

open early- mon-fri @ 7 / sat & sun @ 8 ★ open late- sun-thurs 'til midnight / fri & sat 'til 2 a.m.

We deliver 7 days 10 a.m.'til midnight ★ 415-451-4765

SOL FOOD ★ PUERTO RICAN CUISINE

★ **CALDOS / soups** • WE OFFER HOMEMADE SOUP EVERY DAY. PLEASE ASK. **4.95 / 6.95**

★ **APERITIVOS • Appetizers**

COCTEL DE CAMARONES • WHEAT FREE • **11.25**

5 LARGE PRAWNS MARINATED WITH ONION, RED PEPPERS, CILANTRO, SPANISH OLIVES, FRESH LIME & OLIVE OIL.

CAMARONES EMPANIZADOS • WHEAT FREE • WE USE RICE FLOUR AND PLANTAIN. **12.25**

5 LARGE FRIED PRAWNS MARINATED AND BREADED WITH GREEN PLANTAIN.

SERVED WITH FRESH LIME & SAUCE FOR DIPPING.

MARIQUITAS • WHEAT FREE • GREEN PLANTAIN SLICED THIN AND FRIED CRISPY. **5.75**

★ **COMBINACIONES • Combinations • ALL ARE WHEAT FREE**

ALL COMBINACIONES ARE SERVED WITH ORGANIC SALAD & FRIED PLANTAIN.

SUBSTITUTE MOFONGO FOR RICE - ADD 2.00 / WE USE RICE BRAN OIL FOR FRYING.

POLLO AL HORNO • FREE RANGE/WHEAT FREE **1Pc 9.25 / 2Pcs 12.25 / 3Pcs 14.95**

BONELESS, SKINLESS CHICKEN THIGHS MARINATED WITH OREGANO AND GARLIC THEN BAKED.

SERVED WITH RICE. CHOOSE PINK OR BLACK BEANS.

BISTEC ENCEBOLLADO • ALL NATURAL BEEF/WHEAT FREE **SM 9.25 / LG 11.95**

THINLY SLICED STEAK SAUTÉED WITH ONIONS. SERVED WITH RICE. CHOOSE PINK OR BLACK BEANS.

CHULETAS FRITAS • WHEAT FREE • **SM 9.25 / LG 11.95**

THIN CUT, PAN FRIED PORK CHOPS. SERVED WITH RICE & PICKLED PINK ONIONS. CHOOSE PINK OR BLACK BEANS.

VEGETARIANO • VEGAN/WHEAT FREE • SERVED WITH RICE. **SM 7.50 / LG 9.50**

PINK BEANS STEWED WITH HERBS AND SPANISH OLIVES

— OR —BLACK BEANS SIMMERED WITH PEPPERS, ONIONS & CILANTRO. SERVED W/FRESH AVOCADO.

MOFONGO RELLENO DE CAMARONES • WHEAT FREE • (NO PLANTAIN CHOICE) **SM 14.95 / LG 17.95**

OUR SAUCY GARLIC PRAWNS SERVED ON TOP OF MASHED GREEN PLANTAIN. SERVED WITH FRESH AVOCADO.

CAMARONES EMPANIZADOS • WHEAT FREE • **SM 15.95 / LG 18.95**

LARGE, FRIED PRAWNS BREADED WITH GREEN PLANTAIN.

SERVED WITH RICE, FRESH LIME & SAUCE FOR DIPPING. CHOOSE PINK OR BLACK BEANS.

CAMARONES CRIOLLOS • WHEAT FREE • **SM 14.95 / LG 17.95**

PRAWNS SAUTÉED WITH GARLIC AND ONIONS IN A TOMATOY SAUCE. SERVED OVER RICE WITH FRESH AVOCADO.

★ **SÁNDWICHES • SMALL SALAD 1.50 / SMALL RICE & BEANS 2.50**

All sandwiches are made on french bread and are flat-pressed.

Make any sandwich wheat free – substitute tostones for bread!

