

Salsas

At Mar y Sol all of our salsas are made fresh daily from a variety of peppers and fresh, natural ingredients. We have several salsas available daily and occasionally experiment with new flavors. These are our most commonly available fresh-made salsas for tacos:

- 1) Salsa Fresca: Familiar and much-loved chip salsa. Ingredients include onions, roasted serranos, cilantro, tomatoes and lime.
- 2) Picante: Medium strength salsa with ingredients that include japones pepper, chili pepper, lime, onion, garlic and red tomatoes.
- 3) Avocado Salsa: A medium strength salsa made with fresh avocados blended with other ingredients including tomatillos and roasted serrano pepper.
- 4) Ghost Peanut: A medium/hot salsa. Ghost Peppers and peanuts are among the ingredients that provide the unique flavor of this salsa.
- 5) Verde: A mild to medium strength salsa. Ingredients include fresh tomatillos and roasted serrano peppers.
- 6) Habanero: This tomato-based salsa is one of our hotter salsas for tacos as its name suggests one of its principal ingredients is roasted habanero pepper!
- 7) Chipotle Seafood Salsa: Chipotle Peppers give this salsa its reddish-pink hue and unique flavor. This salsa is added to our halibut and shrimp tacos.
- 8) Pineapple Habanero: Made with fresh pineapple and habanero pepper. Tastes great on Carnitas Tacos!
- 9) Salsa Mulata: Made with Arbol peppers and garlic. This salsa is **very hot**—tastes great on barbacoa!
- 10) Perica Salsa: Made with Serrano chilis and lime, this hot salsa tastes great on Asada and on Carnitas!

Drinks

Bottled Soda	\$2.50	Fresh Jamaica	\$2.25
Canned Soda	\$1.50	Fresh Horchata	\$2.25
Bottled Water	\$1.50	Canned Juice	\$1.75
Bottled Iced Tea	\$3		

Sides

Large Guacamole	\$4	Guacamole and Chips	\$6
Small Guacamole	\$1.50	Home fries	\$2.50
Large Salsa	\$2	Bacon (2 pieces)	\$3
Salsa and Chips	\$4	Rice or Beans	2.25

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Tacos

Taco Plate: Any Three Meat or Vegie Tacos made on 4.5" soft corn tortillas and served with Rice and Beans. **\$13**

Crispy Taco Plate: Any Two Meat or Vegie Tacos made with 6" crispy corn tortillas and served with Rice and Beans. **\$13**

Seafood Taco Plate: Any two Seafood Tacos made on a 6" corn tortilla (choose crispy or soft) served with rice and beans **\$15** (Add a 3rd taco for an additional \$3)

Tacos al a Carte:

(For Crispy 6" Corn Tortilla add 1\$)

- 1) Asada: *Beef Strips Marinated in Lime and Pepper and sauteéd with Onions, Cilantro* **\$3.50**
- 2) Carnitas: *Marinated Pork Shoulder, Slow Cooked with Onions, Cilantro* **\$4.25**
- 3) Barbacoa: *Braised Beef, Onions Cilantro* **\$4.25**
- 4) Taco Gringo: *Ground Beef, Cheddar Cheese, Tomatoes, Onions, and Cilantro* **\$4.25**
- 5) Pollo: *Marinated Chicken Breast, Grilled, Onions, Cilantro,* **\$3.25**
- 6) Shrimp Capeado (or Grilled): *Breaded or Grilled Shrimp with Pico de Gallo, chipotle seafood salsa and avocado on 6" Corn Tortilla* **\$7**
- 7) Pescado Capeado (or Grilled): *Breaded or Grilled Wild Caught Halibut with Pico de Gallo, chipotle seafood salsa and guacamole on 6" Corn Tortilla:* **\$8.**
- 8) Lengua (Beef Tongue): *Beef Tongue Slow-Cooked until Tender with Onions and Cilantro* **\$4.25**
- 9) Vege: *Assorted fresh sautéed vegetables including brussel sprouts, peppers, onions, tomatoes, beans.* **\$4.25**
- 10) Tacos Dorados: *Crispy Tacos with choice of Ground beef or chicken.*

One for **\$3.75** or Three for **\$10**

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Burritos (Ask your server about available salsa toppings.)

