



Mesón

El Sal

english

Menu

Allergens



FISH



EGGS



CRUSTACEANS
Or SEAFOOD



CEREALS
GLUTEN Or WHEAT



LUPINS



MOLLUSC
Or SNAILS



PEANUT



SOYA



DAIRY



NUTS
Or WITH SHELL



CELERY



MUSTARD



SESAME SEED



SULFITES
Or SULPHUR DIOXIDE

Please inform your waiter of any allergy or intolerance.

Beers may contain gluten, barley, wheat and/or oats.
Wine and its derivatives, like sangria, contain sulfites.

Some elaborations may contain traces of gluten, shellfish, soy,
crustaceans, celery, sesame, egg, xanthan gum,
dried fruits, sulfites, milk and fish.

All dishes have been prepared with extra virgin olive oil.

Prices in Euros, taxes included.

Something different

Tigretostón

Cupcake remembering the Tigretón, but with Tramezzini (bread sandwiches), blood sausage, caramelized onion and cream cheese. 6.5

Pantera Rosa

Pink Panther. Tramezzini (bread sandwiches) with salmon, pickle, capers, chives, cheese cream and pink sauce. 6.5

Solomillo en salsa de shiitake

Sirloin in shiitake sauce. Four pork medallions on toasted bread, topped with shiitake mushroom sauce. 10

Croquetas de queso gorgonzola

Gorgonzola cheese croquettes. Eight croquettes mini of gorgonzola cheese. 8

Tortilla Rellena "El Sol"

Omelette "The Sun" stuffed with minced meat spiced in its carrot and leek sauce. 9.5

Bacalao dorado

Golden cod. Cod cubes scrambled with farmer eggs in the Portuguese style. 10.5

Pulpo du Soleil

Octopus du Soleil. Octopus arm (300 – 350g approx.) grilled presented in the style of the Cirque du Soleil. 22

Ferrero Rocher

Chipirón croquettes of baby squid in their ink emulating the Ferrero Rocher, 8 PCs. 8

Our touch

Jamón ibérico

Iberian ham. Cut by hand, 100g. 13

Queso manchego

Manchego cheese. 12



Croquetas caseras

Homemade croquettes. The croquettes prepared by the chef. 1.5 PC.

Asadillo manchego

Roasted peppers and tomatoes with their seasoning of garlic, cumin and extra virgin olive oil. 8.5

Queso a la plancha “El Sol”

Cheese grilled “The Sun”. Fresh goat cheese served with homemade tomato jam. 7.5



Espinacas a la Andaluza

Spinach Andalusian style. Spinach sautéed with chickpeas. 7.5



Gamba roja a la plancha

Red grilled prawn. A dozen medium-sized red prawns grilled. 14



Anchoas con pan de cristal

Anchovies with bread of glass. Three selected anchovies from the Cantabrian Sea accompanied by glass bread and tomato. 7.5



Pisto manchego

Garden vegetables cooked over low heat with fried egg. 7.5

Salads



Tomate con ventresca de atún

Tomato with tuna. Raf tomato with tuna of the Cantabrian Sea. 9.5



Ensalada “El Sol”

Salad “The Sun”. Varied leaves of lettuce with goat’s cheese, raisins, onion chips and roasted apple. 12

Individuals

Foie con "pain d'épices"

Foie with "pain d'épices". Homemade medallion of duck liver foie marinated with black truffle, Sherry, Bandeira and cognac, accompanied by pacharán in small cubes. 6.5

Tortita de camarones

Shrimp pancake. Shrimp from the coast of Chipiona in pancake fried with cornmeal and chickpeas. 2.5 PC.

Soles de Alcachofa

Artichoke suns. Artichoke confit with duck liver foie scratched, 2 PCs. 7

Alvaritos

Small bread of Bao with spiced chicken japanese, red cabbage and gherkin with soy sauce. 4.5 PC.

Tortita de bacalao

Cod pancake. Codfish crumbs in fried pancake with corn flour and chickpeas. 2.5 PC.

