



888-356-8624

<http://www.munchysdeliveries.com>

El Sol de Mexico

Lunch Combinations

Chico (1 Item)	\$6.75
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	
Mediano (2 Items)	\$8.75
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	
Grande (3 Items)	\$10.75
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	

Los Dorados

Flautas	\$9.50
<i>Two flour tortillas, stuffed w/ your choice of chicken, shredded beef or pork, rolled & deep fried. Served w/ parmesan, tomatoes, lettuce, guacamole & sour cream.</i>	
Taquitos Rancheros	\$9.50
<i>Two corn tortillas, stuffed w/ your choice of chicken, shredded beef or pork, rolled & deep fried. Served w/ parmesan, tomatoes, lettuce, guacamole & sour cream.</i>	

Lunch Burritos

Burrito Supreme	\$9.50
<i>Large flour tortilla stuffed w/ your choice of chicken, shredded beef or shredded pork, rolled & deep fried. Topped w/ lettuce, tomatoes, parmesan, guacamole & sour cream.</i>	
Chile Colorado Burrito	\$9.25
<i>Stuffed w/ chunks of tender beef, cooked in a delicious red sauce. Topped w/ melted cheese & red sauce.</i>	
Chile Verde Burrito	\$9.25
<i>Stuffed w/ chunks of tender pork, cooked in a flavourful, green tomatillo sauce. Topped w/ melted cheese & green sauce.</i>	
Chorizo Burrito	\$9.25
<i>Stuffed w/ mexican sausage. Our delicious seasoned sausage is cooked w/ 2 eggs, onions & tomatoes. Topped w/ flavorful sauce & melted cheese.</i>	

Salads & Tostadas

Bernardini Salad	\$11.75
<i>Garden salad, tomatoes, olive, cheese, avocado slices, cucumbers, mushrooms & sauteed prawns.</i>	
Chef Salad	\$9.50
<i>A garden salad generously topped w/ baby shrimp, tomatoes, cucumbers, cheese & croutons choice dressing.</i>	
Taco Salad Cazuela	\$7.50
<i>A crispy tortilla bowl filled w/ your choice of meat, lettuce, tomatoes & cheese.</i>	
Tostada El Sol	\$7.25
<i>Your choice of delicious corn or</i>	

Combinations

Chico (1 Item)	\$8.50
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	
Mediano (2 Items)	\$10.50
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	
Grande (3 Items)	\$12.50
<i>Enchilada, taco, tostada, chimichanga, chalupa, burrito, pork tamale or chile relleno.</i>	

Traditional Mexican Soups

Caldo de Camaron	\$13.95
<i>Vegetables & shrimp in a delicious, spicy broth.</i>	
Caldo Siete Mares	\$17.50
<i>Shrimp, octopus, scallops, crab, chopped clams, cuttlefish, muscles & vegetables in a delicious, spicy broth.</i>	
Coctel de Camaron	\$12.50
<i>A delicious shrimp soup w/ onions, tomatoes, jalapenos, avocados & ketchup.</i>	
Tortilla Soup (Cup)	\$3.75
<i>A delicious traditional favorite topped w/ tortilla chips.</i>	
Tortilla Soup (Bowl)	\$4.95
<i>A delicious traditional favorite topped w/ tortilla chips.</i>	

Burritos

Burrito de Camaron	\$13.95
<i>Stuffed w/ sauteed shrimp, onions & mushrooms.</i>	
Burrito Enamorado	\$12.95
<i>Stuffed w/ beans, rice & your choice of chicken breast, tri-tip beef, or pork loin. The meat is sauteed w/ green peppers & onions. Topped w/ sauce melted cheese, lettuce, tomatoes, parmesan, guacamole & sour cream.</i>	
Burrito Marino	\$13.95
<i>Stuffed w/ sauteed baby shrimp, crab, scallops, onions & tomatoes.</i>	
Burrito Ranchero	\$11.50
Carnitas Burrito	\$12.50
<i>The meat sauteed w/ green peppers & onions.</i>	
Macho Burrito	\$10.25
<i>Stuffed w/ beans, rice & your choice of ground beef, chicken, shredded beef or pork. Topped w/ sauce, melted cheese, lettuce, tomatoes, parmesan & sour cream.</i>	
Premium Burrito	\$12.95
<i>Stuffed w/ beans, rice & your choice of carne asado, pollo asada or fajita. Topped w/ sauce, melted cheese, lettuce, tomatoes, parmesan, guacamole & sour cream.</i>	

