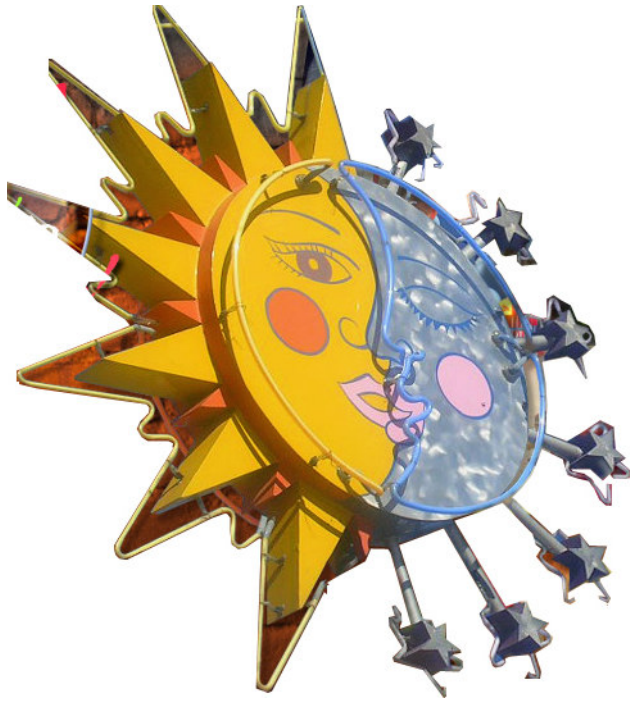


# EL SOL Y LA LUNA

LATIN AMERICAN CUISINE • FULL BAR  
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WE NOW DELIVER LOCALLY...512.444.7770...\$25.00 Minimum

For special events and catering, please call Nilda at 512.203.4003

## BREAKFAST

### DESAYUNOS MEXICANOS

• all served with two corn or flour tortillas •

- **HUEVOS RANCHEROS** • Two eggs any style with ranchero sauce, served with potatoes and beans 5.5
- HUEVOS A LA MEXICANA** • Two eggs scrambled with onion, bell pepper, tomato, served with potatoes and beans 5.5
- **HUEVOS MOTULEÑOS** • Two eggs any style served with black beans over a corn tortilla, topped with ranchero sauce and cheddar cheese 5.5
- MACHACADO CON HUEVO** • Mexican style dried shredded beef with scrambled eggs, tomato and onion, served with potatoes and beans 5.5
- HUEVOS CON CHORIZO** • Two eggs scrambled with Mexican pork sausage, served with potatoes and beans 5.5  
Substitute with vegetarian chorizo 7
- MIGAS** • Two scrambled eggs with tortilla strips, cheddar cheese and ranchero sauce, served with beans 5.5  
Add mushroom or chorizo 6.5  
Substitute with veggie chorizo 7.5
- CHILAQUILES ROJOS OR VERDES** • Tortilla strips with verde or chipotle sauce, topped with jack cheese and sour cream, served with choice of black or pinto beans 5  
Add one egg 6  
Add chicken 7
- **PLANTAIN BREAKFAST** • (seasonal) 6  
Two eggs any style, black beans, fried plantains and sour cream on the side

### OMELETTES

• served with seasonal fruit and your choice of two corn or flour tortillas •

- OMELETTE ESTRELLA** • Filled with jack and cheddar cheese, tomato and onion 6
- OMELETTE SOL** • Filled with mushroom, tomato and onion, topped with cheddar cheese 7
- OMELETTE LUNA** • Filled with spinach, tomato and onion, topped with jack cheese 7
- OMELETTE ECLIPSE** • Filled with spinach and mushroom, tomato and onion, topped with jack and cheddar cheese 7
- OMELETTE VEGETARIAN** • Filled with soy bean chorizo, tomato and onion, topped with jack cheese 7

### DESAYUNOS AMERICANOS

- HEALTHY BREAKFAST** • Egg whites scrambled with mushroom, served with black beans and sliced avocado 7
- **BREAKFAST AMERICANO** • Two eggs any style, served with two strips of bacon and two waffle wedges 7
- SMOKED SALMON BREAKFAST** • Salmon with one egg any style, served with a whole wheat bagel and cream cheese 7
- GRANOLA** • (with whole milk or soy milk) 3  
With seasonal fruit 5
- OATMEAL** • 3
- WHOLE WHEAT TOAST** • Served with butter and jelly 2.5
- TOASTED WHOLE WHEAT BAGEL** • Served with cream cheese and jelly 2.5
- WAFFLES** • (dressed with whipped cream and strawberries) 5  
One waffle served with whipped cream on top, maple syrup and butter on the side

