

DAILY SPECIALS

MONDAYS 7.95

Chicken & Steak Fajita Combo
(excludes Bank Holidays)

TUESDAYS 50% off

Baby Back Ribs or Half & Half

WEDNESDAYS 6.45

All Burgers

LUNCH SPECIALS 12-3PM

EACH ONLY 8.50

Fajita Salad | Ribs |
Burgers | Burritos |
Cruised Sea-Bass

Lunch Specials include
a glass of house wine,
a Sol beer, or a soft drink

(excludes Bank Holidays)
For maximum 10 people per table

HAPPY HOUR

4-7 PM MON-FRIDAY
COCKTAILS £4.25*

56 CLAPHAM HIGH ST, LONDON SW4 7UL

www.cafesol.com | 0207-498-8558



food
MENU

NACHOS

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Tortilla chips covered with cheese, onions and jalapeños - the biggest and best! Choice of chicken, beef or spicy veg (v) or plain, served with guacamole, salsa and sour cream

Grande 11.95 Super 7.15

DIPS & CHIPS (v)

Basket of tortilla **2.00**

With salsa **1.15**

With guacamole **2.05**

With chilli con queso **1.95**

With frijoles con jalapeño **1.50**

All of the above **6.85**

Sol Salads

Café Sol salads contain lettuce, tomato, cucumber, cheese, onions, peppers all in a crispy tortilla basket with your choice of topping and dressing:

AVOCADO & HALLOUMI SALAD (v) 9.45

With chopped avocado chunks and grilled halloumi

CHICKEN TENDER SALAD 9.45

With crispy tender fried chicken

FAJITA SALAD 9.75

Choice of fajita steak or chicken topped with sour cream and guacamole

BLACKENED SHRIMP SALAD 10.15

With chargrilled spicy prawns

Your choice of dressing:

House Red Wine & Lime | Honey Mustard |

Chilli Mayo | 1000 Island | Blue Cheese & Garlic

Sides

SIDE SALAD	3.05
FRENCH FRIES	2.50
JACKET POTATO	2.35
FLOUR TORTILLAS	2.05
CORN ON THE COB	2.05
GARLIC BREAD	2.05
GARLIC BREAD WITH CHEESE	2.45
SWEET POTATO FRIES	4.00
JALAPEÑO PEPPERS	1.90
MEXICAN SLAW	3.05
ONION RINGS	2.35
REFRIED BEANS	2.05
SOUR CREAM	1.90
CHEESE	0.95

Small Plates

QUESADILLA 4.75

Bacon or mushroom (v) with cheese, sour cream and chillies between 2 chargrilled flour tortillas

TACO 4.75

Beef chilli or shredded chicken inside a corn tortilla, topped with salad leaves and tomato consaca

ARMADILLO EGGS (v)(s) 6.15

Jalapeño chillies stuffed with cheese, sour cream and pinto beans. Extra hot for the brave only!

BUFFALO CHICKEN WINGS 5.15

4 Buffalo wings with your choice of sauce: BBQ, Cajun or Blue Cheese

SWAMP THING 6.95

Real Alligator with a Cajun dip (subject to availability)

GARLIC SHROOMS (v) 4.75

Deep fried and served with garlic dip

DEEP FRIED POTATO SKINS (v) 5.00

Sour cream, cheese, chopped tomato and jalapeño peppers

OR cheese and bacon **4.85**

ENSALADA CAMARONES 5.35

Guacamole, prawns and salad heaped upon a crispy tortilla served with chilli mayo

MONTEREY JACK STICKS (v) 4.85

Fried cheese sticks with a warm salsa dip

SPICY FRIED CALAMARI 5.95

Fried Calamari rings cooked in a tomato and chilli salsa

MEXICAN MAIN COURSES

BURRITOS (v) 9.75

Spicy chicken, beef or vegetables wrapped in a flour tortilla with cheese, salsa, sour cream and guacamole

