



Sol Mexican Cocina

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

SIDES

ITEM	PRICE
RICE	\$4.00
BEANS	\$4.00
QUINOA SALAD	\$4.00
COLESLAW	\$3.50

ANTOJITOS

ITEM	PRICE
GRILLED SWEET CORN tossed with butter, lime, chiles, cotixa cheese & chipotle drizzle	\$11.00
SHRIMP TAQUITOS shrimp, cheese, garlic, herbs, chipotle sauce, guacamole (4)	\$15.25
NAKED GUACAMOLE hass avocado, cilantro & lime with onion, serrano & tomato	\$15.25
TORTILLA SOUP WITH CHICKEN homemade chicken soup with tomatillo, chipotle, chicken, cheese, avocado, fried tortillas, onion & cilantro, lime & epaz...	\$12.00
WARMED GOAT CHEESE salted peanuts, sweet/hot chipotle syrup & cilantro sprigs	\$16.25
GUACAMOLE SOL guacamole, mango, tequila, onions, goat cheese, pepitas & cilantro	\$18.50
CHORIZO and MUSHROOMS CON QUESO epazote, mexican cheese, serrano & scallions	\$16.50
GUACAMOLE GRANADA guacamole topped with extra serranos, pomegranate seeds, tart green apple & sweet-spicy peanuts, with beet chips	\$16.50
COCONUT CALAMARI with toasted sesame, dried orange peel & spicy dipping sauce	\$18.50

ENSALADAS

ITEM	PRICE
MEXX CHOPP BIG SALAD avocado-caesar dressing, cheese, pico, nopales, sauteed almonds, black beans & avocado	\$16.50
BEET and WATERMELON SALAD earthy, roasted beets & sweet watermelon cubes tossed with peppery arugula & red onion, a citrusy vinaigrette & bits of...	\$16.50
SHRIMP SALAD ESQUITES chipotle shrimp & grilled corn, arugula, lemon & cotixa cheese	\$18.00
KING SALMON, KALE and QUINOA served warm on kale, spinach, & arugula with chia seed dressing, quinoa, pepitas, cranberries, mango, cotixa cheese, bee...	\$24.00

MARISCOS

ITEM	PRICE
PEEL and EAT SHRIMP ‘CUCARACHAS’ 12 whole shrimp, pan-roasted in the shell with garlic, cotixa cheese, lemon & chile	\$17.50

ITEM	PRICE
SPANISH OCTOPUS tender octopus, grilled & sliced, served on fingerling potatoes sauteed with chorizo, garlic, smoked Spanish paprika, to...	\$24.00
CEVICHE SOL sashimi-grade fish, fresh-squeezed lime juice, pico & serrano, sliced avocado & tostadas	\$19.00
HOT and RAW TROPICAL CEVICHE ¡spicy! lime & orange, habaneros, tropical fruit, avocado, cucumber, pico, sweet potato & red beet chips	\$21.00
SPECIALTY TACOS	
ITEM	PRICE
SWEET POTATO and BLACK BEAN TACO with roasted poblanos & caramelized onions	\$10.00
TACO VAMPIRO CARNE ASADA double tortilla stuffed with melted cheese, serrano chile & scallions, guacamole, pico, chipotle sauce & cotixa	\$15.00
SHORTRIBS and BLUE CORN hand-made blue corn tortilla, cheese, guacamole & pico	\$15.00
SPICE-ROASTED BUTTERNUT SQUASH crispy onions, green chile & red pepper salsas	\$11.00
POBLANO, MUSHROOM and CORN TACO epazote, queso fresco, cotixa, salsa quemada	\$12.00
FILET and SHRIMP ‘EL JEFE’ grilled angus filet topped with 2 agave-chile shrimp, melted cheese, sliced avocado & roasted green chile salsa	\$16.50
SHRIMP TACO DORADO chipotle-garlic shrimp, with jack cheese, mango salsa, guacamole & cilantro	\$11.00
SPICY ‘POPCORN’ CAULIFLOWER cauliflower deep-fried in spicy beer batter, with creamy coconut-avocado salsa on a corn tortilla with pico de gallo, sh...	\$11.00
‘CANARDITAS’ DUCK deep-fried duck leg confit, tequila-laced blackberry serrano salsa, citrus, onion & avocado (makes 3 tacos)	\$23.00
TACO VAMPIRO CHICKEN double tortilla stuffed with melted cheese, serrano chile & scallions, guacamole, pico, chipotle sauce & cotixa	\$12.00
BBQ SEITAN TACO vegan seitan in smoky garlic marinade, spicy BBQ sauce, serrano chile aioli, slaw & crisp-fried onions	\$12.00
GRILLED AGAVE-CHILE SHRIMP 3 large shrimp, guacamole, creamy green salsa & pico	\$14.25
VIPER TACO grilled chicken, melted cheese, ghost chile-chipotle salsa, avocado & onion	\$11.00
TACO BUFALADA the taquero’s favorite - chicken, carne asada & carnitas, melted cheese, onion, guacamole & radish	\$13.00
FISH TACO GOBERNADOR wild fish, lemon, cheese, salsa gobernador, avocado, onion	\$13.00
‘CDMX’ QUESOTACO Mexico City-style taco with carne asada, fried oaxacan cheese, caramelized onion, poblano rajas & roasted green chile sa...	\$14.25
BEER BATTERED SHRIMP TACO Ensenada-style with creamy lime, pico & cabbage	\$11.00

