



Mar y Sol Mexican Food

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



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Soup	
ITEM	PRICE
Pozole Soup	\$14.00
Traditional Mexican soup made with hominy, tender meat,t, and a rich flavorful broth.	
Extras	
ITEM	PRICE
Extra Cheese	\$2.00
Additional portion of halibut, typically grilled or pan-seared to complement your main dish.	
Extra Halibut (Extras)	\$2.00
Halibut preis is prepared for addition to a burrito, typically complemented by ingredients such as beans, rice,d pico de...	
Extra Halibut for Burrito (Extras)	\$6.00
A traditional Mexican unleavened flatbread and often made from either corn or flour.	
Tortilla	\$0.33
A crispy taco shell and often used as a base for building your taco creations.	
Crispy Shell	\$1.00
A crispy taco shell and often used as a base for building your own taco creations.	
Specials	

ITEM	PRICE
Asada Fries	\$14.75
Homemade fries with cheese, stipends of asada, and served with guacamole, sour cream, and ketchup.	
Crispy Taco Gringo Special (3 pcs) (Specials)	\$11.50
3 crispy corn tortillas filled with seasoned ground beef, shredded lettuce, and a blend of Cheddar and Monterey Jack che...	
Small Taco Tray (10 pcs) (Specials)	\$37.50
Small taco tray with a choice of 10 tacos. Options include various types of meat such as asada, barbacoa, and carnitas a...	
Halibut and Chips	\$15.00
Beer batter halibut and homemade fries.	
Chimichanga Chicken (Specials)	\$9.00
Deep-fried flour tortilla filled with seasoned chicken, typically includes lettuce, pico de gall,o and a blend of cheese...	
Chimichanga (Specials)	\$9.00
A flour tortilla deep-fried, filled with beef or chicken, typically includes beans, and see, and is garnished with guaca...	
Barbacoa Taco (Specials)	\$4.35
Slow-cooked, shredded beef on a corn tortilla, garnished with onions and cilantro.	
Carnitas Taco	\$4.35
Juicy slow-cooked pork in a soft corn tortilla, garnished with fresh cilantro and onions.	
Chorizo Quesadilla Al a Carte (Specials)	\$11.00
Flour tortilla filled with spicy chorizo and melted cheese and typically served as a standalone dish.	
Fajita Nachos Beef (Specials)	\$16.00
Tortilla chips topped with grilled beef, bell peppers, onions, and melted cheese, typically include our cream and guacam...	
Halibut Taco (Specials)	\$8.00
Pan-seared halibut in a soft tortilla, typically includes shredded lettuce, avocado slices, and a tangy crema and garnis...	
Hamburger and Fries (Specials)	\$14.00
Soft flour tortilla filled with a blend of melted cheeses typically served as a simple and kid-friendly dish.	
Kids Cheese Quesidilla (Specials)	\$8.00
Braised beef tongue served on a soft corn tortilla, typically includes onions and cilantro.	

