

# FLAME GRILLS

# CHICAS EY CHICOS KIDS CORNER

**Brazilian Malagueta Skewers** – boneless chicken thighs marinated in a malagueta sauce full of smoky paprika & garlic flavours glazed with honey & mustard accompanied by onions & peppers served sizzling to your table (taste sensation!) Served with Aroz Mexicana or Chunky Fries and house salad & dips **£9.95**

Add seasoned sweet potato fries for an extra £1

**Filete de Pollo – Poblano Chicken Steak** - a succulent chicken breast fillet marinated & flame grilled and basted with your choice of Honey & Mustard, Chipotle or Habanero glaze served with chunky fries, house salad & coleslaw **£9.95**

Add seasoned sweet potato fries for an extra £1

## STEAK

**How do you want your steak?** please see our guide below

- Rare – red throughout
- Medium Rare – slightly pink with a red centre
- Medium – light pink
- Medium Well – fading traces of pink
- Well Done – no pink

**Solo Millo – Sirloin Steak** – premium beef sirloin 8oz, seasoned & grilled to you perfection. Served with grilled tomatoes, chunky fries, house salad & coleslaw. With your choice of Briande creamy Peppercorn sauce, Smoky Stroganoff sauce or Fiery Habanero sauce **£14.95**  
Add seasoned sweet potato fries for an extra £1

**T-Bone Filete Steak** - premium beef classic 8oz seasoned & grilled to your perfection served with grilled tomatoes, chunky fries, house salad & coleslaw. With your choice of Briande creamy Peppercorn sauce, Smoky Stroganoff sauce or Fiery Habanero sauce **£15.95**  
Add seasoned sweet potato fries for an extra £1

## MARISCOS SEAFOOD

**Lubina – Seabass** – 2 fillets of seabass seasoned and served in a roasted pepper sauce with Aroz Mexicana, Ancho Potatoes and a house salad **£13.95**

**Gambas Malagueta – Brazilian King Prawn Skewers** – marinated in a malagueta sauce full of smoky paprika and garlic flavours and glazed with honey & mustard accompanied by chunky onions & peppers served sizzling to your table (taste sensation!) Served with Aroz Mexicana Ancho Potatoes and a house salad **14.95**

**Filete De Salmon – Fresh Scottish Salmon Fillet** – a fillet of salmon seasoned and served with Aroz Mexicana, Ancho Potatoes and a house salad **£13.95**

## SIDES

- Chunky Fries **£2.00**
- Seasoned Sweet Potato Fries **£3.00**
- French Fries **£2.00**
- House Slaw **£2.00**
- Warm Flour tortillas **per tortilla £1.00**
- Corn tortilla chips **£1.00**
- Onion Rings **£2.50**
- Aroz Mexicana (Mexican Rice) **£2.50**
- Cilantro Rice **£2.00**
- Extra House Dips - sour cream, guacamole, salsa, jalapenos, sweet chilli & corn, chipotle mayo **per pot £1**

Small size portions for 10 yr olds and under.

**All £4.95**

**Chicken Burrito** - cilantro rice, re-fried beans, cheese, sour cream wrapped in a flour tortilla served with a house salad and dips

**Queso Burger** – handcrafted 3oz prime 100% beef burger seasoned and flame grilled in a seeded bun with beef tomato & lettuce topped with cheese served with french fries & dips

**Chicken Burger** – Chicken fillet burger in a seeded bun with lettuce and mayo served with french fries & dips

**Tostada** - a Mexican style layered pizza topped with beef chilli & cheese

**Veggie Burger** – home made vegetable pattie fried and served with lettuce, mayo served with french fries & dips

**Fish Finger Meal** – 4 100% fish fingers served with french fries & dips.

## KIDDIES ICE CREAM

any 2 scoops of Vanilla, Chocolate or Strawberry **£1.95**

# SOLO

## MEXICAN GRILL



# ENTRADAS STARTERS

- Soupa** - spicy chicken and bean soup £3.50
- Nachos** - melted cheese with salsa, sour cream & jalapenos £3.50
- Empanada** – Mexican pasties served with a sweet chilli sauce
- Chipotle Chicken £3.95
- Three Bean (V)
- Alas De Pollo** – sweet & spicy Chicken wings served with a chipotle mayo & a sweet chili sauce £3.95
- Goujons De Pollo** – spicy chicken goujons served with chipotle mayo & a sweet chili sauce £3.95
- Pastel De Pescado** – crispy fishcakes served with a sweet chilli sauce £4.50
- Gambas Malagueta** - chargrilled marinated king prawns served with sweet chilli sauce £4.95
- Albondigas** – old Mexican favourite with a spicy twist Spicy lamb meatballs in a tomato & roasted pepper picante sauce with corn tortilla chips to dunk £3.95
- Patatas Bravas** – (v) sauted potato chunks in a tomato & pepper picante sauce £3.95
- Guac** - (v) a bowl of freshly made guacamole served with corn tortilla chips £4.50

- To Share** - 2 people
- Nachos** - warm corn tortilla chips smothered with your choice of filling and then topped with cheese sauce, jalapenos, salsa and sour cream
  - Beef Chilli £6.50
  - Chipotle Chicken £5.95
  - Classic cheese (v) £4.95

- Tacos** – 4 x small corn tortillas with your choice of filling, sour cream, cheese, jalapenos, house salad & dips
- Beef Chilli £6.95
- Chipotle chicken £5.95
- Beef Steak £6.95
- Veggie Delux (v) £5.95
- Chilli prawns £6.95

- Chunky Chilli** – chunky chips smothered with beef chilli, cheese sauce, jalapenos & salsa £6.95
- Chunky Cheese** – (v) chunky chips smothered with cheese sauce jalapenos & salsa £5.95

