITCHEN



Ensaladas

S A L A D S



ENSALADA MIXTA
\$6.00

Mixed Green Salad with House Dressing



ENSALADA DE TIRITAS DE POLLO \$7.29

Chicken Finger Salad



ENSALADA DE POLLO
\$6.99

Grilled Chicken Salad



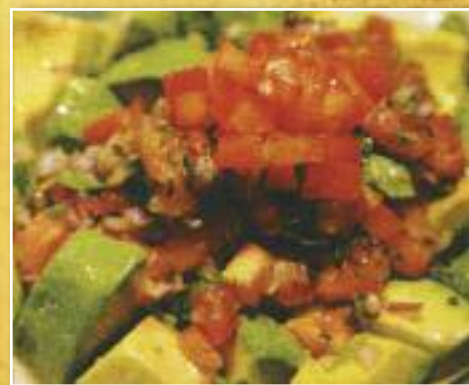
ENSALADA DE CAMARONES AL AJILLO \$8.99

Garlic Shrimp Salad



ENSALADA MAR Y TIERRA
\$11.99

Grilled Skirt Steak Strips & Garlic Shrimp Salad



ENSALADA DE AGUACATE
\$6.99

Rustic Avocado Salad

Sopas

S O U P S

Lunes

MONDAY

SOPA DE POLLO Chicken Noddle Soup	\$6.99
SOPA DE VEGETALES Vegetables Soup	\$6.00

Martes

TUESDAY

SOPA DE POLLO Chicken Noddle Soup	\$6.99
SOPA DE LENTEJAS Home Style Lentil Soup	\$6.00

Miércoles

WEDNESDAY

SOPA DE VEGETALES Home Style Vegetable Soup	\$6.00
SOPA DE POLLO Traditional Chicken Soup	\$6.99

Jueves

THURSDAY

SOPA DE POLLO Chicken Noodle Soup	\$6.99
SOPA DE LENTEJAS Home Style Lentil Soup	\$6.00

Viernes

FRIDAY

SANCOCHO DE PESCADO Country Style Fish Soup	\$6.99
SOPA DE MONDONGO Tripe & Pork Rustic Soup	\$6.00

Sábado

SATURDAY

SANCOCHO DE GALLINA Country Style Hen Soup	\$6.99
SOPA DE MONDONGO Tripe & Pork Rustic Soup	\$6.00

Domingo

SUNDAY

SANCOCHO DE COLA Oxtail Soup	\$6.99
SOPA DE MONDONGO Tripe & Pork Rustic Soup	\$6.00



NOTA: Todas las sopas vienen acompañadas con arroz y ensalada
NOTE: Soups are served with rice and salad