LUNCH TORTAS	
ITEM	PRICE

GARLIC CHICKEN MEZCAL TORTA chicken, guacamole, cheese, pico, jalapenos, onions & lettuce	\$17.50
SLOPPY JOSE juicy pork carnitas with sliced avocado, onion, cilantro & chicharron	\$17.50
CARNE ASADA TORTA guacamole, chipotle sauce, lettuce, pico, pickled jalapenos & onions	\$18.50
TORTA BUFALADA chicken, carnitas & carne asada, guacamole, cheese, jalapeno, lettuce, pico	\$17.50
CHICKEN FAJITA CLUB TORTA chicken, poblanos, peppers, onions, guacamole, bacon, cheese	\$17.50
GRILLED FISH ZARANDEADO TORTA adobo-grilled fish, tomato, onion &	\$17.50

PLATILLOS

ITEM	PRICE
CHILE POBLANO RELLENO de ELOTE roasted and lightly fried chile poblano stuffed with grilled corn, calabacitas, cheese, flor de calabasa in light guajil...	\$19.75
SHORTTRIBS ‘BARBACOA’ slow-cooked with chiles, with guacamole, onion, cotixa, yams	\$32.00
GOAT CHEESE ENCHILADAS goat cheese & menonito cheeses, salsa verde, crema	\$23.00
SHRIMP CHILE RELLENO grilled poblano chiles, arroz verde, shrimp & cheese, diablo	\$27.50
CHEF SPECIAL CHILE VERDE Colorado-style diced pork in salsa verde of roasted green chiles & tomatillos, topped with cheese, avocado, onion & chic...	\$22.00
PORK CARNITAS en cazuela with avocado, onion & cilantro, tomatillo salsa & chicharron	\$24.00
EL VOLCÁN chicken & red onions sauteed in an extremely spicy red sauce of tomatoes & chile de arbol, served hot-on-hot: bubbling e...	\$23.00
GRILLED WAGYU SKIRT STEAK American wagyu skirt steak, tomatillo salsa, chimichurri, avocado	\$42.50
WILD FISH ON ESQUITES seasonal wild fish with almond-lemon crust, grilled corn esquites, tomato & basil, lime, avocado butter, scallions & cot...	\$50.50
CHICKEN ‘DESMADRES’ boneless chicken pounded out thinly, chipotle- grilled, with arugula, tomato & avocado salad, cotixa cheese & grilled sw...	\$23.00
FAJITAS STEAK tossed with fajita vegs, chimichurri sauce, grilled jalapeno & avocado	\$25.00
FAJITAS AGAVE SHRIMP tossed with fajita vegs, chimichurri sauce, grilled jalapeno & avocado	\$25.00
FAJITAS CHIPOTLE SHRIMP tossed with fajita vegs, chimichurri sauce, grilled jalapeno & avocado	\$25.00
FAJITAS CHICKEN tossed with fajita vegs, chimichurri sauce, grilled jalapeno & avocado	\$19.00