Our rices

Señoret

Gentlemen rice with seafood. 10

Magra con Boletus

Lean with Boletus. Rice of lean pork with mushrooms and Boletus Edulis. 10

Arroz con verduras

Rice with vegetables from the garden. 10

Arroz negro

Black rice. Rice with prawns and squid with its ink 10

Fideua

Fine noodles with his little shellfish. 10

Codillo

Knuckle. Rice with knuckle (pork shank), minimum 4 people. 11.5

Bogavante

Lobster. Rice with lobster. 15.5

Serrano

Rice with sausage, blood sausage, bacon and pork. 10

We have gluten-free rice base for coeliacs. The rices are minimum for two people and complete tables.

From the sea

-   **Ortiguilla de mar**
Ortiguilla of sea. Authentic anemone from the Bay of Cádiz (130g approx.) breaded. 15 PC.
-    **Bacalao al Ajo Tostao**
Cod with toasted garlic. Cod loin (240g approx.) au gratin with garlic sauce. 14
-  **Bacalao y gorrinico**
Cod and pork. Loin of cod (240g approx.) on the bottom of pork tripe. 14
-   **Saku de atún**
Saku of tuna. Bluefin tuna to the japanese cut Saku to the grill, turned and turned. 15
-  **Jardín de vieiras**
Garden of scallops. Scallops of the "Camino de Santiago" resting on a bed of snow peas, 4 PCs. 16

Meats

-  **Dados de entrecot en salsa**
Cubes of entrecote in sauce. Dices of steak (300g approx.) sautéed with manchego cheese sauce and Padrón peppers. 14
- Solomillo de ternera**
Beef sirloin. Authentic beef grilled (220-250g approx.). 15
- Codillo al horno**
Baked knuckle. Roasted pork knuckles with their sauce and potatoes. 13
- Manitas de cerdo**
Pork hands. Pig trotters in their sauce. 9.5
-    **Caldereta**
Stew. Lamb stew. 14.5
-     **Churrasco de ternera**
Churrasco of veal. Veal ribs (450g approx.) candied and served with 3 sauces. 14

For kids

From 0 to 15 years old.

- Menú Rodeo**
Rodeo menu. Beef burger, 2 croquettes and chips. 1 Drink included. 7.5
- Menú Campero**
Campero menu. Half roasted chicken with french fries. 1 Drink included. 7.5
- Menú Loco por la Masa**
Crazy for the mass menu. Ham and cheese pizza. 1 Drink included. 7.5

The sweetest

Tartas Aitana



Cakes Aitana. Pair of wedges of black and white chocolate cakes with a touch of saffron from La Mancha. 4

Delicia de chocolate



Chocolate delight. Panna Cotta chocolate with toasted almonds. 4

Tarta de yogur con mango



Yoghurt cake with mango. Soft and creamy yoghurt cake with mango jelly. 4

Tarta de queso



Cheese cake. Creamy cheese cake. 4

Helado de queso



Cheese ice cream. Homemade creamy cheese ice cream, with honey from La Alcarria. 4

Lolita



Small bread of Bao with white, black or milk chocolate. 4

Sorbete



Sorbet. Homemade sorbet of natural fruit. 3

All desserts are homemade! Ask for desserts that are not in this letter.

Fruit

Fruit of season. From 1 to 3 (PC.)



Bread bin. 1.5 PC.

Bread



Coffees and Infusions

Coffee only 1

Coffee cut 1

Coffee with milk 1,5

Carajillo 1,5

Carajillo burned 2,5

Infusions 1



Drinks

Beer (33 cl) 2

Beer gluten-free 2.5

Artisan beer Quijota (33 cl) 2.8

Soft drinks (33 cl) 2

Draught beer 1.6

Homemade vermouth Guerra 2

Large water bottle 2

Small water bottle 1

Jug of beer 6

Jug of sangría 6

Cups

Normal 4,5

Premium 6,5

Mesón



El Sol

Thank you for your visit,
we hope that you enjoyed.

If you liked, say it outside,
if something you did not like, say it inside.



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