

SOL FOOD

PUERTO RICAN CUISINE



COMBINACIONES

ALL COMBINACIONES ARE SERVED WITH RICE ORGANIC SALAD & TOSTONES OR MADUROS.
(SUBSTITUTE MOFONGO FOR RICE, TOSTONES OR MADUROS ADD 2.00)
WE USE RICE BRAN OIL FOR FRYING.

<u>POLLO AL HORNO</u>	1 Pc 8.50 / 2Pcs 10.25 / 3Pcs 12.50
BONELESS, SKINLESS CHICKEN THIGHS MARINATED WITH OREGANO AND GARLIC THEN BAKED. CHOOSE PINK OR BLACK BEANS. (FREE RANGE CHICKEN)	
<u>BISTEC ENCEBOLLADO</u>	SM 8.95 / LG 11.95
THINLY SLICED STEAK SAUTÉED WITH ONIONS. CHOOSE PINK OR BLACK BEANS. (ALL NATURAL BEEF)	
<u>VEGETARIANO</u>	SM 7.50 / LG 8.50
PINK BEANS STEWED WITH HERBS AND SPANISH OLIVES – OR – BLACK BEANS SIMMERED WITH PEPPERS, ONIONS AND CILANTRO. SERVED WITH FRESH AVOCADO. (VEGAN)	
<u>CAMARONES EMPANIZADOS</u>	SM 12.95 / LG 14.95
LARGE FRIED PRAWNS MARINATED AND BREADED WITH GREEN PLANTAIN. SERVED WITH FRESH LIME & SAUCE FOR DIPPING. CHOOSE PINK OR BLACK BEANS.	
<u>CAMARONES CRIOLLOS</u>	SM 12.95 / LG 14.95
PRAWNS SAUTÉED WITH GARLIC AND ONIONS IN A TOMATOEY SAUCE. SERVED WITH FRESH AVOCADO. SUBSTITUTE MOFONGO FOR RICE ADD 2.00.	
<u>CHULETAS FRITAS</u>	SM 8.95 / LG 11.95
THIN CUT, PAN – FRIED PORK CHOPS. SERVED WITH PICKLED PINK ONIONS. CHOOSE PINK OR BLACK BEANS.	

SANDWICHES

SMALL ORGANIC SALAD 1.50 / SMALL RICE & BEANS 2.50

FOR A WHEAT FREE SANDWICH SUBSTITUTE TOSTONES FOR BREAD! ALL SANDWICHES ARE FLAT PRESSED.

<u>ENSALADA DE POLLO FRÍO</u> • ROAST CHICKEN MIXED WITH CARROTS, CELERY, MAYO & FRESH LIME. SERVED ON A FRENCH ROLL WITH FRESH TOMATO, LETTUCE AND PICKLED PINK ONION.	8.45
<u>CUBANO</u> • ROAST PORK, HAM, MUSTARD, MAYONNAISE, PICKLES AND SWISS CHEESE ON FRENCH BREAD. (ALL NATURAL PORK)	8.95
<u>POLLO</u> • ROAST CHICKEN, HAM, SAUTÉED ONIONS, TOMATO, ORGANIC GREENS, SWISS CHEESE AND CILANTRO-LIME MAYO ON FRENCH BREAD. (FREE RANGE CHICKEN)	8.95
<u>BISTEC</u> • THINLY SLICED STEAK, SAUTÉED ONIONS, AVOCADO, SWISS CHEESE AND GARLIC MAYO ON FRENCH BREAD. (ALL NATURAL BEEF)	8.95
<u>VEGGIE DELUXE</u> • AVOCADO, ROASTED RED PEPPERS, SAUTÉED ONIONS, ORGANIC GREENS, TOMATO, JACK CHEESE AND CILANTRO-LIME MAYONNAISE ON FRENCH BREAD. (VEGETARIAN)	8.50
<u>CHORIPAN</u> • SPANISH CHORIZO, BAKED HAM AND SWISS CHEESE ON FRENCH BREAD.	8.25
<u>JÍBARO</u> • THINLY SLICED STEAK, SAUTÉED ONIONS, ICEBERG LETTUCE AND GARLIC MAYONNAISE SERVED BETWEEN TWO LARGE TOSTONES. (ALL NATURAL BEEF / WHEAT FREE)	7.25
<u>JAMÓN, QUESO Y HUEVO</u> • 2 FRIED EGGS, HAM AND CHEESE ON FRENCH BREAD. AMERICAN, SWISS OR JACK CHEESE. (ORGANIC EGGS)	6.50

