

STARTERS

APPETIZERS

CHIPS & SALSA | 4.50 [Ⓢ]

Homemade salsa and freshly fried corn tortilla chips

GUACAMOLE | 10 [Ⓢ]

Fresh avocado, tomatoes, onions, and cilantro with our special blend of spices. Served with chips and salsa.

CRAB GUACAMOLE | 16

Fresh avocado, tomatoes, onions, red pepper, cilantro, and fresh jumbo lump crab meat mixed with spicy chile de arbol. Served with chips and salsa.

GOAT CHEESE GUACAMOLE | 14 [Ⓢ]

Fresh avocado, roasted poblano & red peppers, roasted corn, onions and cilantro combined into a delicious guacamole. Served on roasted tomato sauce and finished with goat cheese. Served with chips and salsa.

GRILLED JALAPENO GUACAMOLE | 14

Our fresh guacamole made with avocado, tomatoes, cucumbers, and onions. Topped with grilled jalapeno peppers, cilantro and queso fresco.

SALSA SAMPLER | 12

Choose 4 of the following: Salsa, Salsa Verde, Guacamole, Spicy Sour Cream Dip, Pico de Gallo, Refried Beans, Salsa Ranchera. Served with warm chips.

SOPES | 9

2 thick, homemade corn tortillas topped with refried beans, tender steak, cilantro, onions, and salsa verde.

CHICKEN FLAUTAS | 9

3 crispy fried tortillas, stuffed with shredded chicken breast simmered with diced tomatoes and onions. Served with lettuce, sour cream, and Pico de Gallo. Finished with mild tomato sauce and queso cotija.

BRISKET NACHOS | 18

Crispy corn tortilla chips topped with refried beans, salsa, lettuce, Pico de Gallo, melted cheese and crowned with our twenty-four-hour dry rubbed brisket. Served with guacamole and sour cream.

PORK BELLY | 14

Seared pork belly on a roasted tomatillo salsa. Topped with Pico de Gallo and avocado lime drizzle. Served with warm chips.

COWBOY TAQUITOS | 14

Five crispy taquitos filled with tender carnitas, Monterey and cheddar cheese topped with homemade mole sauce, crema drizzle and fresco crumbles. Served with guacamole, Pico de Gallo and garnished with pickled red onions.

EL SOL APPETIZER | 16

2 chicken flautas, 2 sopes and 2 cheese quesadillas. Served with sour cream, guacamole and Pico de Gallo.

FUNDIDO

Served with corn tortillas, chips, and salsa.

CHORIZO QUESO FUNDIDO | 14

Melted Mexican cheese and chorizo with diced poblano and red peppers.

CARNE ASADA QUESO FUNDIDO | 14

Tender grilled chopped steak added to melted Mexican cheese topped with green tomatillo sauce, peppers, and roasted corn.

THREE CHEESE QUESO FUNDIDO | 11 [Ⓢ]

A smooth and savory blend of Chihuahua, Monterey Jack, and Cheddar cheeses.

CEVICHE

Served with corn tortillas, chips, and salsa.

CHAPALA CEVICHE | 14

Small pieces of tilapia, cured in lime juice, tossed with tomatoes, onions, cilantro, and cucumbers with a hint of picante. Topped with fresh avocado slices.

ACAPULCO CEVICHE | 15

Chilled shrimp, cured in lime juice, tossed with crispy cucumber, celery, red onions, and avocado, with a hint of spice.

QUESADILLAS

Cheese melted between corn tortillas, served with Pico de Gallo, guacamole and sour cream.

CHEESE QUESADILLA | 12 [Ⓢ]

CHICKEN QUESADILLA | 13

With shredded chicken with onions and tomatoes.

VEGGIE QUESADILLA | 12 [Ⓢ]

SHRIMP QUESADILLA | 16

With shrimp and veggies in a flour tortilla

OUTLAW BRISKET QUESADILLA | 16

Large flour tortilla filled with dry rub brisket, caramelized onion, flavorful barbeque sauce, and a side of tomatillo sauce.

FAJITA QUESADILLA | 16

Large flour tortilla filled with melted cheddar jack cheese, grilled steak, chicken, peppers, tomatoes, and onions, served with shredded lettuce, sour cream, Pico de Gallo, guacamole and salsa ranchera.

SALADS

Add to Any Salad: Chicken Breast | 4 • Carnitas | 5 • Steak | 6 • Grilled Shrimp | 6 • 6oz Grilled Salmon | 8

Dressing Choices: House Lime Vinaigrette, Chipotle Ranch, Ranch, Lemon-Chili Vinaigrette, Caribbean Mango, Balsamic Vinaigrette or Salsa (served on the side)

TACO SALAD | 13 [Ⓢ]

2 fried corn tortillas filled with shredded lettuce, cheese, and tortilla strips. Served with Pico de Gallo, sour cream, and guacamole.

