



Remote and ruggedly beautiful, Baja California is stunning - like no other place on earth. Isolated from the rest of Mexico for centuries, the Baja became a legend, its unique character and spirit dominated by ocean and sky. ☉ The idea for SOL grew out of our many surf trips down the peninsula. We ate wood-grilled tacos and fresh seafood cocktails and ceviches at tiny roadside stands. We camped under the stars on pristine beaches and caught fish and lobsters to grill over driftwood fires. ☉ We created SOL to share the uniquely fresh, simple coastal cooking of Baja and to bring you that same wonderful feeling of relaxation that we love about Baja.



ANTOJITOS

NAKED GUACAMOLE ☉ hass avocado, cilantro & lime with onion, serrano & tomato - \$10.00

GUACAMOLE GRANADA ☉ guacamole topped with extra serranos, pomegranate seeds, tart green apple & sweet-spicy peanuts, with beet chips - \$11.50

GUACAMOLE SOL ☉ guacamole, mango, tequila, onions, goat cheese, pepitas & cilantro - \$12.00

CHORIZO & MUSHROOMS CON QUESO ☉ epazote, mexican cheese, serrano & scallions - \$12.75

WARMED GOAT CHEESE ☉ salted peanuts, sweet/hot chipotle syrup & cilantro sprigs - \$12.00

TORTILLA SOUP WITH CHICKEN ☉ homemade chicken soup with tomatillo, chipotle, chicken, cheese, avocado, fried tortillas, onion & cilantro, lime & epazote - \$9.75

COCONUT CALAMARI ☉ with toasted sesame, dried orange peel & spicy dipping sauce - \$13.50

GRILLED SWEET CORN ☉ carved tableside, tossed with butter, lime, chiles, cotixa cheese & chipotle drizzle - \$6.00

SHRIMP TAQUITOS ☉ shrimp, cheese, garlic, herbs, chipotle sauce, guacamole (4) - \$12.00

MARISCOS

Whether farm-raised or wild, our fish is responsibly sourced, sustainably produced & respectfully handled

SPANISH OCTOPUS ☉ tender octopus, grilled & sliced, served on fingerling potatoes sauteed with chorizo, garlic, smoked Spanish paprika, tomato, green olives, white wine & lemon - \$13.75

PEEL & EAT SHRIMP 'CUCARACHAS' ☉ 12 whole shrimp, pan-roasted in the shell with garlic, cotixa cheese, lemon & chile - \$13.00

CHILE CON LIMON SMOKED SALMON TOSTADA ☉ on a crisp blue corn tostada, house-smoked king salmon belly, chile con limon & lemon mojo, spicy roasted chile salsa, mango, onion, cilantro, shredded lettuce & lime - \$12.75

HOT & RAW TROPICAL CEVICHE * ☉ ¡spicy! lime & orange, habaneros, tropical fruit, avocado, cucumber, pico, sweet potato & red beet chips - \$16.75

CEVICHE SOL * ☉ sashimi-grade fish, fresh-squeezed lime juice, pico & serrano, sliced avocado & tostadas - \$14.50

ENSALADAS

BEEF & WATERMELON SALAD ☉ earthy, roasted beets & sweet watermelon cubes tossed with peppery arugula & red onion, a citrusy vinaigrette & bits of creamy queso fresco & pepita 'brittle' - \$12.50

TJ CEASAR ☉ romaine salad with TJ ceasar dressing, cotixa cheese, green olives & garlic toasts, & sliced avocado *shrimp* - \$17.00 *with chicken* - \$15.00

KING SALMON, KALE & QUINOA ☉ served warm on kale, spinach, & arugula with chia seed dressing, quinoa, pepitas, cranberries, mango, cotixa cheese, beet & yam chips - \$18.50

SHRIMP SALAD ESQUITES ☉ chipotle shrimp & grilled corn, arugula, lemon & cotixa cheese - \$14.00

MEXX CHOPP BIG SALAD ☉ avocado-cesar dressing, cheese, pico, nopales, sauteed almonds, black beans & avocado - \$12.00

Add to Salad

grilled chicken, carnitas - \$5.50

**carne asada, grilled fish, chipotle shrimp* - \$6.50

beer-battered shrimp - \$6.50 *agave grilled shrimp(4)* - \$8.00

chipotle seitan - \$6.00 *mushrooms & poblanos* - \$5.50

4 oz premium pan-roasted salmon - \$10.00

AZ

Items marked with a * may be raw or undercooked

SPECIALTY TACOS

single taco, served ala carte ● *add borracho black beans & red rice* – \$3.75

VIPER TACO ● grilled chicken, melted cheese, ghost chile–chipotle salsa, avocado & onion – \$7.50