ITEM	PRICE
Lengua Taco Battered shrimp and homemade fries.	\$4.50
Shrimp and Chips (Specials) Crispy corn tortillas filled with ground beef, typically including, tomato, d s, our cream, and topped with queso fresco...	\$15.00
Taco Dorado Special (Ground Beef) (Specials) Steak sautéed with onions, tomatoes, and bell peppers, typically includes eggs prepared to your liking and served with a...	\$4.00
Bisteck Ranchero with Eggs (Specials) Mexican breakfast. Choice of mole, rojo, and or verde sauce.	\$20.00
Breakfast Mexicana (Specials) Large wild shrimp sautéed with garlic and typically served with a garnish of fresh herbs.	\$10.00
Camarones Al Ajillo with Large Wild Shrimp Grilled steak served with eggs, typically includes a side of grilled onions and tortillas. eggs	\$22.00
Carne Asada with Eggs (Specials) Mexican chorizo served in a soft corn tortilla typically includes cilantro and onion.	\$25.00
Chorizo Taco (Specials) Grilled chicken taco served with onions and cilantro and wrapped in a soft corn tortilla.	\$4.00
Grilled Pollo Taco (Specials) Enchiladas wrapped around a soft egg filling, offered with a choice of mole, Rojo Rojo, or Verde sauce.	\$3.75
Huevos (Egg Enchiladas) (Specials) Kids-sized burrito with choice of mole, Roj,o, and or verde sauce.	\$10.00
Kids Burrito (Specials) Grilled chicken and cheese nestled in a flour tortilla and tailored for smaller appetites.	\$8.00
Kids Chicken Quesidilla (Specials) Large taco tray with choice of 3 from options such as asada, barbacoa, birria, carnitas, various chicken preparations, c...	\$9.00
Large Taco Tray (20 pcs) (Specials) A tray of 10 soft corn tortillas filled with a medley of seafood, typically including shrimp, fish, and scallops, garnis...	\$75.00
Seafood Taco Tray (10 pcs) (Specials) A flour tortilla filled with succulent shrimp and melted cheese typically includes sides of beans, rice, and a small sal...	\$60.00
Shrimp Quesadilla Plate (Specials) Delicate shrimp nestled in a soft taco shell with fresh salsa and other toppings.	\$16.25
Shrimp Taco (Specials) Taquito specials are filled with a choice of chicken or ground beef and served with traditional accompaniments.	\$7.25
Tacos Dorados Special (Specials) 3 enchiladas with your choice of asada, barbacoa, carnitas, cheese, chicken, eggs and cheese, hamburger, shredded beef a...	\$11.50
Tres Enchiladas and Eggs (Specials) Shrimp marinated in lime juice with cilantro, onion, Chile serrano, spice, and cucumber.	\$20.00
Aguachile De Camaron (Specials) Corn tortilla chips topped with grilled chicken, sautéed onions, bell pepper, rs, and cheese sauce.	\$22.00
Fajita Nachos Pollo (Specials) Available to enhance any dish with a generous portion of melted or shredded cheese.	\$16.00

Sides

ITEM	PRICE
Rice Flavorful rice dish prepared to perfection and showcasing an ideal complement for any meal.	\$2.50
Guacamole Side (Large Container) (Sides) Mashed avocado typically includes cilantro, lime, red onion, and tomato and is served in a large container.	\$4.25

ITEM	PRICE
Extra Meat An extra portion of meat.	\$3.00
Home Fries Crispy, golden potatoes lightly seasoned, perfect for a comforting and homestyle side dish.	\$3.50
Guacamole (Small Cup) (Sides) Guacamole is a blend of mashed avocado with tomatoes, onions, cilantro, and lime.	\$1.50
Bacon Crispy thick-cut and smoked to perfection.	\$3.25
Beans Freshly simmered, seasoned beans, perfectly tender and flavorful.	\$2.50
Sour Cream A side of smooth, tangy sour cream and often used to complement Mexican dishes.	\$1.25

Drinks

ITEM	PRICE
Horchata Refreshing rice-based cinnamon beverage and a traditional Mexican delight.	\$3.00
Bottled Soda Bottled soda typically includes a variety of flavors such as Mexican Coke, Jarritos in various fruit flavors, Fanta,d sa...	\$3.00
Bottled Ice Tea A refreshing bottled drink typically includes a blend of brewed tea leaves and served chilled.	\$3.00
Canned Soda A selection of canned sodas including popular flavors such as Coca-Cola Coke, Sprite, Dr Pepper, and Fanta among others.	\$2.25
Canned Juice A selection of fruit-based beverages, typically featuring flavors such as Orange, apple, Grape, and tropical mixes.	\$2.25

Chips

ITEM	PRICE
Chips Crispy corn tortilla chips, lightly salted and typically served with a side of salsa.	\$2.50
Guacamole Side (Large Container) A generous serving of freshly made guacamole, combining ripe avocados with tomatoes, onions, and cilantro,o and typicall...	\$4.25
Chips and Salsa (12 oz) Corn tortilla chips accompanied by a 12 oz serving of freshly made salsa.	\$6.25
Guacamole (Small Cup) Avocado mashed with lime, tomatoes, onions, cilantro, too, and jalapeños and served in a small cup.	\$1.50