Chef's Specialties

Bernardo's Favorite	\$16.75
<i>Prawns sauteed w/ mixed</i>	

Chicken (Pollo)

Arroz con Pollo	\$13.50
<i>Slices of chicken breast sauteed w/ onions & mushrooms in a red sauce. Served over a bed of rice & cheese. Not served w/ beans.</i>	
Carnitas de Pollo	\$13.25
<i>Slices of chicken breast sauteed w/ onions, green peppers & tomatoes.</i>	
Pollo a la Crema	\$13.25
<i>Slices of chicken breast sauteed w/ onions, green peppers & tomatoes in a delicious, creamy parmesan cheese sauce.</i>	
Pollo Asado	\$13.75
<i>Tender chicken breasts, marinated & then broiled. Served w/ fried green onions & guacamole. Salsa verde on the side.</i>	
Pollo en Mole	\$13.25
<i>Slices of chicken breast sauteed in a delicious sweet Mexican sauce.</i>	

Pork (Cerdo)

Carnitas de Cerdo	\$13.25
<i>Slices of pork loin sauteed w/ onions & green peppers. Served w/ pico de gallo & guacamole.</i>	
Chile Verde	\$12.75
<i>In a delicious green tomatillo sauce.</i>	
Tacos de Carnitas	\$14.25
<i>three soft taco stuffed w/ sauteed pork loin & pico de gallo. Salsa verde served on the side.</i>	

Seafood

Arroz con Camarones	\$13.95
<i>Prawns sauteed w/ mushrooms & onions in a red sauce. Served over a bed of rice & cheese. Not served w/ beans.</i>	
Camarones a la Diabla	\$13.95
<i>Prawns sauteed mushrooms & onions in a special red sauce.</i>	
Camarones a la Crema	\$13.95
<i>Prawns sauteed w/ onions & tomatoes, creamy Parmesan cheese sauce.</i>	
Camarones a la Tampiquena	\$13.95
<i>Prawns sauteed w/ onions, mushrooms & bacon in a delicious red sauce.</i>	
Camarones Mojo de Ajo	\$13.95
<i>Prawns sauteed in garlic butter w/ onions & mushrooms.</i>	
Chimichanga Costa Azul	\$13.95
<i>Flour tortilla stuffed w/ onions, tomatoes, scallops, crab & baby shrimp then deep fried. Topped w/ lettuce, tomatoes, cheese, sauce, guacamole & sour cream.</i>	
Fish Tacos	\$13.95
<i>Three soft tacos stuffed w/ breaded cod fish, mexican coleslaw & pico de gallo. Ranch on the side.</i>	
Marisco El Sol	\$14.95
<i>Prawns, octopus, scallops, sauteed</i>	

flour tortilla shell, topped w/ your choice of meat, beans, lettuce, tomatoes & cheese.

Appetizers

Fiesta Platter	\$11.25
<i>Nachos served w/ beans, onions, tomatoes, guacamole & sour cream. Taquitos & quesadillas.</i>	
Mexican Pizza	\$9.50
<i>Quartered deep-fried flour tortilla topped w/ beans, cheese, tomatoes, onions, olives, guacamole & sour cream.</i>	
Nachos El Sol	\$9.75
<i>Crisp corn tortilla chips topped w/ beans, cheese, jalapenos, tomatoes & green onion. Served w/ guacamole & sour cream. Choice of meat.</i>	
Quesadilla	\$8.50
<i>Two flour tortillas stuffed w/ cheese, onions, tomatoes & mild chile. Served w/ guacamole & sour cream.</i>	
Quesadilla El Sol	\$10.75
<i>Two flour tortillas stuffed w/ cheese, onions, tomatoes & baby shrimp. Served w/ guacamole & sour cream.</i>	
Taquitos	\$9.50
<i>Rolled flour tortilla fried w/ your choice of chicken, shredded beef or shredded pork. Served w/ guacamole & sour cream.</i>	
Tostada de Ceviche	\$4.75
<i>A corn tortilla shell topped w/ baby shrimp, onions, tomatoes, jalapenos, cilantro, cucumber, avocado & fresh lime juice.</i>	