## TACOS, A LA CARTE AND BEVERAGES

### TACOS

- ANNA'S TOFU TACO** • 3  
Fresh stir fried vegetables with organic tofu on a whole wheat tortilla, served with thai peanut sauce, sprinkled with cinnamon
- SMOKED SALMON TACO** • 3  
On a corn tortilla served with cabbage
- GRILLED CATFISH TACO** • 3  
On a corn tortilla with cabbage, creamy chipotle sauce and sliced avocado
- EGG TACO** 1
- BEAN TACO** 1
- BEAN AND CHEESE TACO** 2
- POTATO AND EGG TACO** 2
- BACON AND EGG TACO** 2
- MUSHROOM AND EGG TACO** 2
- PICADILLO** 2
- MIGA TACO** 3
- MACHACADO & EGG** 3
- VEGETARIAN CHORIZO & EGG** 3
- CHORIZO & EGG** 2
- VEGETARIAN CHORIZO & EGG** 3
- CHORI-MIGA TACO** 3
- VEGGIE CHORI-MIGA TACO** 3
- CARNE GUISADA** 3
- CHICKEN FAJITA** 3
- BEEF FAJITA** 3
- AL PASTOR** 3
- PUERCO** (pork) 3

### BEVERAGES

- HOUSE COFFEE or TEA** (iced or hot) 2
- ESPRESSO** 3
- CAPPUCCINO OR LATTE** 3
- SODAS** (coke, diet coke, dr. pepper, sprite) 2
- FRESH SQUEEZED LEMONADE** 3
- FRESH SQUEEZED ORANGE or CARROT JUICE**  
small 3  
large 5
- JUICE** (apple, cranberry, tomato, pineapple, and grapefruit) 3
- AGUAS FRESCAS** 3
- SMOOTHIE** 3
- MILK** 2
- SOY MILK** 2
- MINERAL OR SPRING BOTTLED WATER** 2
- HOMEMADE MEXICAN HOT CHOCOLATE** (winter) 2

### HOURS OF OPERATION

Monday • Closed  
Tuesday to Thursday • 8am to 11pm  
Friday & Saturday • 8am to 2am  
Sunday • 9am to 4pm

For separate checks, please inform your server  
before placing your order.

### A LA CARTE

- TORTILLA** (corn or flour) 25
- PICKLED JALAPEÑOS** 1
- FRESH JALAPEÑOS** 1
- ONIONS** 1
- CILANTRO** 1
- EGG** 1
- LETTUCE** 1
- TOMATOES** 1
- SOUR CREAM** 1
- PICO DE GALLO** 1
- RICE** 2
- PINTO or BLACK BEANS** 2
- GUACAMOLE** 2
- VEGETARIAN CHORIZO** 2
- BACON** (two slices) 2
- SLICED AVOCADO** 2
- CHORIZO** 2
- HOME FRIES** 2
- FLAUTA** 3
- CHICKEN CHALUPA** 3
- BEEF CHALUPA** 3
- BLACK BEAN CHALUPA** 3
- CRISPY BEEF TACO** 3
- CRISPY CHICKEN TACO** 3
- ONE TAMAL** (pork or chicken) 3
- PLANTAINS** (with sour cream) 3
- ENCHILADA** 3
- GRILLED TOFU** 3
- SMALL FRUIT PLATE** 4
- LARGE FRUIT PLATE** 6
- SMOKED SALMON** 5

## APPETIZERS

<b>CHIPS AND SALSA</b> •	3
<b>GUACAMOLE</b> • Served with chips and salsa	6
<b>CHILI CON QUESO</b> • Served with chips and salsa	6
Add guacamole	8
<b>NACHOS</b> • Tostadas topped with pinto beans, chile con queso and pickled jalapeños on the side	6
Add beef or chicken	8
<b>VEGGIE NACHOS</b> • Tostadas topped with black beans, chile con queso and pickled jalapeños on the side	6
<b>EMPANADAS</b> • Homemade veggie or shrimp empanadas served with crema chipotle	7
<b>SMOKED SALMON</b> • 3 ounce salmon fillet served with cream cheese, capers, pickled jalapeños and sun-dried tomato sauce, served with wheat crackers	7
• <b>COCTEL DE CAMARONES CARIBEÑO</b> • Five shrimp served with cocktail sauce, pico de gallo and cucumber	7
• <b>COCTEL DE CEVICHE TRADICIONAL</b> • Fresh seasonal fish cured in citrus juice with tomato, onion and cilantro	7
<b>STUFFED CREAM CHEESE JALAPEÑOS</b> • Four jalapeños stuffed with cream cheese, served with creamy spicy chipotle and ranch dressing on the side	5