Seafood

ITEM	PRICE
Seafood Taco Plate (3 pcs) (Seafood) 3 tacos filled with your choice of halibut or shrimp, typically garnished with fresh cabbage, cilantro, and a creamy chi...	\$25.00
Shrimp Fajitas (Seafood) Shrimp sautéed with onions, bell peppers, and tomatoes and typically includes a mix of spices.	\$21.00
King Salmon Taco (Seafood) King salmon, typically grilled, served in a corn tortilla with cabbage, pico de Gallo, and a creamy lime-infused sauce.	\$7.00

ITEM	PRICE
Shrimp a La Diabla Shrimp sautéed and served in a robust, spicy diablo sauce and typically featuring a blend of chili peppers.	\$21.00
Aguachile De Camaron (Seafood) Shrimp marinated in lime juice, typically with cilantro, onion, serrano peppers, and cucumber.	\$22.00
Extra Halibut Extra halibut, lightly breaded and fried, typically served with a side of tangy salsa and a garnish of fresh lemon wedge...	\$2.00
Extra Halibut for Burrito Extra halibut for burrito typically includes grilled or fried halibut, complemented with rice, beans, pico de gall,o and...	\$6.00
Halibut Nachos (Seafood) Nachos layered with halibut, typically accompanied by melted cheese and garnished with a mix of onions, tomatoes, and be...	\$20.00
Quesadilla Al a Carte Shrimp A flour tortilla filled with shrimp and melted cheese, often accompanied by pico de gallo and a creamy sauce.	\$16.00
Quesadilla a La Carte Shrimp A flour tortilla filled with grilled shrimp and melted cheese and typically includes pico de gallo.	\$16.00
Seafood Taco Plate (2 pcs) (Seafood) 2 seafood tacos filled with a mix of grilled seafood, typically garnished with cabbage, pico de ga,llo, and a drizzle of...	\$18.00
Shrimp Al Ajillo Garlic and onion shrimp plate with a small salad, rice, and beans.	\$21.00
Shrimp Chile Relleno a La Carte (Seafood) A poblano pepper filled with sautéed shrimp and cheese and typically includes a ranchero sauce topping.	\$12.00
Shrimp Quesadilla a La Carte (Seafood) A shrimp quesadilla a la carte features a flour tortilla filled with grilled shrimp and a blend of melted cheeses and ty...	\$14.50
Shrimp and Chips Battered shrimp and homemade fries.	\$15.00
Shrimp Nachos (Seafood) Grilled shrimp layered over tortilla chips, accompanied by bell peppers, onions and tomatoes and generously topped with...	\$18.00
Halibut Tostada Plate (Seafood) Crispy tostada shells topped with seasoned halibut, mixed greens, pico de Gallo, and a drizzle of chipotle ranch dressin...	\$16.50
Camerones Al Ajillo with Large Wild Shrimp) Large wild shrimp sautéed in a rich garlic sauce, typically includes red onions, tomatoes, and fresh avocado, and served...	\$22.00
Tilapia Plate Grilled tilapia is typically served with a side of Mexican rice, fresh salad, and a blend of sautéed vegetables.	\$22.00

Breakfast

ITEM	PRICE
Breakfast Burrito Plate with Guacamole and Sour Cream Breakfast burrito filled with choice of bacon, chorizo, or no meat. Served with guacamole, sour cream, and a choice of m...	\$15.25
Breakfast Burrito Al a Carte Breakfast burrito filled with choice of bacon, chorizo, or no meat. Comes with options of mole, rojo, and or verde sauce...	\$13.50
Chilaquiles Corn tortillas, salsa-soaked, topped with eggs, crema and cheese. A breakfast delight. eggs	\$15.25
Egg (1 pc) Eggs prepared to your preference and a simple yet satisfying start to the day. eggs	\$4.00
Tres Enchiladas and Eggs (Breakfast) 3 enchiladas filled with a choice of Asada beef, barbacoa, carnitas, cheese, chicken, eggs and cheese, hamburger, shredd...	\$20.00
Breakfast Mexicana Breakfast. Choice of sauces mole, rojo, and or verde.	\$10.00