Vegetarian

Chile Relleno Burrito	\$11.25
<i>Stuffed w/ chile relleno, rice & beans. Topped w/ sauce, melted cheese, lettuce, tomatoes, parmesan & sour cream.</i>	
Spinach Burrito	\$11.50
<i>Stuffed w/ sauteed spinach, tomatoes & onion. Topped w/ verde sauce & melted cheese.</i>	
Spinach Chimichanga	\$11.50
<i>Flour tortilla stuffed w/ sauteed spinach, tomatoes, onions & then deep-fried. Topped w/ lettuce, tomatoes, cheese, guacamole & sour cream.</i>	
Spinach Enchilada (1)	\$8.95
<i>Stuffed w/ sauteed spinach, onions & tomatoes, topped w/ verde sauce & melted cheese.</i>	
Spinach Enchilada (2)	\$10.95
<i>Stuffed w/ sauteed spinach, onions & tomatoes, topped w/ verde sauce & melted cheese.</i>	
Veggie Enchilada (1)	\$8.95
Veggie Enchilada (2)	\$10.95
Veggie Fajita	\$12.75

Side Dishes

Beans	\$4.25
Burrito	\$5.75
Chalupa	\$5.75
Chile Relleno	\$5.25
Chimichanga	\$5.75
Enchilada	\$5.25
Guacamole	\$4.00
Rice	\$4.25
Rice & Beans	\$4.25
Sour Cream	\$2.50
Taco	\$3.25
Tamale	\$5.75

vegetables, broiled marinated chicken breast.

Camarones Acapulco	\$13.95
<i>Deep fried prawns wrapped w/ bacon. Served over a bed of mushrooms, zucchini & carrots. Topped w/ cheese & served w/ pico de gallo.</i>	
Enchiladas El Sol	\$13.95
<i>Garnished w/ mexican coleslaw, tomatoes, parmesan & sour cream.</i>	
Fish Enchilada	\$12.75
<i>Two corn tortillas stuffed w/ tilapia fish, onions, tomatoes & cilantro.</i>	
Los Tres Chiles	\$15.75
<i>Chile verde, chile colorado & chile relleno.</i>	
Mar, Cielo, & Tierra	\$17.25
<i>Chicken breast, skirt & sauteed prawns w/ mushrooms & onions.</i>	
Platillo Jalisco	\$13.25
<i>Sauteed w/ mushrooms, onions & green peppers in special green sauce.</i>	
Platillo Mexicano	\$15.75
<i>Carne asada, chicken taquito, chile relleno & enchilada.</i>	

Fajitas

Beef Fajita	\$13.95
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	
Chicken & Beef Fajitas	\$14.25
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	
Chicken & Shrimp Fajitas	\$15.95
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	
Chicken Fajitas	\$13.95
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	
Pork Fajitas	\$13.95
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	
Shrimp Fajitas	\$14.95
<i>Marinated meat sauteed w/ green peppers & onions. Served w/ rice, beans, Mexican coleslaw, pico de gallo, guacamole, sour cream & 3 tortillas.</i>	

Beef (Res)

Bistec Borracho	\$14.75
<i>A 10 oz new york steak marinated w/ secret El sol recipe & broiled to perfection. Served w/ guacamole.</i>	
Carne Asada	\$14.25
<i>Broiled skirt steak. Served w/ guacamole & fried green onions. Salsa verde on the side.</i>	
Carne Asada y Mas	\$14.50
<i>Served w/ guacamole & fried green onions.</i>	
Carnitas de Res	\$13.50
<i>Slices of trip-tip beef sauteed w/ onions & green peppers. Served w/ guacamole.</i>	
Chile Colorado	\$12.75
<i>Tender chunks of beef cooked in a</i>	

w/ mushrooms, red & green peppers.