## QUESADILLAS

• all served with guacamole, pico de gallo and sour cream •

<b>QUESADILLA DE QUESO</b> • Jack and cheddar cheese melted between flour tortillas	6
<b>SPINACH &amp; MUSHROOM QUESADILLA</b> • Spinach, mushroom and jack cheese	7
Add tofu	9
<b>CHICKEN QUESADILLA</b> • Grilled chicken, served with creamy spicy chipotle sauce, jack and cheddar cheese	8
Add veggies	9
<b>QUESADILLA CON CHORIZO</b> • Traditional Mexican sausage with jack cheese	8
Substitute with veggie chorizo	9

## ENSALADAS

• served with your choice of dressing: honey mustard, blue cheese, tomato vinaigrette or ranch •

<b>ENSALADA DEL SOL</b> • A fresh mix of organic greens with tomato, carrots, black olives, mushroom and bell pepper	6
Add smoked salmon	9
<b>ANNA'S TOFU SALAD</b> • Organic tofu on a bed of organic mixed greens with tomato, black olives, mushroom, bell pepper, sliced avocado, jack and cheddar cheese	9
<b>ENSALADA DE LA LUNA</b> • Jicama, beets and cucumbers on a bed of organic mixed greens with spicy lemon juice and cayenne pepper dressing on the side	5
<b>GRILLED CATFISH SALAD</b> • Grilled catfish on a bed of organic mixed greens with tomato, black olives, carrots, mushroom, sliced avocado and fresh pineapple	9
<b>FAJITA SALAD</b> • Grilled chicken or beef fajitas on a bed of organic mixed greens, tomato, olives, mushroom, bell pepper, sliced avocado, jack and cheddar cheese	9
<b>SAMI'S TACO SALAD</b> • Two crispy tortilla shells filled with refried beans, ground beef, iceberg lettuce, tomato, sliced avocado, jack and cheddar cheese	8
• <b>NILDA'S CAESAR SALAD</b> • Romaine lettuce, poblano caesar dressing, shaved cotija cheese and croutons	7

## LUNCH AND DINNER ENTREES

## ENCHILADAS

• all served with rice and beans (pinto or black) •

*Your option of two chicken, beef, cheese, or spinach and mushroom enchiladas*

<b>ENCHILADAS ZACATECANAS</b> • With a spicy creamy avocado sauce topped with cheese	8
<b>ENCHILADAS CREMA CHIPOTLE</b> • With a spicy creamy chipotle sauce, sprinkled with cheese	8
<b>ENCHILADAS VERDES</b> • With a green chile sauce topped with cheese	8
<b>ENCHILADAS RANCHERAS</b> • With a mild ranchero sauce topped with cheese	8
<b>ENCHILADAS DE MOLE</b> • With homemade chocolate based mole sauce topped with cheese	8

*Specialty Enchiladas*

<b>GRILLED CATFISH ENCHILADAS</b> • Grilled catfish with a creamy chipotle sauce, sprinkled with jack cheese	8
<b>SMOKED SALMON ENCHILADAS</b> • Smoked salmon with a creamy avocado sauce, sprinkled with jack cheese	8
<b>ENCHILADAS ENVUELTAS</b> • Adobo slow cooked pork with salsa tomatillo, sprinkled with jack cheese	8
<b>VEGETARIAN ENCHILADAS</b> • Spinach and mushroom with salsa tomatillo, sprinkled with jack cheese	8

## SOPAS

• all served with two corn or flour tortillas •

<b>CALDO DEL SOL</b> • (served Tuesday to Friday) Our very own chicken and vegetable soup with carrots, chayote squash, zucchini, yellow squash, celery, green beans, corn and an avocado slice	5
Add rice	6
<b>SMALL CALDO DEL SOL</b> •	4
<b>POZOLE</b> • (weekend special) Hominy chicken soup served with oregano, chile de arbol, onion and lime on the side	5
<b>SMALL POZOLE</b> •	4

