

WELCOME



Mar-Y-Sol **Restaurant**

Fine Cuisine, Cocktails and Beer

#1

**4020-108 Capital Blvd.
Raleigh, NC 27604
919-431-0505**

#2

**1310 Corporation Parkway
Raleigh, NC 27610
919-212-8100**

**Estamos Abiertos Domingo a Jueves
Open Sunday Through Thursday
10:00 am to 10:00 pm**

Viernes y Sábados / Friday & Saturday 10:00 am to 11:00 pm

15% gratuity will be added on tables of 5 or more people



APERITIVOS

APPETIZERS



1. TACOS DE LENGUA, DE POLLO O DE CARNE

Choice of tongue, beef, or chicken.
 (Min. 3 tacos per order) \$12.95
 Combinacion with rice, beans and garnish \$15.95

3. CHILE CON QUESO DIP Y CHIPS DE HARINA

Spicy cheese dip with flour chips \$7.95

4. TORTA DE POLLO O CARNE

Chicken or beef sandwich with fries \$11.95

5. PLATANO FRITO, FRIJOLE Y CREMA

Fried plantain, beans and sour cream \$8.95

6. ALITAS DE POLLO

Six chicken wings in wing sauce \$7.95

7. YUCA FRITA CON CHICHARRON

Fried Yuca (root) served with deep-fried pork and Salvadorian salsa \$11.95



TACOS



YUCA CON CHICHARRÓN



***PLATO SALVADOREÑO**

\$13.95

Eggs (pick your style), avocados, plantain, sour cream, cheese and beans.



TOSTONES

\$6.95

PUPUSAS \$3.25



**These items may be served raw or undercooked:
 Consuming raw or undercooked meats, poultry,
 seafood, shellfish or eggs may increase your risk of
 foodborne illness*

**ENSALADA DE FILETE DE
PESCADO**



ENSALADAS SALADS

12. ENSALADA DE LA CASA
House Salad (small) \$6.95

13. ENSALADA DE FILETE DE PESCADO
Filete de pescado, tomate, aguacate, pepinos, cebolla roja y arroz blanco. Tilapia fillet with tomatoes, cucumber, avocado slices, red onion and white rice \$18.95

14. ENSALADA GRANDE
Lechuga, tomate, aguacate, pechuga de pollo a la parrilla. Salad with tomatoes, grilled chicken, surrounded with avocado slices \$14.95



**ENSALADA
GRANDE**

SOPAS SOUPS

38. MONDONGO Mondongo soup \$18.95

39. SOPA DE RES Beef soup \$16.95

40. SOPA DE GALLINA Chicken soup \$17.95

41. SOPA DE PESCADO Y CAMARONES
Fish & shrimp soup \$18.95

42. SOPA DE CAMARON Shrimp soup \$18.95

43. SIETE MARES Seafood soup \$19.95

MARISCADA Seafood soup \$19.95

SIETE MARES



MARISCADA



CARNE MEAT

54. QUESADILLA DE POLLO, CARNE O QUESO

Your choice of chicken, steak or cheese quesadilla \$10.95

55. CHULETAS CON TAJADA

2 Fried Pork Chops with green plantain, rice, beans and pico de gallo \$14.95

56. CARNE ASADA

Marinated grilled steak with rice and beans \$17.95

57. COMBO QUESADILLA

Chicken, steak and cheese quesadilla \$12.95

58. *RIB-EYE STEAK & SHRIMP

Served with salad, rice and pico de gallo.
(Allow extra time to prepare) \$19.95

60. CARNE ESPECIAL

Grilled beef & shrimp, served with rice and salad \$18.95

MEAT - SEAFOOD

DEL MAR SEAFOOD



*OSTIONES

\$18.95

Oysters with spicy sauce and lime



COMBO
QUESADILLA



MOJARRA FRITA Y CAMARONES \$ 19.95

Tilapia with shrimp and tomato sauce.



CARNE ASADA

COCKTEL DE CAMARONES

\$18.95

Large shrimp in a special House
Recipe cocktail sauce.



DEL MAR SEAFOOD

FILETE DE PESCADO



45. FILETE DE PESCADO - FISH FILET

Fish filet with rice, salad, avocado and shrimp \$18.95

46. CAMARONES ENTOMATADOS

Fried Shrimp with tomato and onion sauce \$18.95

47. CAMARONES A LA PLANCHA

Flat grilled shrimp with butter and pico de gallo \$18.95

48. CEVICHE DE MARISCOS

Seafood Ceviche \$18.95

AGUACHILE 19.95

49. FAJITA MIXTA

Steak, Chicken & Shrimp Fajitas or All Shrimp Fajitas, with beans, guacamole and pico de gallo \$18.95

50. QUESADILLA DE CAMARON

Shrimp quesadilla with guacamole, pico de gallo y sour cream \$17.95

51. CAMARONES AL AJILLO

Shrimp sautéed with fresh garlic, butter, white wine, toasted bread & a bit of spiciness \$18.95

52. CAMARONES CON CREMA

Servidos con arroz, frijoles y ensalada. Shrimp with sour cream, rice, beans and salad \$18.95

53. CAMARONES EMPANIZADOS

Breaded shrimps with rice and salad \$18.95

CAMARONES EMPANIZADOS.