AVOCADO SALAD | 13 [Ⓢ]

Romaine lettuce with sliced avocado, tomatoes, cucumber, roasted poblano peppers, red onions, and guacamole dressing drizzle.

GRILLED ROMAINE & SALMON SALAD | 19

Grilled head of romaine lettuce with a grilled salmon filet, topped with diced tomatoes, chorizo bits, sliced avocado, and queso cotija, drizzled with a balsamic reduction and an avocado lime dressing.

CHICKEN FIESTA SALAD | 16

Iceberg lettuce, tomatoes, red onions, green peppers, cucumbers, kalamata olives, shredded cheese, and crispy tortilla strips, topped with pieces of grilled chicken breast tossed in a zesty picante sauce.

GRILLED VEGETABLE SALAD | 13 [Ⓢ]

Grilled veggies including zucchini, yellow squash, tomatoes, red peppers, onions, and portabella mushrooms, served on a bed of crisp romaine lettuce, finished with avocado dressing, balsamic vinaigrette, and cilantro.

GRILLED PORTABELLA SALAD | 15 [Ⓢ]

Romaine lettuce with grilled portabella cap and grilled queso fresco. Topped with cucumbers, red onions, roasted red peppers, tomatoes, and avocado drizzle.

BOWLS

BOWL OF SOUP SMALL | 4.5 • LARGE | 7

Ask your server for today's selection.

PANCHO'S BOWL | 17

Grilled adobo chicken, rice and black beans bowl topped with shredded cheese, lettuce, pico de galo, sour cream, and fresh avocado slices.

SPRING BOWL | 19 [Ⓢ]

This hearty vegetarian bowl is loaded with roasted squash, zucchini, red peppers, chickpeas, and black bean mix. Baked protein packed tofu is tossed in a savory glaze and piled onto a warm bed of cilantro rice.

TEX-MEX BOWL

CHICKEN | 19 • STEAK | 20 • SHRIMP | 22

Your choice of blackened chicken, shrimp, or steak, Mexican fried rice, fresh avocado, chickpeas and black bean mix, red cabbage slaw and roasted veggies come together in a healthy flavorful bowl.

TACOS

Served on soft corn tortillas, unless otherwise noted. Taco platters include three tacos, refried beans, and salad.

Single Tacos | 4.50 except Single Mahi or Shrimp Taco | 6.50

CARNE ASADA TACOS | 16

Tender grilled chopped steak topped with onions, cilantro, and salsa verde.

CHORIZO TACOS | 16

Grilled Mexican sausage, topped with cilantro, onions, and salsa verde.

TACOS RANCHEROS | 17

A combination of chorizo and carne asada in each taco. Topped with cilantro, onions, and salsa ranchera.

CHICKEN TACOS | 16

Shredded chicken breast simmered with diced tomatoes and onions then topped with cilantro, onions, and salsa verde.

FIESTA CHICKEN TACOS | 16

Soft flour tortillas filled with grilled chicken breast, Pico de Gallo, lettuce, avocado dressing, and spicy sour cream.

CARNITAS TACOS | 16

Tender pork simmered with spices then topped with Pico de Gallo, and salsa ranchera.

EL MEXICANO BRISKET TACOS | 18

Twenty-four-hour dry rubbed brisket on flour tortillas topped with flavorful barbeque sauce garnished with Pico de Gallo and crispy onion straws with a side of tomatillo sauce.

AL PASTOR TACOS | 16

Twenty-four hour marinated Pork Loin topped with cilantro, onions, and salsa verde.

MAHI MAHI TACOS | 18

Mahi Mahi, marinated in adobo sauce, grilled and served in flour tortillas with guacamole sauce, spicy sour cream, lettuce, Pico de Gallo, cucumber, avocado and salsa verde.

SHRIMP TACOS | 18

Grilled seasoned shrimp on flour tortillas, topped with Pico de Gallo, guacamole, and shredded lettuce. Drizzled with a creamy chipotle sauce and guacamole dressing.

GRILLED FISH TACOS | 15

Grilled tilapia, topped with cilantro, onions, and salsa verde.

BAJA TACOS | 16

Crispy fried battered Cod topped with homemade shredded cabbage slaw, and Baja Pico de Gallo and fresh avocado drizzle.

PORTABELLA MUSHROOM TACOS | 14

Sautéed portabella mushrooms and spinach topped with Pico de Gallo and roasted tomatillo salsa. Served with salad and vegetarian beans.

MIXED TACO PLATTER | 16

Your choice of three of our delicious tacos.

Mahi or Shrimp Taco - add 2 each.

