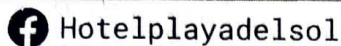
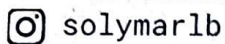


SOL & MAR

Los Barriles Baja California Sur México



TUESDAY-SUNDAY 1:00pm - 9:00pm

APETIZER & SNACKS

GUACAMOLE & CHIPS

Traditional Mexican salsa with guacamole and tortilla chips \$ 150 mxn

MOZZARELLA STICKS

Breaded mozzarella cheese sticks \$ 140 mxn

MACHACA BURRITOS

Regional beef jerky wrapped in flour tortillas \$ 180 mxn

BONELESS OR WINGS Dip in

buffalo or BBQ sauce accompanied by celery and carrots or FRENCH FRIES +30 \$ 200 mxn

BUFFALO FRIES

Potato wedge or french fries with boneless, mozzarella cheese and buffalo sauce or BBQ \$ 220 mxn

TRUFFLED FRENCH FRIES

French fries with truffle oil and parmesan cheese \$ 180 mxn

APPETIZER SAMPLER

5 Boneless, 4 wings, 5 mozzarella fingers, french fries 7oz and potato wedge 7 oz \$ 350 mxn

CEVICHE SOL & MAR

Traditional baja ceviche \$ 180 mxn

AGUACHILE

Shrimp cured in lime juice, a touch of chiltepin and clamato \$ 220 mxn

SHRIMP EMPANADA

Traditional empanada filled with stew shrimp \$ 160 mxn

TACOS (3) QUESADILLAS +40

Fish +120 / Steak +150 / Shrimp +180

SALMON TACO (1)

Grilled salmon with peanut sauce \$ 60 mxn

TACO GOBERNADOR (1)

Cheese crust with shrimp stewed in handmade corn tortillas \$ 60 mxn

TACOS SOL & MAR (2)

Battered fish or shrimp with pico de gallo and house dressing \$ 140 mxn

TACOS & QUESADILLAS

CAPRESSE SALAD

Fresh tomatoes, fresh mozzarella cheese, olive oil and basil \$ 200

RED FRUITS SALAD

Mixed lettuce, strawberry, mint, raspberry, blueberry, red fruit dressing \$ 180

CEASAR SALAD

Caesar dressing, lettuce, cherry tomato and parmesan cheese **CHICKEN+60 SHRIMP +80** \$ 160

CHEESEBURGER

Yellow cheese, lettuce, tomato, onion and french fries \$ 180

BBQ BURGER

Bacon, BBQ, caramelized onion, lettuce, tomato, cheese \$ 200

SHRIMPS

Sautéed or breaded with 2 sides \$ 400

FRESH FISH

Garlic / Butter / Pepper / Pepper / Cajun / 2 sides \$ 350

SALMON

Butter / Teriyaki sauce and 2 sides \$ 400

FLANK STEAK

At ease with 2 sides \$ 400

MAIN COURSE

SIDES

Rice / Baked potatoe / Beans / Sautéed vegetables / French fries / Salad

GRANDMA'S ENCHILADAS(3)

Stuffed with chicken, poblano chile sauce, lettuce, avocado and fresh cheese. \$ 250

SOPES (2)

Thick hand made corn tortilla, refried beans, lettuce - CHORIZO or STEWED SHRIMP \$ 170

HARD SHELL FLAUTAS (3)

Lettuce on top, mexican salsa, avocado sauce and sour cream SHRIMP or CHICKEN \$ 150

DESSERT
CHURROS \$ 120
CHURROS & ICR CREAM \$ 200
ICE CREAM \$ 100
DESSERT OF THE DAY \$ 150