ENCHILADAS (v)(s) 9.85

Chicken, beef or spicy vegetables rolled in two corn tortillas, topped with cheese and salsa. Have All 3 +1

BEER CHILLI (s) 8.75

Beef chilli cooked through with beer, topped with cheese and sour cream served with rice or flour tortillas

CHILLI ASADERO (s)(v) 8.55

Vegetarian chilli, with beans, onion, peppers and chillies. Served with rice and topped with cheese and sour cream

CHIMICHANGA (v) 9.85

A deep fried burrito with guacamole, salsa and sour cream

Burritos, Chimichanga and Enchiladas are served with rice and beans.
Or served with a side salad +0.50

POLLO HABAÑERO 10.95

Roasted chicken fillet, filled with soft Mexican cheese, herbs and habanero chillies. Served with rice and salad

POLLO PUEBLO 10.95

Chicken breast stuffed with chillies, bacon, cheese, sour cream and garlic, coated in tortilla crumbs and served on a bed of rice

FISH COURSES – PEZ DE SOL

SWORDFISH 12.25

Grilled swordfish covered in a roasted pepper, garlic and basil salsa served on a bed of salad with sweet potato wedges

BLACKENED TUNA 13.75

Tuna steak covered with a mix of Cajun and Mexican spices, served with buffalo fries and mayonnaise

TEQUILA SALMON 11.95

Grilled fillet of salmon covered in tequila, coriander and cream sauce on a bed of avocado salad and garlic baby potatoes

CRUSTED SEA-BASS (s) 12.25

Grilled sea-bass with hot chilli and garlic crust served with patatas bravas

MEXICAN SEAFOOD CHILLI 12.55

Sole, squid, prawns and Calamari cooked with onions, peppers and Cajun spices and served on a bed of rice

(v) – Vegetarian (s) – Spicy

Please ask your waitress for recommendations.

Fish and Poultry dishes may contain bones.

We charge 10% service on parties of five or more.

VAT is included. Service charge is not included.

SIZZLING SOL FAJITAS

Chargrilled and marinated to perfection. All served on sizzling bed of onions and peppers with pico de Gallo (a fresh salsa of chopped tomatoes, onions, chillies, lime juice, coriander, cucumber), sour cream, guacamole, refried beans and 4 soft flour tortilla to wrap everything up!

CHICKEN OR STEAK 12.75

Succulent fresh chicken OR perfect tender steak

CHICKEN & STEAK COMBO 12.75

Succulent fresh chicken AND perfect tender steak

SPICY SEASONAL VEGETABLES (v) 9.30

Fresh and healthy

SURFING FAJITA 13.75

Marinated sole, calamari, squid and prawns

From the Mesquite Grill

BABY BACK RIBS 14.50

Full rack of pork ribs covered in BBQ sauce served with fries and coleslaw

BEEF RIB 12.15

Beef short rib with onion and chilli sauce served with corn on the cob and fries

1/2 & 1/2 12.15

Half a rack of baby back ribs and 4 spicy buffalo wings served with fries and coleslaw

HOT AS HELL (s) 17.50

9oz Sirloin steak with hot mustard peppercorn sauce served with buffalo fries and salad

SOL SANDWICHES

Texas style cheese steak served in a warm baguette with a side of buffalo fries **9.15**

Pulled pork in BBQ sauce, Mexican slaw, in a baguette with sweet potato fries **10.95**

SOL BURGERS

100% pure ground steak in a sesame bun. All served with fries, pickles and salad garnish

HICKORY BURGER 9.95

With bacon and cheese

CALIFORNIA BURGER 9.95

With sour cream, guacamole and cheese

MEXICAN BEAN BURGER (v) 9.95

Bean patty with halloumi, guacamole and garlic mayo

BBQ BURGER 9.95

With honey and BBQ sauce

CAJUN CHICKEN BURGER 9.95

With hot sauce and Monterey Jack cheese