



Tapas

TORTILLA TOSTADA 	D 235
<i>toasted tortillas with cheese and chilies</i>	
TORTILLA CON POLLO ou CAMARONES	D 195
<i>thin crispy tortilla covered with homemade refried beans, salsa, strips of chicken or shrimps and coriander</i>	
TORTILLA DE PATATAS 	D 260
<i>an El Sol classic savory pie with potatoes, onions, eggs and cheese</i>	
PALITOS DE QUESO 	D 310
<i>the famous Monterey Cheese sticks</i>	
CALAMARES AL AJILO	D 275
<i>grilled Gambian calamari with garlic, served with lime</i>	
CALAMARES FRITOS	D 290
<i>fried Gambian calamari with a paprika & garlic mayo</i>	
ALITAS DE POLLO AL ESTILO BUFALO	D 250
<i>chicken wings served in a spicy buffalo sauce</i>	
ALITAS DE POLLO AL ESTILO BARBACOA	D 275
<i>chicken wings coated in a sensational barbeque sauce</i>	
CROQUETAS DE PESCADO	D 280
<i>fish and seafood croquettes served with tartare sauce</i>	
CAMARONES CON TOCINO Y QUESO	D 300
<i>shrimps wrapped in bacon, stuffed with cheese and coriander fried in a light batter.</i>	
NACHOS CLASSICOS 	D 290
<i>tortilla chips covered with cheese, our home made salsa and sour cream</i>	
NACHOS SUPREMOS	D 400
<i>Nachos Classicos covered with chili con carne and extra cheese</i>	
SMOKY RIBS	D 435
<i>pork ribs, marinated in our own smoky barbeque sauce</i>	
SOPA MEXICANA 	D 235
<i>a spicy red kidney bean and tomato soup with garlic, onions & coriander</i>	
PINCHITOS DE POLLO AL CAJÚN	D 275
<i>grilled mini chicken breast skewers in our secret spiced peanut butter sauce</i>	



= suitable for vegetarians who eat dairy products

All our food is cooked to order – we kindly ask for your understanding if the preparation takes a little longer at busy times.

Mexican

- CHILLI CON CARNE** D 550
a classic, made with organic minced meat, spices, onions and kidney beans, served with home baked fajita bread
- FAJITAS**  D 570
compose your own mix to stuff your fajita, choose between chicken, beef, shrimps or fish and we will add a mix of Mexican vegetables and herbs. If you wish you can make a combination of 2 stuffings. Also possible as a vegetarian choice. Served with fajita bread
- QUESADILLA**  D 525
folded fried fajita stuffed with chicken or beef, refried beans and cheese. Salsa and sour cream on top and lettuce on the side
- CHICKEN OR BEEF BURRITO**  D 460
large fajita bread stuffed with lettuce, refried beans, salsa, cheese and your selected stuffing. Sour cream on the side. Also possible as a vegetarian choice
- ENCHILADA**  D 570
compose your own mix to stuff your enchilada, choose between chicken, beef, shrimps or fish and we will add a mix of Mexican vegetables and herbs. If you wish you can make a combination of 2 stuffing. Also possible as a vegetarian choice
- PESCADO A LA VERACRUZANA** D 490
Barracuda fillet with a sauce of tomatoes, onions, olives, peppers and capers served with grilled vegetables
- PESCADO MEXICANO** D 490
captain fish fillet marinated in our secret sauce, steamed to perfection and finished with Tequila

All the above choices except Chilli con Carne and Fajitas are served with either Arroz a la Mexicana (Mexican rice), Chili Papas (mildly spiced mashed potatoes) or Verduras de Temporada (seasonal vegetables). Our Mexican dishes are cooked mildly spiced by our chefs. Should you want more or less spiced food please inform your waiter!

Steakhouse

- CARNE EL SOL** gr.250 D 590
tender Gambian fillet, marinated in our special El Sol herb mix, grilled with onions and green peppers and then flambéed on your plate with Tequila. Mexican rice gr.375 D 700
- CARNE CON CHILI Y MIEL** gr.250 D 590
honey glazed chili steak, served with a fresh salad and Mexican rice gr.375 D 700
- STEAK WITH PEPPER SAUCE** gr.250 D 590
Gambian fillet steak with a pepper corn sauce, chips and salad gr.375 D 700
- STEAK EMILIANO** gr.250 D 565
tender pieces of fillet with garlic, tomatoes and sautéed potato gr.375 D 675
- STEAK WITH MUSHROOM SAUCE** gr.250 D 615
Gambian fillet steak with a mushroom sauce, sweet potato mash and salad gr.375 D 725
- STEAK TAGLIATA WITH TRUFFLE OIL** gr.250 D 615
Gambian fillet steak covered with white truffle oil, served with grilled veggies gr.375 D 725
- CHIMICHURRI STEAK** gr.250 D 615
Gambian fillet steak with an Argentinian sauce based on parsley, garlic and lime served with chips and salad gr.375 D 725

Beyond

To start with

SOUP OF THE DAY

please ask your waiter, served with toasted garlic bread

D 250

SHRIMPS COCKTAIL

a classic salad with shrimps and cocktail sauce

D 350

GARLIC BREAD & HOME MADE FAJITA BREAD WITH 2 SEASONAL DIPS

slices of crispy garlic bread & our own fajita bread served with 2 homemade seasonal dips