BANDEJA PAISA \$15.99

Typical Colombian Dish



CARNE ASADA* \$11.99

Grilled Spanish Steak



CHURRASCO * \$18.59

Grilled Skirt Steak



BABY BISTEC \$7.99

Small Steak with Fries



CARNE MOLIDA * \$10.99

Spanish Style Ground Beef



BISTEC ENCEBOLLADO * \$10.99

Beef Steak with Sautéed Onions



HÍGADO A LA PLANCHA * \$9.59

Grilled Beef Liver



HÍGADO A LA ITALIANA * \$9.99

Sautéed Beef Liver with Onions & Peppers



MAR Y TIERRA \$14.99

Surf & Turf



MAR Y TIERRA SALTEADO \$14.99

Sautéed Surf & Turf with Tomato Sauce



PECHUGA EN CREMA DE CHAMPIÑONES * \$10.59

Grilled Chicken in a Wine Cream Mushroom Sauce



PECHUGA MARINERA \$12.59

Grilled Chicken with Shrimp in Wine Cream Sauce



POLLO A LA CARIBEÑA * \$ 10.99

Sautéed Chicken Strips in Sweet Sauce with Onions, Peppers & Fries



PECHUGA A LA PLANCHA * \$11.00

Grilled Chicken Breast



ARROZ CON POLLO * \$10.99

Rice & Chicken Bits with Mixed Vegetables



PECHUGA EMPANIZADA * \$10.59

Breaded Chicken Breast



MAR Y POLLO \$10.99

Grilled Chicken Breast with Garlic Shrimp



PECHUGA HAWAIANA * \$11.59

Chicken with Pineapple & Ham Sauce

*** ESCOJA DOS ACOMPAÑANTES**

ARROZ, FRIJOLES, TOSTONES, MADUROS, PAPAS FRITAS, ENSALADA, YUCA FRITA, PAPA CON GUISO, AREPITAS

*** CHOICE TWO SIDE ORDERS**

RICE, BEANS, GREEN PLANTAINS, SWEET PLANTAINS, FRENCH FRIES, SALAD, FRIED YUCCA, POTATOES WITH TOMATO SAUCE, CORN CAKES

18% DE PROPINA A GRUPOS DE 8 Y MAS - 18% GRATUITY TO PARTIES OF 8 AND MORE

LOS PRECIOS ESTN SUJETOS A CAMBIOS SIN PREVIO AVISO. PRICES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

Pescados

F I S H



FILETE ASADO \$11.59

Grilled Flounder Fillet with Garlic Butter



MAR Y MAR \$11.99

Grilled Flounder with Cream Wine Sauce & Garlic Shrimp



FILETE EMPANIZADO * \$10.59

Breaded Flounder



FILETE EMPANIZADO EN SALSA DE CHAMPIÑONES \$10.99

Breaded Flounder with Mushroom Sauce



PARGO ROJO FRITO * \$15.59

Fried Red Snapper



TILAPIA FRITA * \$15.99

Fried Tilapia



TILAPIA A LA PLACHA * \$12.00

Grilled Tilapia in Garlic Sauce



TILAPIA EN CREMA DE CHAMPIÑONES \$11.59

Tilapia in Cream Wine Sauce with Mushrooms



TILAPIA A LA CRIOLLA * \$10.29

Tilapia in Creole Tomato Sauce



CAMARONES A LA CARIBEÑA \$10.99

Sautéed Shrimp with Peppers & Onions in Sweet Sauce

*** ESCOJA DOS ACOMPAÑANTES / * CHOICE TWO SIDE ORDERS**

Mariscos & Vegetales

SEAFOOD & VEGGIES



ARROZ CON CAMARONES * \$11.99

Saffron Rice & Shrimp with Mixed Vegetables



CAMARONES EMPANIZADOS * \$11.59

Breaded Fried Shrimp



CEVICHE DE CAMARONES \$12.00

Shrimp with Raw Salsa of Onions & Tomato



CAMARONES AL AJILLO * \$11.59

Shrimp in Garlic Butter



CAMARONES CON TOSTONES \$8.99

Garlic Shrimp with Fried Green Plantain



CALAMARES CON PAPITAS \$9.59

Calamari with Fries & House Sauce



CHURRASCO A LA CARIBEÑA \$12.59

Grilled Skirt Steak with Sautéed Vegetables



TILAPIA A LA PLANCHA CON VEGETALES \$11.29

Grilled Tilapia with Vegetables



PECHUGA A LA PLANCHA CON VEGETALES \$9.29