- 1) Burrito Plate: *Large flour tortilla stuffed with rice, beans, and choice of Chicken, Beef, Pork, or cheese.* **\$14.5**
- 2) Halibut Burrito: *Large flour tortilla stuffed with Mexican rice, beans, cheese and grilled halibut.* **\$20**
- 3) Shrimp burrito: *Large flour tortilla stuffed with rice, beans, cheese and grilled shrimp.* **\$18**
- 4) Vegetarian Burrito: *Large flour tortilla stuffed with beans and a variety of grilled fresh vegetables including brussels sprouts, onions, tomatoes and peppers.* **\$14.50**
- 5) Burrito al a carte: **\$12.60**

Enchiladas (Ask your server about available salsa toppings.)

- 1) Enchiladas Plate: *Two Chicken, Beef (ground or shredded), pork, or cheese enchiladas.* **\$13.50**
- 2) Shrimp Enchiladas Plate: *Two enchiladas filled with grilled shrimp and cheese.* **\$16**
- 3) Halibut Enchiladas Plate: *Two enchiladas filled with grilled halibut and cheese.* **\$18**
- 4) Enchilada al a carte: **\$4.25** (add shrimp \$1.50; add halibut \$2.50)

Flautas

Flautas Plate: *Three Chicken, Beef, or Cheese flautas served with sour cream, lettuce, guacamole, Pico de Gallo, Mexican rice and beans.* **\$14**

Flautas al a carte: **\$4.25**

Tamales

- 1) Tamale Plate: *Two Pork, Beef, or chicken tamales, with lettuce and sour cream, served with a side of Mexican rice and beans.* **\$13.75**
- 2) Tamale al a carte: **\$4.25**

Chile Rellenos

- 1) Chile Relleno Plate: *Roasted Poblano Pepper stuffed with cheese and ground beef (or just cheese if you prefer), dipped in egg batter, fried and served in homemade sauce along with side of Mexican rice and beans* **\$13**
- 2) Shrimp Chile Relleno Plate: **\$14.75**
- 3) Chile Relleno al a carte **\$8.50**

Nachos

- 1) Nachos: *Corn chips topped with a mix of melted Asadero, Monterey Jack, Cheddar Cheese, Olives, Jalapenos, and Beans. Served with side of Salsa, Sour Cream and Guacamole.* **\$11** (Add chicken or beef for extra \$3)
- 2) Fajita Nachos: *Corn chips topped with Fajitas chicken or beef, Jalapenos, Olives, a mix of melted Asadero, Monterey Jack, Cheddar Cheese, and Beans. Served with side of Salsa, Sour Cream and Guacamole.* **\$15**

Quesadillas

- 1) Quesadilla Plate: *Large quesadilla made with 10" flour tortilla topped with pork, beef or chicken (optional) and served with Pico de Gallo, sour cream, guacamole lettuce, Mexican rice and beans.* **\$12**
- 2) Shrimp Quesadilla Plate **\$15.50**
- 3) Quesadilla al a Carte **\$10** (add shrimp for \$4)

Ceviche

- 1) Ceviche Cocktail: *Shrimp or Halibut (depending on availability).* **\$14.50**
- 2) Ceviche Tostada: **\$16**

Tostadas

Add Shrimp \$2 Add Halibut \$3

- 1) Tostada Plate: *Tostada topped with beans, cheese, Pico de Gallo, lettuce, guacamole, and your choice of chicken, pork, or beef served with Mexican rice and beans.* **\$13**
- 2) Tostada al a Carte: **\$8.25**

Plates Otras

- 1) Bistec Ranchero Plate: *Three slices of marinated steak in homemade ranchero sauce served with Mexican rice and beans.* **\$15.50**
- 2) Fajitas: *Thin slices of marinated beef served with Mexican rice and beans.* **\$15.50**
- 3) Pork Con Chile Verde **\$14.50**
- 4) Chicken Mole **\$14**
- 5) Tilapia Plate **\$21**

Soup (Ask your server about the soup of the day)

Breakfast (Served all day)

(Ask your server about available salsa toppings.)

- 1) Breakfast Burrito Plate: *Large burrito made on 12" flour tortilla and stuffed with potatoes, beans, eggs, and your choice of either chorizo sausage or bacon served with guacamole and sour cream. (Let your server know if you would like verde or rojo sauce added to your burrito).* **\$14**
- 2) Breakfast Burrito a la Carte: **\$12**
- 3) Chiliquiles Plate: **\$14.25**
- 4) Huevos Rancheros: **\$14.25**