Pescado Frito	\$14.95
<i>Fried tilapia fish served w/ pico de gallo & a green salad.</i>	
Pulpos Mojo de Ajo	\$13.95
<i>Octopus sauteed in garlic butter w/ onions & mushrooms.</i>	

American Dishes

Hamburger	\$5.25
Hamburger w/Cheese	\$5.75
Monterrey Burger	\$7.25
<i>Stuffed w/ mayonnaise, cheese, bacon, mushrooms, onions, lettuce, avocado & tomatoes.</i>	

Eggs

Chorizo con Huevos	\$12.50
<i>Egg blended w/ ground mexican sausage, onions & tomatoes.</i>	
Huevos Rancheros	\$12.50
<i>Three eggs, over-easy topped w/ melted cheese & sauce.</i>	
Machaca	\$12.50
<i>Egg blended w/ shredded beef, bell peppers, mushrooms & onions.</i>	

Muy Ricas Maragritas

Big Howard Maragrita (Must be 21 or over. Have an I.D. ready.)	\$11.95
<i>Cazadores Tequila, Lime Juice, Cointreau & a touch of Grand Marnier served on the rocks</i>	
Cadillac Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Served on the rocks with a touch of Grand Marnier</i>	
Centenario Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Fresh lime juice, Centenario reposado tequila, and Cointreau on the rocks</i>	
El Sol Margarita (Must be 21 or over. Have an I.D. ready.)	\$9.95
<i>Sauza Commemorativo, Lime juice, Blue Curacao, and Cointreau on the rocks</i>	
Jalapeno Margarita (Must be 21 or over. Have an I.D. ready.)	\$9.95
<i>Lime juice, Hornitos tequila, Cointreau, and margarita mix on the rocks</i>	
Milagros Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Lime juice, Triple Sec, Milagro Silver tequila, and a touch of amaretto served on the rocks</i>	
Mi Tierra Margarita (Must be 21 or over. Have an I.D. ready.)	\$9.95
<i>1800 Cuervo Gold tequila, lime juice, Pomegranate, and Triple Sec on the rocks</i>	
Original Margarita (Must be 21 or over. Have an I.D. ready.)	\$9.95
<i>Hornitos tequila, Fresh lime juice and Cointreau served on the rocks</i>	
Rudy's Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Fresh lime juice, orange juice, Herradura tequila, Agave nectar, and a touch of Drambuie served on the rocks</i>	
Skinny Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Fresh lime juice, Hornitos tequila, and agave nectar served on the rocks</i>	
The Boss Margarita (Must be 21 or over. Have an I.D. ready.)	\$10.95
<i>Lime juice, Triple Sec, Black Barrel tequila, Rock Ca, and a touch of</i>	

Beverages

Apple Juice	\$2.75
Coffee	\$2.50
Cranberry Juice	\$2.75
Grapefruit Juice	\$2.75
Horchata	\$2.75
<i>Mexican rice milk a sweet cinnamon taste.</i>	
Hot Tea	\$2.50
Iced Tea	\$2.50
Jarritos	\$2.75
Lemonade	\$2.75
Lime	\$2.50
Milk	\$2.50
Orange Juice	\$2.75
Pineapple Juice	\$2.75
Soft Drinks	\$2.50

delicious red sauce.

Molcajete \$14.75

A delicious bowl of chicken breast & tri-tip beef slices sauteed w/ mushrooms, onions, tomatoes & mild sauce. Topped w/ cheese, avocado & green onions.

Taco de Carne Asada \$14.75

Three soft taco stuffed w/ broiled skirt steak & pico de gallo.