TACO PLATES

ITEM	PRICE
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CARNE ASADA STREET TACOS (3) grilled with garlic, pico, avocado sauce & onions	\$22.00
CARNITAS STREET TACOS (3) chicharron, avocado, onion & tomatillo salsa	\$19.75
GRILLED CHICKEN STREET TACOS (3) avocado sauce, lemon-mezcal sauce & onions	\$19.75
QUESADILLAS	

ITEM	PRICE
GRILLED CHICKEN QUESADILLAS 2 large tortillas & Mexican cheeses with chicken, avocado sauce, chipotle sauce & salsas	\$19.75
CHIPOTLE SHRIMP QUESADILLAS chipotle shrimp & poblano chiles with mango salsa	\$22.00
CARNE ASADA QUESADILLA 2 large tortillas & Mexican cheeses with choice of filling, avocado sauce, chipotle sauce & salsas (choose: grilled chic...	\$22.00
MUSHROOM and POBLANO QUESADILLAS 2 large tortillas & Mexican cheeses with mushrooms, poblanos, avocado sauce, chipotle sauce & salsas	\$21.00
CARNITAS QUESADILLAS 2 large tortillas & Mexican cheeses with carnitas, avocado sauce, chipotle sauce & salsas	\$19.75

BURRITOS	
ITEM	PRICE
CARNE ASADA BURRITO grilled flour tortilla with carne asada, cheese, guacamole, black beans, pico de gallo & onion	\$22.00
GRILLED CHICKEN BURRITO grilled flour tortilla with chicken, cheese, guacamole, black beans, pico de gallo & onion	\$19.75
CARNITAS BURRITO grilled flour tortilla with carnitas, cheese, guacamole, black beans, pico de gallo & onion	\$19.75
MUSHROOM and POBLANO BURRITO grilled flour tortilla with mushrooms, poblanos, cheese, guacamole, black beans, pico de gallo & onion	\$20.50
BEER-BATTERED SHRIMP BURRITO grilled flour tortilla with beer-battered shrimp, cheese, guacamole, black beans, pico de gallo & onion	\$20.75
CHIPOTLE SHRIMP BURRITO grilled flour tortilla with chipotle shrimp, cheese, guacamole, black beans, pico de gallo & onion	\$22.00

DESSERTS	
ITEM	PRICE
BANANA-CHOCOLATE BREAD PUDDING with cinnamon crema, chocolate sauce & vanilla ice cream	\$12.00
LA GUERA ‘blondie’ with white chocolate & pecans, served warm with ice cream & cajeta envinada, fruit, & pecans	\$13.00
ROSCA de CHURRO our very own fresh churro ‘ring’ served warm with cinnamon sugar & vanilla bean ice cream, drizzled with dulce de leche,...	\$11.00
CARAMEL SEA SALT BUDIN and DARK CHOCOLATE RUM GANACHE dark caramel cream pudding spooned into a glass lined with belgian chocolate ganache, topped with whipped cream & a driz...	\$13.00

KIDS MENU

ITEM	PRICE
ROSCA de CHURRO (KIDS MENU) our very own fresh churro ‘ring’ served warm with cinnamon sugar & vanilla bean ice cream, drizzled with dulce de leche,...	\$11.00
ACHIOTE RED RICE	\$3.25
CHEESE QUESADILLA	\$9.75
BLACK BEANS	\$3.25
CHICKEN QUESADILLA	\$12.00
BLACK BEAN and CHEESE BURRITO	\$9.75
CARNE ASADA and CHEESE TACOS 2 tacos with rice & black beans	\$13.00
CARNE ASADA QUESADILLA (KIDS MENU)	\$13.00
CHICKEN and CHEESE TACOS 2 tacos with rice & black beans	\$12.00
LEMONADE	\$3.85
STRAWBERRY LEMONADE	\$3.85
DIET PEPSI	\$3.85
PEPSI	\$3.85
ROOT BEER	\$3.85
SIERRA MIST	\$3.85
MILK	\$3.85
SHIRLEY TEMPLE	\$3.85