SPICY ‘POPCORN’ CAULIFLOWER ● cauliflower deep-fried in spicy beer batter, with creamy coconut-avocado salsa on a corn tortilla with pico de gallo, shredded cabbage, onions & cilantro, lime – \$6.50

GRILLED AGAVE-CHILE SHRIMP ● 3 large shrimp, guacamole, creamy green salsa & pico – \$11.00

SHORTRIBS & BLUE CORN ● hand-made blue corn tortilla, cheese, guacamole & pico – \$11.00

SPICE-ROASTED BUTTERNUT SQUASH ● crispy onions, green chile & red pepper salsas – \$7.00

BBQ SEITAN TACO ● vegan seitan in smoky garlic marinade, spicy BBQ sauce, serrano chile aioli, slaw & crisp-fried onions – \$8.50

BEER BATTERED SHRIMP TACO ● Ensenada-style with creamy lime, pico & cabbage – \$6.00

SHRIMP TACO DORADO ● chipotle-garlic shrimp, with jack cheese, mango salsa, guacamole & cilantro – \$7.75

FILET & SHRIMP ‘EL JEFE’* ● grilled angus filet topped with 2 agave-chile shrimp, melted cheese, sliced avocado & roasted green chile salsa – \$12.75

SWEET POTATO & BLACK BEAN TACO ● with roasted poblanos & caramelized onions – \$6.50

GARLIC RIBEYE ‘BISTEK’* ● thinly pounded garlic ribeye steak, rajas & onions, ‘dorado’ with cheeses & chimichurri sauce – \$11.50

‘CDMX’ QUESOTACO* ● Mexico City-style taco with carne asada, fried oaxacan cheese, caramelized onion, poblano rajas & roasted green chile salsa – \$10.50

TACO BUFALADA* ● the taquero’s favorite - chicken, carne asada & carnitas, melted cheese, onion, guacamole & radish – \$8.75

TACO VAMPIRO* ● double tortilla stuffed with melted cheese, serrano chile & scallions, guacamole, pico, chipotle sauce & cotixa *chicken* – \$7.75 *carne asada* – \$9.75

‘CANARDITAS’ DUCK ● deep-fried duck leg confit, tequila-laced blackberry serrano salsa, citrus, onion & avocado (makes 3 tacos) – \$12.75

FISH TACO GOBERNADOR ● wild fish, lemon, cheese, salsa gobernador, avocado, onion – \$8.75

POBLANO, MUSHROOM & CORN TACO ● epazote, queso fresco, cotixa, salsa quemada – \$6.50

TORTAS

on garlic-toasted torta roll, with choice of red rice, black beans or romaine salad
make it a ‘queso torta’ + \$2.00

GARLIC CHICKEN MEZCAL TORTA ● chicken, guacamole, cheese, pico, jalapenos, onions & lettuce – \$12.75

TORTA BUFALADA* ● chicken, carnitas & carne asada, guacamole, cheese, jalapeno, lettuce, pico – \$14.00

RIBEYE “QUESOTORTA”* ● Seared ribeye bistek with garlic butter, on a toasted telera roll lined with crispy browned cheese, chimichurri sauce & guacamole, pickled jalapenos, onions & cilantro – \$15.75

CHICKEN FAJITA CLUB TORTA ● chicken, poblanos, peppers, onions, guacamole, bacon, cheese – \$14.00

SLOPPY JOSE ● juicy pork carnitas with sliced avocado, onion, cilantro & chicharron – \$13.00

GRILLED FISH ZARANDEADO TORTA ● adobo- grilled fish, tomato, onion & avocado – \$13.50

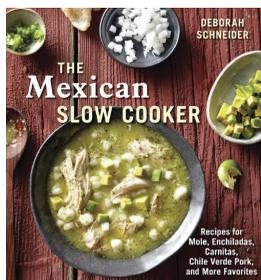
CARNE ASADA TORTA* ● guacamole, chipotle sauce, lettuce, pico, pickled jalapenos & onions – \$14.50



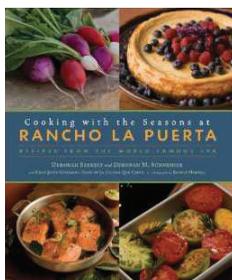
TAKE THE FLAVORS OF SOL HOME



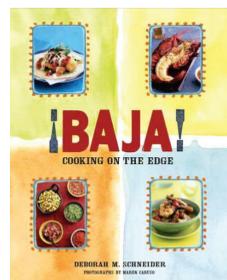
Cook fresh Mexican favorites at home, quick and easy with your Instant Pot — a best seller



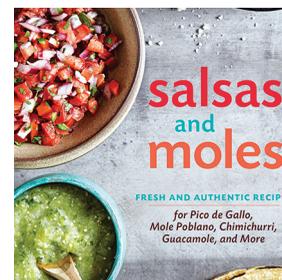
Create the authentic flavors of Mexico and SOL in your home slow cooker — a best seller