COMBO TACOS DE CAMARÓN \$19.95

Served with rice, Pico de Gallo, guacamole, beans and grilled jalapeño

FAJITAS MIXTAS



SEAFOOD

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PLATOS PRINCIPALES



ENTRÉES

26. POLLO ASADO

Baked chicken, served with rice, beans and salad \$13.95

27. POLLO FRITO

Fried chicken topped with onions, served with rice, beans and salad \$13.95

29. BISTEC ENCEBOLLADO

Steak with onions, served with rice, beans and salad \$17.95

30. STEAK BURRITO

Stuffed with tender slices of steak, vegetables, beans and pico de gallo, topped with shredded cheese and ranchero sauce, served with guacamole and sour cream \$14.95

31. BALEADAS CON HUEVO

Three per order. Beef, eggs, butter, cheese, beans and avocado \$16.95

BALEADA ESPECIAL \$16.95 INDIVIDUAL (SINGLE) \$5.95

32. CODORNIZ PLATTER

Two marinated grilled quails, served with rice, beans and salad \$16.95

33. COSTILLA DE RES CON CAMARONES

A LA PLANCHA

Grilled beef ribs with shrimp \$20.95

34. POLLO CON TAJADAS DE GUINEO VERDE

Chicken with green plantain \$14.95

35. CHIMICHANGA GIGANTE

con frijoles, pollo, carne deshilada, queso, salsa ranchera, guacamole, crema y pico de gallo. Large flour tortilla with beans, chicken, shredded beef, cheese, ranchero sauce on top, served with guacamole, sour cream and pico de gallo \$13.95

36. FAJITAS DE POLLO O CARNE

Chicken or beef fajitas, served with guacamole, beans and salad \$17.95 Mix (Chicken & Beef) \$18.95

37. PECHUGA DE POLLO A LA PARRILLA

Con arroz, ensalada y frijoles. Grilled chicken breast with rice, beans, and salad \$14.95

CHICHARRÓN FRITO

Pork with tomatoes, onions and bell peppers, tomato sauce, served with salad and 2 tortillas \$14.95

COSTILLA DE RES CON CAMARONES



PECHUGA DE POLLO A LA PARRILLA



POLLO A LA CREMA



ENTRÉES



TACOS FRITOS

ENROLLADOS \$13.95

Served with guacamole and sour cream, tomato, rice and beans.

POLLO CON TAJADAS DE GUINEO VERDE



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COMBINATIONS



23. COMBO ENCHILADAS DE CARNE, POLLO, QUESO, ARROZ Y FRIJOLES \$13.95

Combo Beef, Chicken and Cheese Enchiladas, Served with Rice and Beans.



CHURRASCO 14oz \$24.95

12 to 14 oz steak, topped with 2 over easy eggs, served with sautéed onions and tomatoes, fried plantain and white rice

*RIB-EYE STEAK

\$19.95

Rib-Eye steak con camarones. Servido con arroz y ensalada.



MAR Y TIERRA

\$18.95

Codorniz, carne asada y camarones. Servido con papas fritas, arroz y ensalada.



COMBINATIONS - KIDS

KIDS MENU

CHICKEN FINGERS CON PAPAS FRITAS

Chicken fingers with French fries \$7.00

MINI QUESADILLA CON ARROZ Y FRIJOLES

Mini quesadilla with rice and beans \$5.95



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EXTRAS SIDES

- Queso Salvadoreño \$3.95
- Salvadorian Cheese
- Frijoles / Beans \$2.95
- Crema / Sour Cream \$2.95
- Arroz / Rice \$2.95
- Pico de Gallo \$2.95
- Cilantro, Cebolla / Onion \$2.95
- Guacamole \$5.95
- Tamales de elote / Corn Tamale \$2.95
- Tamal de pollo / Chicken Tamale \$2.95



POSTRES DESSERTS



HELADO FRITO

Fried ice-cream \$5.95

FLAN

Mexican custard \$4.95

NUEGADOS

3 por orden, fried ground yuca with honey and cinnamon topping \$6.95

EMPANADA DE PLATANO

Fried breaded plantain \$3.25

ICE CREAM SCOOPS \$2.50



FLAN

BEBIDAS DRINKS

Por favor, pregunte a su mesera por nuestra variedad de licores. Ask you waiter about liquor variety



JUGOS DE FRUTAS TROPICALES

Delicious non-alcoholic chilled tropical fruit beverages.

SODAS / SOFT DRINKS.

MILK HOT CHOCOLATE

CAFE / COFFEE

LICUADOS DE FRUTAS

Fruit Milkshake .

PIÑA COLADA

MARGARITAS

TEQUILAS:

Patrón, Don Julio, 1800, Herradura, José Cuervo y más

IMPORTED & DOMESTIC BEERS

MICHELADAS

ASK YOUR SERVER

Gratuity will be added in parties of 5 or more.

Se agregará la propina en grupos de 5 o más personas.