ENCHILADAS

DOS AMIGOS ENCHILADAS | 16

Two flour tortillas filled with cheese and your choice of shredded chicken or steak. Topped with zesty red and green sauce along with queso cotija, spicy sour cream and guacamole. Served with lettuce, Pico de Gallo, and guacamole.

ENCHILADAS MEXICANAS | 18

3 corn tortillas filled with your choice of shredded chicken (with onions and tomatoes), steak, or cheese. Topped with salsa ranchera and melted cheese. Served with refried beans, rice, and salad.

ENCHILADAS VERDES | 18

3 corn tortillas filled with your choice of shredded chicken (with onions and tomatoes), steak, or cheese. Topped with salsa ranchera and melted cheese. Served with refried beans, rice, and salad.

ENCHILADAS DE CAMARON | 19

2 flour tortillas stuffed with shrimp, mushrooms, tomatoes, and onions. Topped with a roasted tomato chile sauce and melted cheese. Served with sour cream, guacamole, refried beans, and salad.

PULLED PORK ENCHILADAS | 18

2 flour tortillas filled with pulled pork tossed in our chipotle BBQ sauce, topped with roasted tomatillo sauce, melted cheese, and cotija cheese. Served with a side of refried beans, guacamole, Pico de Gallo, and topped with frizzled onions.

LA BANDERITA ENCHILADAS | 18

3 corn tortillas stuffed with tender shredded chicken topped with 3 different homemade cream sauces, Poblano, Ranchero, and Queso Blanco. Served with refried beans and Mexican rice.

ENCHILADAS DE VERANO | 16

2 flour tortillas filled with sauteed mushrooms, zucchini, yellow squash, spinach, tomatoes, and onions. Topped with salsa ranchera and finished with melted cheese. Served with rice and vegetarian beans.

FAJITAS

Fajitas are a sizzling skillet of sautéed green peppers, red peppers, onions, and tomatoes with strips of meat and drizzled with our homemade salsa ranchera. All fajitas are served with rice, beans, and tortillas on the side. Let your server know if you have additional requests.

CHICKEN FAJITAS | 18

STEAK FAJITAS | 19

SHRIMP FAJITAS | 20

FAJITAS MIXTAS | 22

Chicken, steak, and shrimp

VEGGIE FAJITAS | 16

Sautéed zucchini, yellow squash, and mushrooms.

EXTRAS

FAJITA TOPPINGS PLATE | 3

Sour cream, shredded lettuce, guacamole, and Pico de Gallo

ADDITIONAL VEGGIES | 3

Zucchini, yellow squash, and mushrooms

CHEESE | 3

Smother your fajitas in cheese

CHORIZO | 4

Add spicy Mexican sausage

El Sol 

CANTINA

3721 MARKET STREET

CAMP HILL, PA 17011

717-635-9800

ELSOLCANTINA.COM

GRATUITY OF 20% ADDED TO PARTIES OF 8 OR MORE

CHECKS CAN ONLY BE SPLIT 6 WAYS PER PARTY

 INDICATES VEGETARIAN

NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

BURRITOS

Wrapped in flour tortillas, served with sides of sour cream, guacamole, and Pico de Gallo, unless otherwise noted.

THE ORIGINAL BURRITO | 13

Our standard burrito starts with a warm flour tortilla, refried beans, lettuce, and shredded cheese. Your choice of shredded chicken, steak or carnitas.

SMOTHERED BURRITO | 14

Stuffed with refried beans, rice, your choice of salsa verde or zesty red sauce and melted cheese. Your choice of shredded chicken, steak or carnitas.

SHRIMP BURRITO | 15

Flour tortilla stuffed with spicy sautéed shrimp, mushrooms, zucchini, onion and tomatoes. Topped with shredded cheese and lettuce, then drizzled with avocado lime dressing.

FAJITA BURRITO | 14

Your choice of chicken or steak, with grilled green peppers, red peppers, onions, tomatoes, shredded lettuce, and cheese.

FRITO BURRITO | 15

Stuffed with rice, beans, and your choice of shredded chicken or steak. Fried then topped with spicy sour cream, roasted tomato sauce, and tortilla strips drizzled with guacamole dressing. Served with sour cream, guacamole, and Pico de Gallo.

CHILE RELLENO | 17

A large poblano chile stuffed with Mexican Oaxaca cheese, fried in an egg batter, topped with salsa verde and melted cheese, served with rice, vegetarian beans, salad and tortillas.

CARNE ASADA | 23

Two 5oz grilled ribeye steaks served with guacamole, refried beans, Pico de Gallo, spring onion, nopal, grilled jalapenos, tortillas, and a side of salsa ranchera.

POLLO COSTENO | 22

Grilled chicken breast tossed with chorizo, roasted tomato chili sauce, and melted cheese. Served with rice, beans, and salad.