Mixed Drinks

Order only with a food item

Aftershock (Must be 21 or over. \$7.45

Have an I.D. ready.)

Malibu rum, Cherry brandy, Drambuie, and Lemonade

Arcadia (Must be 21 or over. \$7.45

Have an I.D. ready.)

Gin Galliano, Creme of Banana, and Grapefruit juice

Alabama Slammer (Must be 21 or over. Have an I.D. ready.) \$6.50

Southern comfort, Amaretto, Sloe gin, and orange juice

Bubble Gum (Must be 21 or over. Have an I.D. ready.) \$6.50

Vodka, Banana liqueur, and orange juice

Bermuda Triangle (Must be 21 or over. Have an I.D. ready.) \$7.45

Captain Morgan rum, Orange juice, and Peach schnapps

Bite of the Iguana (Must be 21 or over. Have an I.D. ready.) \$6.95

Hornitos tequila, Vodka, Triple Sec, Orange juice, and Melon liquor

Big Red Hooter (Must be 21 or over. Have an I.D. ready.) \$6.95

Tequila Conmemorativo, Amaretto, Pineapple juice, and Grenadine

Blue Motorcycle (Must be 21 or over. Have an I.D. ready.) \$8.95

Tequila, Rum, Vodka, Gin, Blue Curacao, Sweet & Sour, and Sierra Mist

By The Pool (Must be 21 or over. Have an I.D. ready.) \$6.50

Vodka, Orange juice, Melon liqueur, and Peach schnapps

Blue Hawaiian (Must be 21 or over. Have an I.D. ready.) \$6.95

Rum, Vodka, Sweet & Sour, Pineapple juice, and Blue curacao

Cazuela (Must be 21 or over. Have an I.D. ready.) \$10.95

Tequila, Vodka, Rum, Melon liquor, Pineapple juice, orange juice, and Grenadine

Cosmopolitan (Must be 21 or over. Have an I.D. ready.) \$6.50

Vodka, Triple Sec, Lime juice, and Cranberry juice

Electric Ice Tea (Must be 21 or over. Have an I.D. ready.) \$8.25

Vodka, Gin, Rum, Sweet & Sour, 151 Rum, and Pepsi

Electric Watermelon (Must be 21 or over. Have an I.D. ready.) \$7.95

Gin, Rum, Triple Sec, Watermelon liqueur, Orange juice, Sierra Mist, and Grenadine

Chambord on the rocks

Beers & Wines

Corona (Must be 21 or over. \$3.75

Have an I.D. ready.)

Does Equis XX (Must be 21 or over. Have an I.D. ready.) \$3.75

Negra Modelo (Must be 21 or over. Have an I.D. ready.) \$3.75

Modelo Especial (Must be 21 or over. Have an I.D. ready.) \$3.75

Bohemia (Must be 21 or over. Have an I.D. ready.) \$3.75

Tecate (Must be 21 or over. Have an I.D. ready.) \$3.75

Victoria (Must be 21 or over. Have an I.D. ready.) \$3.75

Eola Hills Chardonnay (Must be 21 or over. Have an I.D. ready.) \$6.00

Glass only

Eola Hills Pinot Gris (Must be 21 or over. Have an I.D. ready.) \$6.00

Glass only

Segura Viudas Brut RSV (Must be 21 or over. Have an I.D. ready.) \$5.00

Glass only

House Pinot Grigio (Must be 21 or over. Have an I.D. ready.) \$5.00

House Chablis (Must be 21 or over. Have an I.D. ready.) \$5.00

House White Zinfandel (Must be 21 or over. Have an I.D. ready.) \$5.00

House Pinot Noir (Must be 21 or over. Have an I.D. ready.) \$5.00

House Cabernet Sauvignon (Must be 21 or over. Have an I.D. ready.) \$5.00

House Merlot (Must be 21 or over. Have an I.D. ready.) \$5.00

Homemade Sangria (Must be 21 or over. Have an I.D. ready.) \$5.50