NIÑO POBRE • THE PUERTO RICAN "PO' BOY". PLANTAIN-FRIED PRAWNS WITH ICEBERG LETTUCE, **11.45**
TOMATO AND CILANTRO-LIME MAYO ON TOASTED FRENCH BREAD WITH BUTTER.

CHORIPAN • SPANISH CHORIZO, BAKED HAM AND SWISS CHEESE. **8.25**

ENSALADA DE POLLO FRÍO • ROAST CHICKEN MIXED WITH CARROTS, CELERY, MAYO & FRESH LIME. **8.95**

SERVED WITH RIPE TOMATO, LETTUCE & PICKLED PINK ONION. FREE RANGE.

CUBANO • ROAST PORK, HAM, MUSTARD, MAYO, PICKLES & SWISS CHEESE. **9.45**

POLLO • FREE RANGE ROAST CHICKEN, HAM, SAUTÉED ONIONS, TOMATO, ORGANIC GREENS, **9.45**

SWISS CHEESE AND CILANTRO-LIME MAYO.

VEGGIE DELUXE • VEGETARIAN AVOCADO, ROASTED RED PEPPERS, SAUTÉED ONIONS, ORGANIC **9.25**

GREENS, TOMATO, JACK CHEESE AND CILANTRO-LIME MAYO.

JAMÓN, QUESO Y HUEVO • ORGANIC EGGS 2 FRIED EGGS, HAM AND AMERICAN, SWISS OR JACK CHEESE. **6.50**

★ Presenting our steak sandwiches – that's right, there are four!

The steak we use is all natural- no hormones & no antibiotics...

EL PARAISO • SWEET PLANTAIN, JACK CHEESE, GARLIC MAYO, STEAK & SAUTEED ONIONS. **8.95**

SAN JUAN SPECIAL • THINLY SLICED STEAK, SWISS CHEESE, JACK CHEESE, TOMATO AND REGULAR MAYO. **9.45**

BISTEC • THINLY SLICED STEAK, SAUTÉED ONIONS, AVOCADO, SWISS CHEESE & GARLIC MAYO. **9.45**

JÍBARO • WHEAT FREE • This is our only sandwich served between 2 large tostones. **7.45**

THINLY SLICED STEAK, SAUTÉED ONIONS, ICEBERG LETTUCE & GARLIC MAYO.

★ **ENSALADAS FRÍAS • Cold Salads • All salads are made with organic lettuce.**

ENSALADA CON COCTEL DE CAMARONES • WHEAT FREE **13.25/16.25**

LARGE PRAWNS MARINATED WITH ONION, RED PEPPERS, CILANTRO, SPANISH OLIVES, FRESH LIME AND OLIVE OIL. SERVED WITH FRESH AVOCADO & OUR LEMON-GARLIC DRESSING.

ENSALADA DELUXE • WHEAT FREE • SLICED HAM, SWISS CHEESE, SPANISH OLIVES, TOMATO, ROASTED **9.95**
RED PEPPERS, PICKLED PINK ONIONS & LEMON-GARLIC DRESSING.

ENSALADA DE POLLO FRÍO • FREE RANGE/WHEAT FREE **9.25 / 11.95**

ROAST CHICKEN MIXED W/ CARROTS, CELERY, MAYO & FRESH LIME.

SERVED WITH TOMATO, AVOCADO, PICKLED PINK ONION & OUR LEMON-GARLIC DRESSING.

ENSALADA CRIOLLA • VEGAN • This is our only salad made with iceberg lettuce. **6.45**

ICEBERG LETTUCE AND THICK SLICES OF TOMATO SERVED WITH GARLICKY OIL AND VINEGAR DRESSING.

ENSALADA ORGÁNICA • VEGAN **6.45**

ORGANIC GREENS & FRESH, RIPE TOMATO SERVED WITH OUR LEMON-GARLIC DRESSING.

★ **ENSALADAS CALIENTES • Hot stuff served on organic greens.**

ENSALADA CON CAMARONES EMPANIZADOS • WHEAT FREE **14.95 / 17.95**

LARGE PRAWNS BREADED WITH GREEN PLANTAIN. FRESH TOMATO, AVOCADO, FRESH LIME & SAUCE FOR DIPPING.

