



Take Away & Delivery Menu

Tapas

TORTILLA TOSTADA V	D 250
<i>toasted tortillas with cheese and chillies</i>	
TORTILLA DE PATATAS V	D 275
<i>an El Sol classic savory pie with potatoes, onions, eggs and cheese</i>	
PALITOS DE QUESO V	D 350
<i>the famous Monterey Cheese sticks</i>	
CALAMARES AL AJILO	D 285
<i>grilled Gambian calamari with garlic, served with lime</i>	
ALITAS DE POLLO AL ESTILO BUFALO	D 260
<i>chicken wings served in a spicy buffalo sauce</i>	
ALITAS DE POLLO AL ESTILO BARBACOA	D 285
<i>chicken wings coated in a sensational barbeque sauce</i>	
CROQUETAS DE PESCADO	D 290
<i>fish & seafood croquettes served with tartare sauce</i>	
SMOKY RIBS	D 450

Steakhouse

CARNE EL SOL	
<i>Grilled, with onions and green peppers, served with rice or chips</i>	225 gr D 595 350gr D 700
CARNE CON CHILLI Y MIEL	
<i>Honey glazed chilli steak served with a fresh salad and rice or chips</i>	225 gr D 595 350 gr D 700
STEAK WITH PEPPER SAUCE	225 gr D 615
<i>Served with chips or rice and salad</i>	350 gr D 725
CHIMICHURRI STEAK	
<i>Steak in an Argentinian sauce, Served with rice or chips and salad</i>	225 gr D 635 350 gr D 755

V = suitable for vegetarian

Main Courses

PEPPER CHICKEN	D 395
<i>chicken skewers, in a spicy sauce, with chips and salad</i>	
GRILLED BALSAMIC CHICKEN	D 485
<i>on a bed of lettuce, carrots, cucumber and tomatoes. Garlic bread</i>	
PIRI PIRI SHRIMP SALAD	D 495
<i>mixed salad with grapefruit and spicy shrimps. Garlic bread</i>	
CHEF'S FISH SALAD	D 495
<i>mixed salad with spiced grilled fish, with garlic bread.</i>	
GARLIC PRAWNS	D 695
<i>peeled grilled prawns, salad and basmati rice</i>	
CATCH OF THE DAY	D 450
<i>grilled or steamed fillet of fish, with grilled veggies & rice</i>	
CHILLI CON CARNE	D 550
<i>minced meat, spices, onions & kidney beans, fajita bread</i>	
FAJITAS V	D 585
<i>choose between chicken, beef, shrimps or fish (or a combination of two). Also possible as a vegetarian choice.</i>	
CHICKEN OR BEEF BURRITO V	D 490
<i>large fajita bread stuffed with lettuce, refried beans, salsa, cheese and your selected stuffing. Also possible as a vegetarian choice</i>	
PESCADO A LA VERACRUZANA	D 500
<i>grilled fillet of fish with a sauce of tomatoes, onions, olives, peppers and capers, served with grilled vegetables and rice</i>	

Call Or WhatsApp:

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Closed on Monday

12.30pm to 9pm

Last Order 8.30pm