## CHALUPAS, TACOS, FLAUTAS AND SANDWICHES

<b>CHALUPAS DE LA LUNA</b> • Black beans topped with lettuce, tomato and jack cheese over two crispy corn tortillas	7
<b>CHALUPAS DEL SOL</b> • Beans topped with chicken, lettuce, tomato and cheddar cheese over two crispy tortillas	7
<b>CHALUPAS ECLIPSE</b> • Beans topped with picadillo (ground beef), lettuce, tomato, jack and cheddar cheese over two crispy corn tortillas	7
<b>CRISPY TACO</b> • Two crispy tacos filled with chicken or beef, lettuce, tomato, cheese and guacamole, served with rice	7
<b>TACOS DE PUERCO</b> • Two tacos on corn tortillas with adobo slow cooked pork, served with rice, salsa tomatillo with cilantro and onion on the side	7
<b>FLAUTAS DE POLLO</b> • Three chicken flautas topped with jack cheese, sour cream, guacamole and pico de gallo, served with rice and beans	8
<b>SOLAR CHICKEN SANDWICH</b> • Grilled chicken breast served on a whole wheat bun, with mixed greens, pickles, tomato, french fries and creamy chipotle sauce on the side	7
Add jack cheese or sautéed mushroom	8
<b>TORTA DE PUERCO</b> • Adobo slow cooked pork on a whole wheat bun served with mixed greens, tomato, salsa tomatillo and french fries	7

## MARISCOS

<b>CAMARONES A LA DIABLA</b> • Large shrimp in a very spicy mix of chiles, bell pepper, onion, tomato and bacon, served with rice	10
<b>CATFISH PLATTER</b> • Fried or grilled catfish served with coleslaw, pico de gallo and french fries	8
<b>SALMON TACO PLATE</b> • Two corn tacos with smoked salmon and cabbage, served with rice	7
<b>GRILLED CATFISH TACO PLATE</b> • Two corn tacos with grilled catfish and cabbage, with creamy chipotle sauce, sliced avocado, served with rice	7

## PLATOS

<b>OAXACAN TAMAL PLATE</b> • Pork or chicken stuffed tamal wrapped in a banana leaf, served with rice and beans	8
<b>NILDA'S TACO PLATE</b> • Grilled chicken on a corn tortilla with mixed greens, served with rice, black beans and honey mustard on the side	7
<b>PLATO CUBANO</b> • (when available) Black beans, rice, plattains with sour cream on the side, lettuce, tomato, and your choice of two corn or flour tortillas	7
<b>HEALTHY LUNCH</b> • Grilled chicken breast, sliced avocado, lettuce and tomato, served with black beans and your choice of two corn or flour tortillas	7
<b>CARNE GUISADA PLATE</b> • Traditional Mexican beef tips with gravy, served with rice and beans and your choice of two corn or flour tortillas	7
<b>FAJITA PLATE</b> • Grilled chicken or beef fajita strips, served with rice, beans, pico de gallo, and your choice of two corn or flour tortillas	8
Add guacamole	10
<b>VEGGIE FAJITA PLATE</b> • Vegetables grilled with onion and bell pepper, served with rice, black beans, pico de gallo and your choice of two corn or flour tortillas	8
Add guacamole	10
<b>ANNA'S TOFU PLATE</b> • Tofu grilled with vegetables, rice, black beans, pico de gallo, served with a thai peanut sauce, and your choice of two corn or flour tortillas	8
Add guacamole	10
<b>CHIPOTLE CHICKEN PLATE</b> • Chicken breast basted with a spicy creamy chipotle sauce, topped with sliced tomato, jack cheese, served with rice, black beans, and your choice of two corn or flour tortillas	9
<b>MOLE CHICKEN PLATE</b> • Chicken breast basted and topped with our special mole sauce and jack cheese, served with rice, beans, and your choice of two corn or flour tortillas	9
<b>RIBEYE RANCHERO STEAK</b> • Six ounce rib eye steak with a baked potato, side salad, rice and ranchero sauce on the side	12

## CHILDREN'S PLATES (children 12 and under)

• <b>CHILD'S BREAKFAST PLATE</b> • One egg any style with a side of bacon and toast	4
<b>CHEESE ENCHILADA</b> • Cheese enchilada with queso, served with rice and beans	5
<b>CRISPY TACO</b> • Choice of chicken, beef or cheese taco, served with rice and beans	5
<b>GRILLED CHEESE SANDWICH</b> • Served with french fries	5

## DESSERTS

<b>TRADITIONAL FLAN</b> •	5
<b>PASTEL DE TRES LECHE</b> • A moist and delicious homemade dessert	5
<b>SOPAPILLAS</b> • Served with sweet cream and honey	5
• <b>PASTEL DE CHOCOLATE IBARRA</b> • Warm chocolate cake with a cinnamon ganache and Amy's Mexican vanilla ice cream	7
<b>AMY'S MEXICAN VANILLA ICE CREAM</b> •	4