ENSALADA CON CAMARONES • WHEAT FREE **13.25 / 16.25**

PAN-FRIED GARLIC PRAWNS, TOMATO, AVOCADO AND OUR LEMON-GARLIC DRESSING.

ENSALADA CON POLLO • FREE RANGE/WHEAT FREE **9.25 / 11.95**

BAKED CHICKEN, TOMATO, AVOCADO, PICKLED PINK ONION AND OUR LEMON-GARLIC DRESSING.

ENSALADA CON BISTEC • ALL NATURAL BEEF/WHEAT FREE **9.25 / 11.95**

STEAK AND SAUTÉED ONIONS, TOMATO, AVOCADO AND OUR LEMON-GARLIC DRESSING.

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★ PLÁTANOS • Plantains

All plantain dishes are wheat free. / We use rice bran oil for frying (trans fat free).

MOFONGO • VEGAN/WHEAT FREE • FRIED GREEN PLANTAIN MASHED UP WITH GARLIC & OLIVE OIL.	5.75
TOSTONES CON MOJO • 5 PCS / VEGAN/WHEAT FREE	6.25
GREEN PLANTAIN FRIED, SMASHED AND FRIED AGAIN. SERVED WITH FRESH GARLIC AND OLIVE OIL. ADD FRESH AVOCADO 2.00 / ADD FRESH TOMATO 2.50	
TOSTONES CON QUESO • 5 PCS / WHEAT FREE	7.75
TOSTONES BAKED WITH JACK CHEESE, FRESH GARLIC AND OLIVE OIL. ADD FRESH AVOCADO 2.00 / ADD FRESH TOMATO 2.50	
MADUROS • 5 PCS / VEGAN/WHEAT FREE • SWEET, FRIED, YELLOW PLANTAIN(A.K.A. AMARILLOS).	4.75
MIXTO • VEGAN/WHEAT FREE • 3 PIECES OF TOSTONES AND 3 PIECES OF MADUROS.	6.50
MARIQUITAS • WHEAT FREE • GREEN PLANTAIN SLICED THIN AND FRIED CRISPY. SERVED WITH A TANGY SAUCE FOR DIPPING.	5.75

★ A LA CARTA

POLLO • BONELESS, SKINLESS CHICKEN THIGHS MARINATED WITH OREGANO AND GARLIC, THEN BAKED. FREE RANGE/WHEAT FREE	1 PC / 3.25
BISTEC • THINLY SLICED STEAK AND SAUTÉED ONIONS. ALL NATURAL BEEF/WHEAT FREE.	6.95
CHULETA • THIN CUT, PAN FRIED PORK CHOP. SERVED WITH PICKLED PINK ONIONS. WHEAT FREE.	4.95
COCTEL DE CAMARONES • 5 LARGE PRAWNS MARINATED W/ONION, RED PEPPERS, SPANISH OLIVES, CILANTRO, FRESH LIME AND OLIVE OIL.	11.25
CAMARONES EMPANIZADOS • 5 LARGE FRIED PRAWNS MARINATED AND BREADED WITH GREEN PLANTAIN. SERVED WITH FRESH LIME & SAUCE FOR DIPPING. WHEAT FREE.	12.25
CAMARONES CRIOLLOS • 7 LARGE PRAWNS SAUTÉED WITH FRESH GARLIC AND ONION IN A TOMATOY SAUCE. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO. WHEAT FREE.	14.95
HABICHUELAS ROSADAS • PINK BEANS STEWED WITH HERBS AND SPANISH OLIVES. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO. VEGAN/WHEAT FREE.	3.95
FRIJOLE NEGROS • BLACK BEANS SIMMERED WITH PEPPERS, ONION & CILANTRO. SERVED WITH ONE PIECE OF PLANTAIN AND AVOCADO. VEGAN/WHEAT FREE.	3.95
ARROZ BLANCO • STEAMED WHITE RICE. VEGAN/WHEAT FREE.	2.95
ENSALADA • SMALL ORGANIC SALAD WITH OUR LEMON-GARLIC DRESSING.	2.00
PAN CON AJO • FLAT-PRESSED GARLIC BREAD.	3.00
FRESH AVOCADO 1.50	FRESH SLICED TOMATO 2.25
PLANTAIN • ONE TOSTÓN 1.35 ONE MADURO 1.25	