ITEM	PRICE
Huevos a La Mexicana Scrambled eggs mixed with tomato, onion, and bacon. eggs	\$13.75
Huevos a La Mexicana Plate Scrambled eggs with onion, tomato,o, and jalapeño, typically accompanied by rice and beans. Served with tortillas. eggs	\$15.25
Huevos (Egg Enchiladas) (Breakfast) Corn tortillas filled with eggs, choice of mole, Rojo, and or verde sauce. eggs	\$10.00
Huevos Rancheros Traditional Mexican breakfast dish with ranch-style eggs, salsa, and tortillas. eggs	\$15.25

Otros

ITEM	PRICE
Fajitas Plate Sizzling strips of marinated chicken or beef, typically inclincludeéed onions and bell peppers, served with rice, beans...	\$17.00
Carne Asada Char-grilled, marinated steak and expertly seasoned for an authentic flavor.	\$22.05
Hamburger and Fries A juicy burger paired with crispy fries - a classic favorite.	\$14.00
Chimichanga Crispy fried burrito filled with savory meat and cheese.	\$9.00
Chimichanga Chicken Shredded chicken wrapped in a flour tortilla, typically includes beans, cheese, and deep-fried. Topped with guacamole, s...	\$9.00
Bisteck Ranchero with Eggs Steak sautéed with tomatoes, onion, ns, and bell peppers, typically includes a special sauce and is accompanied by eggs....	\$20.00
Shrimp Fajitas Sautéed shrimp with onions and bell peppers and typically served on a hot skillet.	\$21.00
Bistek Ranchero Plate Steak cooked with onions, tomatoes, and jalapeños, typically includes rice, beans, and tortillas with a side of ranchero...	\$17.00
Carne Asada with Eggs Carne Asada is served with eggs, typically accompanied by beans and tortillas. eggs	\$25.00

Tacos

ITEM	PRICE
Tacos De Birria Special (3 Birria Tacos with Cheese and Consome) Slow-cooked beef birria tacos, layered with melted cheese and served with a side of rich consommé for dipping.	\$18.00
Taco Plate For assorted taco plates chooses any 3 from asada, barbacoa, birria, carnitas, and 2 styles of chicken, chorizo, gringo...	\$15.00
Large Taco Tray (20 pcs) Assorted taco selection, serves 20. Choices include asada, barbacoa, birria, carnitas, various chicken styles, chorizo,...	\$75.00
Small Taco Tray (10 pcs) Small taco tray featuring a selection of 10 tacos. Choose any 3 asada, barbacoa, birria, carnitas, varieties of chicken,...	\$37.50
Asada Taco Grilled steak served on a corn tortilla, typically includes onions, cilantro, and salsa.	\$4.00
Crispy Taco Gringo Special (3 pcs) Crispy corn tortillas filled with seasoned ground beef, shredded lettuce, and a blend of Cheddar and Monterey Jack chees...	\$11.50
Taco Plate Crispy (2 pcs) 2 crispy tacos, choice of asada, barbacoa, carnitas, chicharron, pollo, gringo, ground beef, tongue and or veggie.	\$15.00

ITEM	PRICE
Tacos Dorados Special Crispy taquitos filled with a choice of chicken or ground beef and served with lettuce, cheese, and sour cream.	\$11.50
Halibut Taco Grilled halibut typically includes cabbage, pico de Gallo, and a creamy sauce and is served in a soft corn tortilla.	\$8.00
Barbacoa Taco Slow-cooked beef on a corn tortilla, typically includes onions and cilantro.	\$4.35
Chorizo Taco Soft corn tortilla filled with spicy chorizo, typically includes onions and cilantro.	\$4.00
Grilled Pollo Taco Grilled pollo taco typically includes marinated chicken breast, served on a corn tortilla with fresh cilantro and onions...	\$3.75
King Salmon Taco Grilled king salmon served in a corn tortilla, typically includes a blend of fresh ingredients such as pico de gallo, a...	\$7.00
Pollo Shredded Shredded chicken served in a corn tortilla, typically includes lettuce, tomato, and queso fresco.	\$3.75
Seafood Taco Plate (2 pcs) 2 tacos filled with a mix of seafood, likely shrimp and fish, served in corn tortillas with toppings such as cabbage, pi...	\$18.00
Seafood Taco Plate (3 pcs) 3 tacos filled with halibut or shrimp, typically served on corn tortillas and garnished with ingredients like cabbage, p...	\$25.00
Seafood Taco Tray (10 pcs) A tray featuring 10 tacos, each filled with a seafood medley, likely including ingredients such as shrimp and fish and c...	\$60.00
Shrimp Taco Delicate shrimp nestled in a soft taco shell with fresh salsa and other toppings.	\$7.00
Taco Dorado Crispy tacos filled with your choice of chicken or ground beef and served with traditional toppings.	\$4.00
Taco Dorado Special (Ground Beef) Crispy corn tortilla filled with seasoned ground beef typically includes lettuce, tomatoes, and cheese.	\$4.00
Taco Gringo Taco filled with choice of chicken or hamburger and traditional Mexican toppings.	\$4.25
Carnitas Slow-cooked pork served with onions, and cilantro and typically includes salsa verde and all nestled in a soft tortilla.	\$4.35
Vege Taco Corn tortilla filled with a medley of beans, rice, lettuce, and guacamole and typically garnished with pico de gallo.	\$4.35