D 150 PP

EL SOL'S BEEF TERIYAKI

slow grilled tender slices of beef with El Sol's Teriyaki sauce infused with chillies, coriander and ginger

D 350

Main Courses

TAGLIATELLE AI FUNGHI



Tagliatelle in a creamy mushroom sauce

D 435

MARC'S SPAGHETTI



with pesto, tomatoes, onion, garlic, cream and bacon. Also possible without bacon

D 395

GRILLED LAMB CHOPS

with grilled vegetables, sweet potato mash and mint sauce

D 895

PEPPER CHICKEN

grilled chicken skewers, in a medium spicy sauce, served with chips and salad

D 395

GRILLED BALSAMIC CHICKEN

on a bed of lettuce, carrots, cucumber and tomatoes

D 470

GOAT CHEESE SALAD



mixed salad with apple, goat cheese and cashew nuts

D 495

CHEF'S FISH SALAD

mixed salad with spicy grilled fish, served with garlic bread. Not spicy on request

D 445

GARLIC PRAWNS

grilled prawns in their shell with a tangy spicy garlic and lime drizzle, salad and basmati rice

D 675

GRILLED SHRIMP BROCHETTES

grilled skewers of shrimps marinated in lime and garlic, served with salad, basmati rice and a light tomato sauce

D 470

STEAMED LADYFISH

on a bed of creamy spinach and complemented with a spring onion mash

D 535

GRILLED CAPTAIN FISH

grilled fillet of captain fish served with grilled veggies and spinach.

D 475

El Sol is open 7 days a week from 5.30pm from November to April,
other months closed on a Monday.

15% VAT included in our prices

Drinks

BEERS

Corana or Sol	D 190
Julbrew	D 80
Julbrew Export	D 100
Heineken	D 190

SOFT & WATERS

Cola, Fanta, Sprite, Soda, Tonic	D 70
Youki drinks, Fruit Cocktail, Malta	D 70
Perrier (33 cl)	D 150
Perrier (75 cl)	D 250
Mondariz water(150 cl)	D 150
Mondariz (50 cl)	D 90
Bel Aqua water (150cl)	D 100
Bel Aqua water (50cl)	D 45
Juices	D 100
Diet Coke / Coke Zero / Canned Soft	D 100
Red bull	D 150
Seasonal Fresh Juice	From D 145

ALCOHOL (3,5 cl) D 150

Martini Rosso or Bianco
Vodka Smirnoff, Stolichnaya or Absolut
Gin Gordons
Bacardi white rum
Captain Morgan dark rum
Malibu
Campari
Pastis Ricard
Tequila Sauza Silver or Gold
Whisky Red Label
Southern Comfort
Kahlua, Tia Maria
Amaretto
Sambuca
Archers Peach Snapps

ALCOHOL (3,5cl) D 200

Whisky Black Label
Whisky J&B or Jack Daniels
Whisky Bushmills
Vodka Grey Goose
Cognac Martel V.S
Cointreau
Gin Bombay Sapphire or Tanqueray
Tequila Patron Silver or Coffee
Baileys
Drambuie
Jägermeister
Grand Marnier

ALCOHOL (3,5cl)

Vodka Ciroc	D 250
Cognac Remy Martin	D 250
Gin Hendrick's	D 250
Chivas 18	D 300

EL SOL COCKTAILS

Mojito D300

fresh mint crushed with sugar & ice; rum, lime juice & soda

Apple Mojito D325

fresh mint crushed with sugar & ice; rum, lime juice, apple juice & soda

Cosmopolitan D300

tequila & rum, mixed with cranberry and pineapple juice

Frozen Strawberry Margarita D325

strawberries, tequila, triple sec, lime, sugar, crushed ice

Frozen Strawberry Daiquiri D325

strawberries, rum, triple sec, lime, sugar, crushed ice

Passion Fruit Daiquiri D325

fresh Passion fruit, rum, triple sec, lime, Sugar, Crushed ice

Tequila Sunrise D300

tequila & orange juice, shaken and served with ice & grenadine

Caiparinha D300

whole lime muddled with sugar, topped with crushed ice & Cachaça

Margarita D300

tequila & triple sec with fresh lime & ice with a salt rim

NON ALCOHOLIC COCKTAILS D 190

Chapmans

Orange juice & angostura, topped with sprite and grenadine

Virgin Mojito

sugar, crushed with mint and lime, topped with soda

FOR A WIDER CHOICE OF COCKTAILS ASK FOR OUR EXTENSIVE COCKTAIL MENU

WINES

GLASS OF WINE from D 165

GLASS OF CAVA D 250

Ask for the wine list to make your selection from our fine world wines

HOT DRINKS

 Nespresso D 100

 Cappuccino D 150

Irish Coffee D 225

Mexican Coffee D 225

Baileys Coffee D 225

Italian Coffee D 225

Tea / Nescafé D 65

Gambia Herbal tea D 60

Hot Chocolate D 100

Fresh mint tea D 65

15% VAT included in our prices