A James Beard Award nominee — enlightened Mexican cuisine



All about Baja’ — our inspiration for SOL. A Food & Wine Magazine “Best Cookbook”



SOL’s famous fresh salsas, moles and much more

SOL Executive Chef Deborah Schneider has authored eight nationally recognized cookbooks on Mexican cooking, featuring many of SOL’s most beloved recipes. Ask your server for a preview. Signed copies available for purchase. For more information, visit our website at www.solcocina.com

*Items marked with a * may be raw or undercooked*

PLATILLOS

SHORTRIBS 'BARBACOA' ● slow-cooked with chiles, with guacamole, onion, cotixa, yams – \$23.00

SHRIMP CHILE RELLENO ● grilled poblano chiles, arroz verde, shrimp & cheese, diabla (2) – \$22.00

GRILLED ESTOFADO* ● chipotle beef tossed with fajita vegs, chimichurri sauce, jalapeno & avocado – \$22.00

PORK CARNITAS ● *en cazuela* with avocado, onion & cilantro, tomatillo salsa & chicharron – \$19.75

CHILE POBLANO RELLENO de ELOTE ● roasted and lightly fried chile poblano stuffed with grilled corn, *calabacitas*, cheese, *flor de calabasa* in light guajillo chile sauce with crema & cilantro – \$15.75

GOAT CHEESE ENCHILADAS ● goat cheese & menonito cheeses, salsa verde, crema – \$18.75

el VOLCÁN ● chicken & red onions sauteed in an extremely spicy red sauce of tomatoes & chile de arbol, served hot-on-hot: bubbling *en cazuela* under a blanket of melted Oaxacan cheese – \$18.50

GRILLED WAGYU SKIRT STEAK* ● American wagyu skirt steak, tomatillo salsa, chimichurri, avocado – \$32.00
add 4 agave shrimp – \$8.00

CHEF DEB'S CHILE VERDE ● Colorado-style diced pork in salsa verde of roasted green chiles & tomatillos, topped with cheese, avocado, onion & chicharron – \$17.75

CHICKEN 'DESMADRES' ● boneless chicken pounded out thinly, chipotle- grilled, with arugula, tomato & avocado salad, cotixa cheese & grilled sweet pepper – \$18.50

WILD FISH ON ESQUITES ● seasonal wild fish with almond-lemon crust, grilled corn esquites, tomato & basil, lime, avocado butter, scallions & cotixa – \$ market

SPECIALTY TACOS

single taco, served ala carte ● *add borracho black beans & red rice* – \$3.75

VIPER TACO ● grilled chicken, melted cheese, ghost chile-chipotle salsa, avocado & onion – \$7.50

SPICY 'POPCORN' CAULIFLOWER ● cauliflower deep-fried in spicy beer batter, with creamy coconut-avocado salsa on a corn tortilla with pico de gallo, shredded cabbage, onions & cilantro, lime – \$6.50

GRILLED AGAVE-CHILE SHRIMP ● 3 large shrimp, guacamole, creamy green salsa & pico – \$11.00

SHORTRIBS & BLUE CORN ● hand-made blue corn tortilla, cheese, guacamole & pico – \$11.00

SPICE-ROASTED BUTTERNUT SQUASH ● crispy onions, green chile & red pepper salsas – \$7.00

BBQ SEITAN TACO ● vegan seitan in smoky garlic marinade, spicy BBQ sauce, serrano chile aioli, slaw & crisp-fried onions – \$8.50

BEER BATTERED SHRIMP TACO ● Ensenada-style with creamy lime, pico & cabbage – \$6.00

SHRIMP TACO DORADO ● chipotle-garlic shrimp, with jack cheese, mango salsa, guacamole & cilantro – \$7.75

FILET & SHRIMP 'EL JEFE'* ● grilled angus filet topped with 2 agave-chile shrimp, melted cheese, sliced avocado & roasted green chile salsa – \$12.75

SWEET POTATO & BLACK BEAN TACO ● with roasted poblanos & caramelized onions – \$6.50

GARLIC RIBEYE 'BISTEK' * ● thinly pounded garlic ribeye steak, rajas & onions, 'dorado' with cheeses & chimichurri sauce – \$11.50

'CDMX' QUESOTACO * ● Mexico City-style taco with carne asada, fried oaxacan cheese, caramelized onion, poblano rajas & roasted green chile salsa – \$10.50

TACO BUFALADA* ● the taquero's favorite - chicken, carne asada & carnitas, melted cheese, onion, guacamole & radish – \$8.75

TACO VAMPIRO* ● double tortilla stuffed with melted cheese, serrano chile & scallions, guacamole, pico, chipotle sauce & cotixa *chicken* – \$7.75 *carne asada* – \$9.75