Tostadas

ITEM	PRICE
Tostada Plate Tostada plate with a choice of asaAsadaef, barbacoa, carnitas, chicken, hamburger, shredded beef, tongue,d or vegetarian...	\$13.50
Shrimp Tostada Shrimp served on a crispy tortilla, commonly accompanied by beans, lettuce, tomato, pico de gallo, avocado, and a sprink...	\$11.25
Halibut Tostada Plate Halibut tostada plate typically consists of crispy corn tortillas topped with grilled halibut, accompanied by lettuce, p...	\$16.50
Aguachile De Camaron Shrimp marinated in lime juice with onions, cucumber, and chili pepper and served on a crispy tostada shell.	\$22.00
Halibut Tostada Carta Halibut tostada carta typically features a crispy corn tortilla topped with seasoned halibut, a blend of fresh vegetable...	\$12.00
Tostada a La Carte CriA crisps tada topped with Choa ice of asada beef, barbacoa, carnitas, chicken, hamburger, shredded beef, tongue,d, or...	\$9.25

ITEM	PRICE
Shrimp Tostada Plate	\$15.50
Fried tortillas layered with shrimp, typically including, lettuce, tomato, cheese, and sour cream and often garnished wi...	
Quesadillas	
ITEM	PRICE
Quesadilla Plate	\$13.50
Choose your filling from asada beef, barbacoa, carnitas, plain cheese, chicken, chorizo sausage, or ground beef all melt...	
Quesadilla a La Carte	\$12.00
Quesadilla filled with options including asada beef, barbacoa, carnitas, plain cheese, chicken, chorizo sausage, or grou...	
Shrimp Quesadilla a La Carte	\$14.50
A flour tortilla filled with grilled shrimp and a blend of melted cheeses and typically accompanied by pico de gallo.	
Pizzadilla Al Pastor	\$22.00
Quesadilla chicken al pastor.	
Chorizo Quesadilla Al a Carte	\$11.00
Flour tortilla filled with spicy chorizo and melted cheese and typically served al a carte.	
Shrimp Quesadilla Plate	\$16.25
Grilled shrimp and melted cheese encased in a flour tortilla, typically accompanied by pico de gallo and sour cream.	
Kids Chicken Quesidilla	\$9.00
Grilled chicken and cheese in a flour tortilla and tailored for kids.	
Kids Cheese Quesidilla	\$8.00
A flour tortilla filled with a generous amount of melted cheese and tailored for kids.	

Nachos

ITEM	PRICE
Nachos with Meat Crispy tortilla chips topped with seasoned meat, melted cheese, diced tomatoes, onion,s and jalapeños.	\$15.00
Fajita Nachos Beef Grilled beef strips served over tortilla chips, typically include melted cheese, sautéed onions, and bell peppers.	\$16.00
Nachos Tortilla chips topped with melted Monterrey jack cheese and refried beans and typically include salsa.	\$12.00
Halibut Nachos Corn tortilla chips topped with chunks of halibut, typically included cheese, black beans, and, a house queso cheese sau...	\$20.00
Fajita Nachos Pollo Tortilla chips topped with grilled chicken, bell peppers, onions, and tomatoes and covered in a cheese sauce.	\$16.00
Shrimp Nachos Grilled shrimp served on crispy tortilla chips, typically includes onions, bell pepper,s and a generous topping of melte...	\$18.00