ENSALADAS

<u>ENSALADA DE POLLO FRÍO</u>	8.95
ROAST CHICKEN MIXED WITH CARROTS, CELERY & FRESH LIME. SERVED WITH ORGANIC GREENS, TOMATO, AVOCADO & PICKLED PINK ONION. (WHEAT FREE)	
<u>ENSALADA CON CAMARONES EMPANIZADOS</u>	SM 12.25 / LG 14.25
LARGE PRAWNS BREADED WITH GREEN PLANTAIN. SERVED WITH ORGANIC GREENS, FRESH TOMATO, AVOCADO, FRESH LIME & SAUCE FOR DIPPING.	
<u>ENSALADA CON POLLO</u>	SM 9.25 / LG 11.95
BAKED CHICKEN, ORGANIC GREENS, TOMATO, AVOCADO, PICKLED PINK ONION AND OUR LEMON-GARLIC DRESSING. (FREE RANGE CHICKEN)	
<u>ENSALADA CON BISTEC</u>	SM 9.25 / LG 11.95
STEAK AND SAUTÉED ONIONS, ORGANIC GREENS, TOMATO, AVOCADO AND OUR LEMON-GARLIC DRESSING. (ALL NATURAL BEEF)	
<u>ENSALADA CON CAMARONES</u>	SM 12.25 / LG 14.25
PAN-FRIED GARLIC PRAWNS, ORGANIC GREENS, TOMATO, AVOCADO AND OUR LEMON-GARLIC DRESSING.	
<u>ENSALADA CRIOLLA</u>	6.20
ICEBERG LETTUCE AND THICK SLICES OF TOMATO SERVED WITH GARLICKY OIL AND VINEGAR DRESSING. (VEGAN)	
<u>ENSALADA ORGÁNICA</u>	6.20
ORGANIC GREENS AND TOMATO TOSSED WITH OUR LEMON-GARLIC DRESSING. (VEGAN)	



PLÁTANOS

WE USE RICE BRAN OIL FOR FRYING (TRANS FAT FREE)

TOSTONES CON MOJO · GREEN PLANTAIN FRIED, SMASHED AND FRIED AGAIN. SERVED WITH FRESH GARLIC AND OLIVE OIL. (5 PCS / VEGAN)	6.25
MADUROS · SWEET, FRIED, YELLOW PLANTAIN. (5 PCS / VEGAN)	4.75
MIXTO · 3 PIECES OF TOSTONES AND 3 PIECES OF MADUROS.	6.50
MARIQUITAS · GREEN PLANTAIN SLICED THIN AND FRIED CRISPY. SERVED WITH A TANGY SAUCE FOR DIPPING.	5.75
MOFONGO · FRIED GREEN PLANTAIN MASHED UP WITH GARLIC AND OLIVE OIL. (VEGAN)	5.75
TOSTONES CON QUESO · 5 TOSTONES BAKED WITH JACK CHEESE, FRESH GARLIC AND OLIVE OIL. ADD FRESH AVOCADO <u>OR</u> TOMATO	7.25 2.00