## SALADS

- SOL house salad** – (v) onions, peppers, tomatoes, feta cheese, olives & mix leaves in a house dressing £3.95
- Add Chipotle Chicken for an extra £3.00
- Mango & Avocado Salad** – (v) Mango, Avocado, peppers, baby spinach and mixed leaves in a house dressing. £5.95
- Add Chipotle Chicken for an extra £3.00

# CUCINA MEXICANA MEXICAN KITCHEN

- FAJITAS** - freshly cooked in our special mix of authentic mexican spices with onions & peppers served sizzling to your table with guacamole, sour cream, house salsa, and soft flour tortillas
- Chicken fillet £8.95
- Beef Steak £9.95
- King Prawns £11.95
- Veggie Delux (V) £7.95

## FROM THE STREET TRADITIONAL MEXICAN STREET FOOD

- Burrito** – cilantro rice, re-fried beans, cheese, jalapenos, sour cream, wrapped in a soft flour tortilla served with a house salad and dips
- Chipotle Chicken £7.95
- Beef Steak £8.95
- Albondingas £7.95
- Beef Chilli £8.50
- Veggie Delux (V) £6.95

- Enchilada** - re-fried beans, cheese, jalapenos, wrapped in a soft corn tortilla and baked in the oven topped with a house picante sauce and melted cheese served with a house salad and dips (house favourite)
- Chipotle Chicken £7.95
- Beef Steak £8.95
- Albondingas £7.95
- Beef Chilli £8.50
- Veggie Delux (V) £6.95

- Chimichanga** - cilantro rice, re-fried beans, cheese, jalapenos, sour cream wrapped in a soft flour tortilla and then shallow fried served with a house salad and dips
- Chipotle Chicken £7.95
- Beef Steak £8.95
- Albondingas £7.95
- Beef Chilli £8.50
- Veggie Delux £6.95

- Quesadilla** – a soft flour tortilla with cheese and a choice of your filling folded and griddled, served with a house salad, guacamole & house dips
- Chipotle Chicken £7.95
- Beef Steak £8.95
- Beef Chilli £8.50
- Veggie Delux (V) £6.95

- Gordita** – soft flour tortilla with re-fried beans, peppers, salsa, jalapenos and cheese sandwiched with your choice of filling and shallow fried.
- Served with a house salad & dips
- Chipotle Chicken £7.95
- Beef Steak £8.95
- Beef Chilli £8.50
- Veggie Delux (V) £6.95

Gluten free, wheat free & wholemeal tortillas available on request when ordering

# CUCINA MEXICANA CONTINUED

- Tostada** – a Mexican style layered pizza with a choice of your filling topped with cheese, salsa, jalapenos & sour cream drizzle (another house favourite!)
- Chipotle Chicken £8.50
- Beef Steak £9.50
- Beef Chilli £9.00
- Veggie Delux (V) £7.50

## LATINO SPECIALITIES

- Albondingas – Spicy Meatballs** – an old classic Latino dish with a spicy twist. Spicy lamb meatballs in a tomato & roasted pepper picante sauce served with Aroz Mexicana and a house salad £10.95
- Pollo Ensopado** - chicken in a chipotle and coconut sauce served with cilantro rice and a house salad £8.95
- Chilli Con Carne** – this well known Mexican dish is made with mince beef, kidney beans & peppers in a picante sauce served with cilantro rice, house salad and some corn tortilla chips if you feel the need to dunk! £8.95
- Verduras Chilli – Veggie Chilli** – (V) sweet potatoes, onions, peppers, sweetcorn, kidney beans & chick peas in a picante sauce served cilantro rice, house mix salad and some corn tortilla chips if you feel the need to dunk! £7.95
- Pollo Poblanos** - chicken in a roasted pepper poblano and cream cheese sauce served with Cilantro Rice, Ancho Potatoes and a house salad £9.95

## GOURMET BURGERS

Handcrafted prime beef or prime chicken breast fillet burgers seasoned & spiced and delicately flame grilled in a brioche bun served with chunky fries, coleslaw, house salad & dips. Add seasoned sweet potato fries for an extra £1

**toppings** - jalapenos, fried onions, cheese, fried mushrooms, grilled peppers, burger relish, sweetcorn relish, guacamole, chipotle mayo, onion rings, peanut butter, gherkins, fiery habanero sauce, green salsa

	Single topping 50p	Any 2 toppings £1	Any 4 £1.75		
	Beef 6oz	Beef 12oz	Chick Single	Chick Double	
<b>Classic Burger</b> – traditional beef pattie	6.95	9.95	6.50	9.50	
<b>SOL Signature</b> – beef chilli, jalapenos, cheese, onion rings, green salsa	8.70	11.70	8.25	11.25	
<b>Queso</b> - topped with melted cheese	7.45	10.45	7.00	10.00	
<b>Acapulco</b> – topped with beef chilli & cheese	8.45	11.45	8.00	11.00	
<b>Toro</b> – topped with jalapenos, fiery habanero sauce, fresh onion (hot)	8.45	11.45	8.00	11.00	
<b>Loco</b> – peanut butter, jalapenos, sweetcorn relish	8.45	11.45	8.00	11.00	
<b>Gringo</b> – fried onions, onion rings, cheese	8.45	11.45	8.00	11.00	
<b>Zozo</b> – mushrooms, jalapenos, burger relish, fried onions	8.70	11.70	8.25	11.25	
<b>Veggie Santa Fe</b> – (V) a spicy vegetable pattie made with lentils spinach chickpeas peppers & onions topped with chipotle mayo and lettuce			Single £6.95	Double £8.95	