'CANARDITAS' DUCK ● deep-fried duck leg confit, tequila-laced blackberry serrano salsa, citrus, onion & avocado (makes 3 tacos) – \$12.75

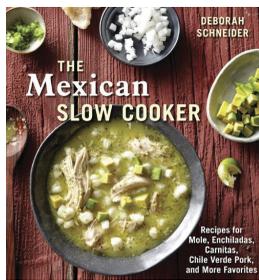
FISH TACO GOBERNADOR ● wild fish, lemon, cheese, salsa gobernador, avocado, onion – \$8.75

POBLANO, MUSHROOM & CORN TACO ● epazote, queso fresco, cotixa, salsa quemada – \$6.50

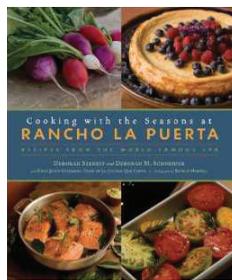
TAKE THE FLAVORS OF SOL HOME



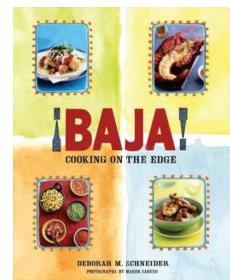
Cook fresh Mexican favorites at home, quick and easy with your Instant Pot — a best seller



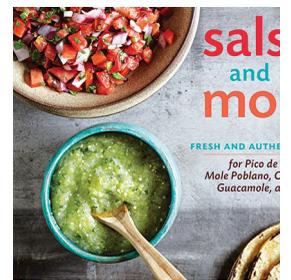
Create the authentic flavors of Mexico and SOL in your home slow cooker — a best seller



A James Beard Award nominee — enlightened Mexican cuisine



All about Baja' — our inspiration for SOL. A Food & Wine Magazine "Best Cookbook"



SOL's famous fresh salsas, moles and much more

SOL Executive Chef Deborah Schneider has authored eight nationally recognized cookbooks on Mexican cooking, featuring many of SOL's most beloved recipes. Ask your server for a preview. Signed copies available for purchase. For more information, visit our website at www.solcocina.com

Items marked with a * may be raw or undercooked

TACO PLATES & BURRITOS

TACO PLATES

served with choice of two sides

CARNE ASADA STREET TACOS * (3) ●
grilled with garlic, pico, avocado sauce & onions – \$16.50

CARNITAS STREET TACOS (3) ●
chicharron, avocado, onion & tomatillo salsa – \$15.00

GRILLED CHICKEN STREET TACOS (3) ●
avocado sauce, lemon-mezcal sauce & onions – \$15.00

ENSENADA STYLE FISH TACOS (2) ●
crispy fish, lime sauce, pico, cabbage, avocado sauce – \$16.00

BEER-BATTERED SHRIMP TACOS (2) ●
Ensenada-style with lime, pico & cabbage – \$16.00

GRILLED FISH ZARANDEADO (2) ●
pineapple-cucumber salsa, cabbage, lime sauce – \$16.00

CORN, POBLANO & MUSHROOM (2) ●
queso fresco & salsa quemada – \$14.50

SWEET POTATO & BLACK BEAN (2) ●
caramelized onion, poblano, cheese & chipotle sauce – \$15.00



QUESADILLAS

served with choice of two sides

2 large tortillas & mexican cheeses with avocado sauce,
chipotle sauce & salsas

chipotle shrimp & poblano chiles with mango salsa - \$17.50

grilled chicken - \$15.50 ~ pork carnitas - \$15.50

**grilled carne asada - \$16.50*

chipotle seitan - \$16.50 ~ mushrooms & poblanos - \$15.00



BURRITOS

served with choice of two sides

'grilled' - flour tortilla with choice of filling, cheese,
guacamole, borracho black beans, pico de gallo & onion

'skinny' - wrap style in a toasted red tortilla, greens & avocado

'naked' - the burrito without the tortilla, served in a bowl

served 'wet' red or green - \$2.50 melted cheese - \$2.00

bandera style-red & green salsas & melted cheese - \$6.00

topped with pork chile verde - \$6.00

grilled chicken or carnitas - \$15.50 ~ carne asada - \$16.50*

chipotle shrimp (8), beer-battered shrimp or fish - \$16.50

chipotle seitan - \$16.50 ~ mushrooms & poblanos - \$15.00



PRIVATE EVENTS

SOL has many options for large and small events in our comfortable and cozy settings. Our on-site event coordinator will work with you to create an event to remember — from a private room with full AV capabilities to casual receptions with tray passed appetizers and chef cooking stations, all the way up to full restaurant buyouts with buffets or seated custom menus. Enjoy SOL's wonderful Mexican food and creative fresh margaritas in any setting.

Please ask the manager for more information on our special events & catering

Items marked with a * may be raw or undercooked