A LA CARTA

POLLO · BONELESS, SKINLESS CHICKEN THIGHS MARINATED WITH OREGANO AND GARLIC, THEN BAKED. (FREE RANGE CHICKEN)	1 PC / 3.25
BISTEC · THINLY SLICED STEAK AND SAUTÉED ONIONS. (ALL NATURAL BEEF)	6.95
CAMARONES EMPANIZADOS · 5 LARGE FRIED PRAWNS MARINATED AND BREADED WITH GREEN PLANTAIN. SERVED WITH FRESH LIME & SAUCE FOR DIPPING.	11.25
CAMARONES CRIOLLOS · 7 LARGE PRAWNS SAUTÉED WITH FRESH GARLIC AND ONION IN A TOMATOY SAUCE. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO.	11.25
HABICHUELAS ROSADAS · PINK BEANS STEWED WITH HERBS AND SPANISH OLIVES. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO. (VEGAN)	3.95
FRIJOLE NEGROS · BLACK BEANS SIMMERED WITH PEPPERS, ONION & CILANTRO. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO. (VEGAN)	3.95
ARROZ BLANCO · STEAMED WHITE RICE. (VEGAN)	2.95
ENSALADA · SMALL ORGANIC SALAD WITH OUR LEMON-GARLIC DRESSING.	2.00
PAN CON AJO · FLAT-PRESSED GARLIC BREAD.	3.00
FRESH AVOCADO OR FRESH SLICED TOMATO	1.50
PLANTAIN · ONE TOSTÓN 1.25 OR ONE MADURO 1.00	

POSTRES

TEMBLEQUE · CREAMY COCONUT PUDDING. MANGO SAUCE OR CINNAMON. (WHEAT FREE / VEGAN)	3.25
FLAN DE QUESO · CLASSIC VANILLA FLAN.	4.50

REFRESCOS

PONCHE · HALF ICED TEA & HALF LIMEADE A.K.A. ARNOLDO PALMERO.	3.75
TÉ HELADO · ORANGE – MANGO ICED TEA. (YES, WE MAKE IT HERE!)	2.25
JUGO DE CHINA · FRESH SQUEEZED ORANGE JUICE (MADE TO ORDER.)	3.25
LIMONADA FRESCA · FRESH LIMEADE (YES, WE MAKE IT HERE!)	3.75
CAFÉ HELADO · SWEETENED ESPRESSO AND MILK OVER ICE. (ORGANIC)	2.25
CAFÉ CON LECHE · SWEETENED ESPRESSO WITH HOT MILK. (ORGANIC)	2.25
COCO RICO · TASTY COCONUT SODA	1.65
MALTA · SWEET MOLASSES SODA (TASTES LIKE MOLASSES!)	SM 1.75 / LG 2.50
ONE · NATURAL COCONUT WATER. NO SUGAR ADDED, NO PULP.	2.50
AGUA DE COCO · COCONUT WATER WITH PULP. SUGAR ADDED	SM 1.75 / LG 2.50
FIZZY LIZZY · APPLE · CRANBERRY · GRAPE · GRAPEFRUIT · LEMON · PINEAPPLE ·	2.00
POMEGRANATE · TANGERINE · (NATURAL JUICE WITH SPARKLING WATER. NO SUGAR ADDED!)	
MIGHTY LEAF HOT TEA · CHAMOMILE CITRUS · GREEN TROPICAL · AFRICAN NECTAR ·	2.00
· ORGANIC BREAKFAST · ORANGE DULCE ·	
COCA COLA · DIET COKE · 7-UP · DIET 7-UP · PLAIN CALISTOGA	1.65

★ BODEGA

store

T-SHIRTS · ADULT SIZES 19.50 / KID SIZES 12.50 / BABY SIZES – ONESIES OR SHIRTS	11.95
PASTELES · HOUSE MADE FROZEN PUERTO RICAN PORK “TAMALES”.	14.00 (6) / 28.00 (12)
VEGETARIAN OR CHICKEN PASTELES AVAILABLE ON REQUEST – ALLOW 2-4 WEEKS	
PIQUE · (HOT SAUCE) YES WE SELL IT! 12 OUNCE BOTTLE	10.00
SALAD DRESSING · HOUSE MADE LEMON GARLIC SALAD DRESSING. 12 OUNCE BOTTLE	7.95
YAUCÓNO · IMPORTED PUERTO RICAN COFFEE.	HALF LB. 8.00 / 1 LB. 10.00
ORGANIC MARIN COOKBOOK · FEATURES 2 SOL FOOD RECIPES.	29.99

★ GIFT CARDS AVAILABLE IN ANY AMOUNT

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