CARNITAS | 20

Tender chunks of pork, fried and simmered in Mexican spices, served with refried beans, Pico de Gallo, guacamole, tortillas and a side of salsa ranchera.

EL RANCHERO | 23

Two 6oz grilled ribeye steaks in a Mexican style marinade, paired with a mild roasted tomatillo avocado salsa. Served with creamy chorizo mashed potatoes, refried black beans, Pico de Gallo, and corn tortillas.

POLLO AZTECA | 22

Tender charbroiled chicken breast topped with roasted red peppers and corn in a roasted red pepper sauce and garnished with queso fresco crumbles. Served with rice and tortillas.

TILAPIA JALISCO | 18

Tilapia filet topped with sautéed tomatoes, onions, and mushrooms in a tangy lime sauce. Served with rice, salad, and tortillas.

CAMARONES A LA DIABLA | 21

Jumbo Gulf shrimp and mushrooms sautéed in a spicy sauce made from 3 kinds of chiles and spices. Served with rice, salad, and tortillas.

TABASCO MAHI MAHI | 22

Blackened Mahi Mahi served over Spanish rice, and topped with a roasted red pepper cream sauce, sauteed spinach, roasted corn and red peppers.

AGUAS FRESCAS | 4

Homemade Mexican Beverages

Limonada: Fresh squeezed limeade

Agua de Jamaica: Hibiscus flower drink

Horchata: Sweet rice milk drink

MEXICAN SODAS | 4

Jarritos: Ask your server for current selection of flavors.

FOUNTAIN DRINKS | 3

Coca-Cola, Diet Coke, Cherry Coke, Sprite, Lemonade & Ginger Ale

BUFFALO BURRITO | 14

Grilled chicken breast tossed with buffalo sauce, Pico de Gallo, shredded cheese, lettuce, and chipotle ranch, wrapped in a flour tortilla, and served with refried beans, sour cream and guacamole.

BEAN BURRITO | 12

Filled with your choice of vegetarian pinto beans or our homemade refried beans, along with sautéed tomatoes, onions, mushrooms, zucchini, yellow squash, shredded cheese, and lettuce.

ON THE BORDER CHIMICHANGA | 18

Deep fried burrito stuffed with shredded adobo chicken, refried beans, Mexican rice, Monterey, and cheddar jack cheese. Topped with a homemade adobo cream cheese sauce and crema drizzle. Served with guacamole and sour cream.

EL PASO CHIMICHANGA | 17

Stuffed with ground beef, rice, black beans, Monterey and cheddar jack cheese, deep fried then topped with homemade cream cheese sauce, crema drizzle and Pico de Gallo. Served with guacamole and sour cream.

ENTREES

FLAUTAS ZAPATA | 16

2 fried flour tortillas, stuffed with shredded chicken breast, tomatoes and onions. Topped with salsa ranchera and melted cheese. Served with refried beans, lettuce, Pico de Gallo, sour cream, and guacamole.

POLLO VERDE | 20

Charbroiled chicken breast, topped with salsa verde, avocado, and garnished with cilantro. Served with rice, beans, and salad.
Add Cheese | 2

POLLO DIABLO | 20

Grilled, marinated chicken breast topped with roasted corn and peppers in a spicy diablo sauce. Served with rice, beans, and tortillas.

CHILES MIXTOS | 20

Two homemade chile rellenos (stuffed poblano peppers), one stuffed with ground beef and vegetable mixture topped with salsa verde and cheese, the other pepper stuffed with a shredded chicken breast and vegetable mixture topped with a roasted tomato chile sauce and cheese. Served with Pico de Gallo, sour cream, guacamole, rice, beans, and tortillas.

BISTEK GUADALAJARA | 29

6oz Tender filet medallions topped with sautéed green peppers, mushrooms, tomatoes, and onions, then finished with cheese and broiled. Served with rice, beans, and tortillas.

SEAFOOD ENTREES

MAHI MAHI CANTINA | 22

Grilled Mahi served over rice and finished with green tomatillo sauce. Topped with Pico de Gallo and guacamole dressing.

PUERTA VALLARTA SALMON | 22

Smokey 6 oz. salmon filet seared to perfection, topped with sweet and spicy mango Pico de Gallo. Served with buttery cilantro rice and tortillas.

FLOR DE MEXICO | 22

Blackened salmon seared to perfection, paired with sautéed roasted red peppers, yellow corn, and spinach topped with a creamy squash sauce. Served with Mexican rice and tortillas.

BEVERAGES

FRESHLY BREWED UNSWEETENED ICED TEA | 3

Also available – Strawberry Iced Tea, Raspberry Iced Tea, & Strawberry Lemonade

BOTTLED WATER | 4

Sparkling San Pellegrino

HOT COFFEE OR HOT TEA | 3