

Entrées

Enchiladas Mexicanas

Three 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 8.59

Enchiladas Verdes

Three corn tortillas filled with your choice of shredded chicken (with onions and tomatoes), steak or cheese topped with salsa verde and melted cheese. Served with refried beans, rice and salad 8.59

Enchiladas de Camaron

Two flour tortillas stuffed with shrimp, mushrooms, tomatoes and onions, topped with roasted tomato and chile sauce and melted cheese. Served with sour cream, guacamole, refried beans and salad 9.59

Crab Enchiladas Verdes

Two flour tortillas filled with lump crabmeat and vegetables, topped with salsa verde and queso fresco. Served with refried beans, salad, sour cream and guacamole 9.99

Huevos Rancheros

Eggs scrambled with chorizo, diced poblano and red peppers served over tortilla chips and topped with salsa ranchera and melted cheese. Served with refried beans, salad, sour cream and tortillas 9.59

Flautas Zapata

Two fried flour tortillas stuffed with our shredded chicken mix and topped with salsa ranchera and melted cheese. Served with refried beans, lettuce, pico de gallo, sour cream and guacamole 8.59

Enchiladas Norteñas

Two flour tortillas filled with eggs and chorizo, one topped with salsa ranchera, one topped with salsa verde and finished with melted cheese. Served with refried beans, salad and sour cream 8.59

Carnitas

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 8.99

Huevos con Chorizo

Eggs scrambled with chorizo (Mexican sausage). Served with rice, beans and tortillas 8.59

Soft Drinks

Fountain Drinks

Coca Cola, Diet Coke, Cherry Coke, Lemonade, Raspberry Iced Tea, Sprite 1.99

Mexican Sodas

Jarritos (No high fructose corn syrup or caffeine)
Mandarin, Mango, Strawberry, Guava, Pineapple, Grapefruit, Sidral Apple Soda 1.99

Bottled Water 1.99

Mexican Pepsi 1.99

Hot Coffee

100% Colombian, regular or decaf 1.99

Freshly Brewed Unsweetened Iced Tea 1.99

Desserts

Flan 4.50

Fried Ice Cream 4.50

Churro Sundae 4.50

Tres Leches Cake 4.50

Gift Cards Available

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness.

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EL SOL

Express



Mexican Restaurant

DINE IN & TAKE-OUT

3401 Hartzdale Drive

Capital City Plaza

Camp Hill, PA 17011

717.737.2545

Monday-Saturday 11am-9pm

WE ACCEPT:



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Appetizers

Chips & Salsa

Homemade salsa and freshly fried tortilla chips 2.99
Dining solo? "Personal size" 1.59

Guacamole

Fresh avocado, tomatoes, onions and cilantro with our special blend of spices served with chips and salsa 6.99

Chili Nachos

Fresh tortilla chips topped with chili, lettuce, pico de gallo, guacamole, sour cream, pickled jalapeños and melted cheese 8.59

Quesadillas

Cheese melted between corn tortillas and served with pico de gallo, guacamole and sour cream 7.99
Chicken Quesadillas (shredded chicken with onions and tomatoes) 8.99
Veggie Quesadillas 7.99
Shrimp Quesadillas (with veggies in a flour tortilla) 9.99

Ceviche

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. Served with warm chips 7.59

Chicken Flautas

Crispy fried tortillas stuffed with shredded spiced chicken and served with lettuce, sour cream, pico de gallo and finished with a mild tomato sauce 6.99

Red, White & Green

Grilled shrimp, guacamole and pico de gallo served with warm chips 8.99

Bowl of Soup

Ask for today's selections 3.99
Make it a combo with a small salad 6.59
Cup 2.99

Salads

Dressing choices (served on the side)

House Lime Vinaigrette • Chipotle Ranch • Caribbean Mango Ranch • French • Bleu Cheese • Salsa

Ensalada El Sol

Iceberg lettuce, pico de gallo, cucumbers and avocado 6.59

Ensalada Romana

Romaine lettuce, roasted red peppers, tomatoes, red onions, queso fresco, Kalamata olives and tortilla strips. Drizzled with avocado lime dressing 7.59

Fiesta Salad

Iceberg lettuce, tomatoes, red onions, green peppers, cucumbers, Kalamata olives, shredded cheese and crispy tortilla strips tossed in a zesty sauce 7.59

Fajita Salad

A bed of lettuce topped with sautéed onions, tomatoes and green peppers 7.59

Taco Salad

Shredded lettuce, tomatoes, onions, guacamole, sour cream, shredded cheese, pico de gallo and tortilla strips 7.59