Chile Relleno

ITEM	PRICE
Shrimp Chile Relleno a La Carte A roasted poblano pepper filled with shrimp and cheese, then enveloped in an egg batter and deep-fried. Typically includ...	\$12.00
Chile Relleno a La Carte Poblano pepper filled with cheese, encased in egg batter and fried and typically includes a topping of a mild tomato-bas...	\$9.00
Chile Relleno Plate Poblano pepper stuffed with cheese, typically accompanied by rice, beans, and tortillas and often topped with a savory s...	\$15.00

Tamales

ITEM	PRICE
Tamale Plate Tamale plate with choice of mole, roj,o, and or verde sauce; chicken or pork tamale.	\$16.25
Tamale a La Carte Tamale. Choice of chicken or pork. Served with moleRojojo and or verde sauce.	\$4.75

Enchiladas

ITEM	PRICE
Enchilada Plate Choice of asada, barbacoa, carnitas, cheese, chicken, eggs and cheese, hamburger, shredded beef, or tongue. Sauce option...	\$15.00
Enchilada Tray (20 pcs) A selection of 9 types including asada beef, barbacoa, carnitas, cheese, chicken, eggs with cheese, hamburger, shredded...	\$80.00
Halibut Enchiladas Plate Halibut-filled enchiladas with a choice of mole, rojo, and or verde sauce. Served as a plate.	\$20.00
Tres Enchiladas and Eggs 3 enchiladas with a choice of asada, barbacoa, carnitas, cheese, chicken, eggs and cheese, hamburger, shredded beef, and...	\$20.00
Enchilada Al a Carte Enchilada al a carte - choice of asada, barbacoa, carnitas, cheese, chicken, eggs and cheese, hamburger, shredded beef,...	\$4.75
Halibut Enchilada a La Carta Halibut enchilada, choice of mole, Rojo, or verde sauce, and wrapped in a corn tortilla.	\$7.25
Shrimp Enchilada a La Carta Shrimp-stuffed enchiladas, choice of mole, Rojo,o, and or verde sauce.	\$6.25
Huevos (Egg Enchiladas) Egg-stuffed enchiladas with a choice of mole, rojo, and or verde sauce.	\$10.00
Shrimp Enchiladas Plate Shrimp wrapped in corn tortillas, choice of mole, rojo, or verde sauce, served with rice and beans.	\$17.25

Flautas

ITEM	PRICE
Flauta Al a Cart Rolled and filled tortillas, available with barbacoa, chicken, shredded beef, or veggie, and served as taquitos.	\$4.75
Flautas Plate Crispy taquitos filled with a choice of barbacoa, chicken, shredded beef, or veggies. Served with salsa and sour cream.	\$15.50

Burritos

ITEM	PRICE
Burrito Plate Burrito filled with choice of asada beef, bacon, barbacoa, carnitas, chicken, chorizo, hamburger, shredded beef, tongue,...	\$15.25
California Burrito Carne asada, French fries, cheese, guacamole, sour cream, and pico de gallo wrapped in a flour tortilla.	\$13.75
Halibut Burrito Halibut wrapped in a soft tortilla with a choice of mole, rojo, and or verde sauce.	\$22.00
Burrito Al a Carte Burrito with choice of Asada, bacon, barbacoa, carnitas, chicken, chorizo, hamburger, shredded, tongue, or vegetarian fi...	\$13.75

ITEM	PRICE
Beans and Cheese Burrito Wrapped in a soft flour tortilla this dish combines refried beans with a blend of cheeses.	\$11.00
Shrimp Burrito Shrimp wrapped in a flour tortilla, choice of mole, Rojoo, and or verde sauce.	\$19.50
Kids Burrito Kids-sized burrito with choice of mole, Rojo, and or verde sauce.	\$8.00
Vegetarian Burrito Vegetarian burrito with choice of mole, rojo, and or verde sauce.	\$15.00