★ POSTRES • Desserts

FLAN DE COCO • COCONUT FLAN. WHEAT FREE	4.50
TEMBLEQUE • CREAMY COCONUT PUDDING W/MANGO SAUCE OR CINNAMON. WHEAT FREE / VEGAN	3.25
FLAN DE QUESO • CLASSIC VANILLA FLAN. WHEAT FREE	4.50

★ REFRESCOS • Beverages

PONCHE • HALF ICED TEA & HALF LIMEADE A.K.A. ARNOLDO PALMERO.	3.75
TÉ HELADO • ORANGE - MANGO ICED TEA. (YES, WE MAKE IT HERE!)	2.45
JUGO DE CHINA • FRESH SQUEEZED ORANGE JUICE (MADE TO ORDER.)	3.25
LIMONADA FRESCA • FRESH LIMEADE(YES, WE MAKE IT HERE!)	3.75
CAFÉ HELADO • ORGANIC ESPRESSO & MILK SWEETENED ESPRESSO AND MILK OVER ICE.	2.45
CAFÉ CON LECHE • ORGANIC ESPRESSO & MILK SWEETENED ESPRESSO WITH HOT MILK.	2.25
COCO RICO • TASTY COCONUT SODA	1.65
MALTA • SWEET MOLASSES SODA(TASTES LIKE MOLASSES!)	SM 1.75 / LG 2.50
ONE • NATURAL COCONUT WATER. NO SUGAR ADDED, NO PULP.	SMALL ONE 2.50 / BIG ONE 6.25
AGUA DE COCO • COCONUT WATER WITH PULP. SUGAR ADDED	SM 1.75 / LG 2.50
FIZZY LIZZY • TANGERINE-PASSION FRUIT • APPLE • CRANBERRY • GRAPE • GRAPEFRUIT • LEMON	2.00
PINEAPPLE POMEGRANATE • TANGERINE • (NATURAL JUICE WITH SPARKLING WATER. NO SUGAR ADDED!)	
MIGHTY LEAF HOT TEA • CHAMOMILE CITRUS • GREEN TROPICAL • AFRICAN NECTAR	2.00
ORGANIC BREAKFAST • ORANGE DULCE	
COCA COLA • DIET COKE • 7-UP • DIET 7-UP • SPARKLING WATER	1.65
PELLEGRINO • LARGE BOTTLE SPARKLING WATER	2.95

★ BODEGA • Store

T SHIRTS • ADULTS 19.50 / KIDS 12.50 / BABIES— ONESIES OR SHIRTS 11.95	
SWEATSHIRTS • ADULTS 49./39./45. / KIDS 24 / BABIES 16.	
BRIEFS • UNISEX ADULT SIZES 12.	
PASTELES • HOUSE MADE FROZEN PUERTO RICAN PORK“TAMALES”. VEGETARIAN OR CHICKEN PASTELES AVAILABLE ON REQUEST — ALLOW 2-4 WEEKS	HALF DOZ. 18.00 / DOZ. 34.00
PIQUE • (HOT SAUCE) YES WE SELL IT! 12 OUNCE BOTTLE	10.00
SALAD DRESSING • HOUSE MADE LEMON GARLIC SALAD DRESSING. 12 OUNCE BOTTLE	7.95
YAUCÓNO • IMPORTED PUERTO RICAN COFFEE.	HALF LB. 8.00 / 1 LB. 16.00
ORGANIC MARIN COOKBOOK • FEATURES 2 SOL FOOD RECIPES.	29.99

Gift cards available in any amount.

★ **pick up orders @ La Bodega** – 903 Lincoln Ave.

★ Order Online www.solfoodrestaurant.com

DELIVERY 7 DAYS ★ 10 AM TIL MIDNIGHT / **415 - 451 - 4765**