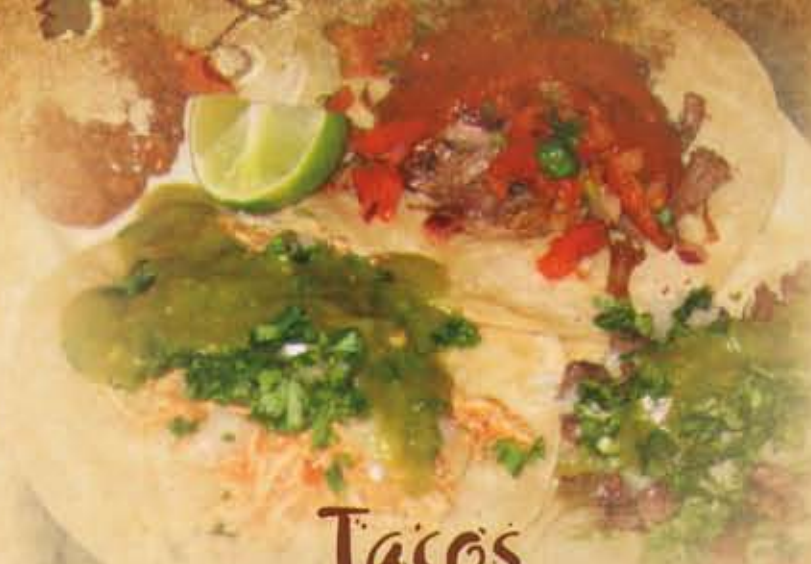
Ensalada Fresca

Mixed greens tossed with red onions, avocado, tomatoes and queso fresco with a fresh lemon/olive oil vinaigrette 7.59

Add the following to any salad:

Grilled Chicken Breast 2.00
Grilled Steak 2.59

Grilled Shrimp 2.99
Chicken, Steak & Shrimp 3.59



Tacos

Tacos are served on soft corn tortillas. Taco platters include 3 tacos, refried beans and salad

Grilled Fish Tacos

Grilled tilapia topped with cilantro, onions and salsa verde 8.99 • Single taco 2.75

Carne Asada Tacos

Tender grilled steak, chopped and topped with onions, cilantro and salsa verde 8.59 • Single taco 2.75

Carnitas Tacos

Tender pork, simmered with spices, topped with pico de gallo and salsa ranchera 8.59 • Single taco 2.75

Chorizo Tacos

Grilled Mexican sausage, topped with cilantro, onions and green sauce 8.59 • Single taco 2.75

Tacos Rancheros

A combination of chorizo and carne asada in each taco topped with cilantro, onions and salsa ranchera 8.99 • Single taco 2.75

Fried Fish Tacos

Crispy fried cod, topped with pico de gallo, lettuce and salsa ranchera 8.99 • Single taco 3.00

Lengua Tacos

Considered a delicacy in Mexico, these beef tongue tacos are topped with chopped onions, cilantro and salsa verde 8.99 • Single taco 2.75

Chicken Tacos

Shredded chicken breast simmered with diced tomatoes and onions, topped with cilantro, onions and salsa verde 8.59 • Single taco 2.75

Mixed Taco Platter

Choose any 3 tacos served with refried beans and salad 8.99

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Burritos

All burritos are wrapped in flour tortillas

Shrimp Burrito

Flour tortilla stuffed with zesty sautéed shrimp, mushrooms, onions and tomatoes with shredded cheese and lettuce served with sides of pico de gallo, guacamole and sour cream 7.99

Turkey Club Burrito

Smoked turkey breast, bacon, refried beans, shredded Monterey Jack and cheddar cheese, lettuce, pico de gallo and avocado lime dressing. Served with guacamole and sour cream 7.99

Bean Burrito

Choose from vegetarian pinto beans, our homemade refried beans (which contain chorizo), with sautéed tomatoes, onions, mushrooms, zucchini and yellow squash, shredded cheese and lettuce (no substitutions on the veggies, please) 7.59

Huevos con Chorizo Burrito

Scrambled eggs and Mexican sausage with cheese, refried beans, lettuce and salsa served with sides of pico de gallo, guacamole and sour cream 7.59

The Original Burrito

Our standard burrito starts with a warm flour tortilla, refried beans, lettuce and shredded cheese. Your choice of chopped steak, carnitas or shredded chicken. Served with sides of pico de gallo, guacamole and sour cream 7.59

Smothered Burrito

Stuffed with refried beans, rice and our shredded chicken mix, smothered with zesty red sauce and melted cheese served with sides of pico de gallo, guacamole and sour cream 7.99

Fajita Burrito

Your choice of chicken or steak with grilled green peppers, onions and tomatoes, shredded lettuce and cheese. Served with sides of pico de gallo, guacamole and sour cream 7.99

Chili Burrito

Beef chili, pico de gallo, lettuce, shredded cheese and crunchy tortilla strips wrapped in a flour tortilla and served with sides of guacamole and sour cream 7.99

Bring A Friend
To Lunch

HALF OFF LUNCH
buy 1 lunch at regular price,
get the 2nd half off

FREE
CHIPS & SALSA
with purchase over \$10

\$1 OFF
ANY BURRITO

\$5 OFF
ANY PURCHASE
of \$25 or more

With this coupon. Not valid with other offers. Other expires 11/30/10.

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