Grilled Chicken Breast with Vegetables



CAMARONES AL AJILLO CON VEGETALES \$10.00

Garlic Shrimp with Vegetables

*** ESCOJA DOS ACOMPAÑANTES / * CHOICE TWO SIDE ORDERS**

Cerdo

P O R K



LOMO DE CERDO * \$10.59

Grilled Pork Loin



LOMO EN CREMA DE CHAMPIÑONES * \$10.99

Pork Loin in Cream Wine Sauce with Mushrooms



LOMO EMPANIZADO * \$10.99

Breaded Pork Loin



LOMO A LA HAWAIANA * \$12.29

Grilled Pork Loin Hawaiian Style

Acompañantes

SIDE ORDERS

Arroz Blanco
White Rice



\$2.59

Arroz Amarillo
Yellow Rice



\$2.59

Tostones
Fried Green Plantains



\$2.59

Frijoles
Beans



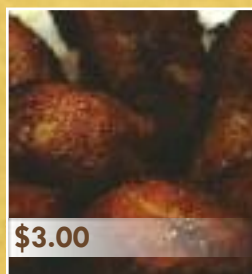
\$2.59

Papas Fritas
French Fries



\$2.59

Maduros
Sweet Plantains



\$3.00

Yuca
Fried Yucca



\$3.00

Ensalada
Salad



\$3.59
W/ AVOCADO \$6.00

Vegetales al Vapor
Steamed Veggies



\$4.00

SALSAS

CREMA AL VINO
Cream Wine Sauce

MANTEQUILLA DE AJO
Garlic Butter

PIÑA
Pineapple

CEBOLLA FRITA
Fried Onions

AGUACATE
Avocado

GUISO
House Tomato Sauce

CHAMPIÑONES
Mushrooms

\$2.59

Especiales

SPECIALS

CHURRASQUITO \$13.59

Grilled Skirt Steak

PAISITA \$10.59

Typical Colombian Dish

HÍGADO A LA PLANCHA* \$7.99

Grilled Beef Liver

CARNE EMPANIZADA* \$8.29

Breaded Steak

LOMO EMPANIZADO* \$7.99

Breaded Pork Loin

CARNE MOLIDA* \$7.99

Ground Beef

PESCADO EMPANIZADO* \$7.99

Breaded Fish

PECHUGA A LA PLANCHA* \$7.99

Grilled Chicken Breast

PECHUGA EMPANIZADA* \$7.99

Breaded Chicken Breast

CARNE ASADA* \$7.99

Grilled Steak

LOMO A LA PLANCHA* \$7.99

Grilled Pork Loin

* De Lunes a Viernes SOLAMENTE

* Monday to Friday ONLY

Batidos & Sodas

SHAKES & SODAS



Jugos Batidos

JUICES & SHAKES

MORA Blackberry	\$3.79	GUANÁBANA Soursop	\$3.79
LULO Tropical Kiwi	\$3.79	NARANJA Orange	\$4.00
MANGO Mago	\$3.79	LIMONADA Lemonade	\$4.00
MARACUYÁ Passion Fruit	\$3.79	AVENA Oatmeal	\$3.79
BANANA Banana	\$3.79	MILO FRÍO Ice Chocolate	\$3.79
PIÑA Pineapple	\$3.79		
FRESA Strawberry	\$3.79		
GUAYABA Guava	\$3.79		
PAPAYA Papaya	\$3.79		

SODAS

COCA COLA	\$1.59
DIET COKE	\$1.59
SPRITE	\$1.59
GINGER	\$1.59
SELTZER WATER	\$1.00

Coffee

CAFÉ

CAFÉ CON LECHE Coffee with Milk	\$1.79
TINTO Typical Colombian Coffee	\$1.49
CAFÉ EXPRESO Espresso	\$1.79
PINTADITO Espresso with Milk	\$1.59
CORTADITO Espresso with Cream	\$2.00
CAPUCHINO Cappuccino	\$2.79
CAFÉ CON LECHE FRÍO Iced Latte	\$2.79
ICE NEGRO Iced Coffee	\$1.79
CARAMELO RALLADO Frapuccino	\$2.79
DE LA CASA House coffee	\$2.79
TÉ Tea	\$1.49
AROMÁTICAS Herbal Tea	\$1.79



Panadería

BAKERY

EMPANADAS Beef & Potato Patties	\$2.00	CROISSANT Croissant	\$2.00
CHICHARRONES Fried Pork	\$4.00	AREPA DE CHOCLO Corn Bread Pattie	\$2.00
CHORIZO Colombian Sausage	\$2.79	CON QUESO - With Cheese	\$3.00
PANDEBONO * Colombian Cheese Bread	\$2.00	AREPA CON MANTEQUILLA Corn Bread Pattie with Butter	\$2.00
EMPANADA DE CAMBRAY Cheese & Guava Pattie	\$2.00	CON QUESO - With Cheese	\$3.99

* PANDEBONO FRESCO CADA 20 MINUTOS!
PANDEBONO BAKED FRESH EVERY 20 MINUTES

