

Sol Y Mar Restaurant Menu

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CRIOLLO DISHES

PICANTE DE CAMARONES

LOCRO DE CAMARONES

LOMITO SALTADO

PICANTE DE MARISCOS
SOLYMAR

LOCRO DE MARISCOS

MUSSELS

CHOROS MARINERO

CHOROS A LA
GORGONZOLA

CHOROS Y MARISCOS

CHOROS SAFRAN

CHOROS CON SALSA DE
TOMATE

APPETIZERS

PAPA A LA HUANCAÍNA

PALTA RELLENA
SOLYMAR

CHOROS A LA CHALACA

TAMAL

CAMARONES AL AJO

SALADS

ENSALADA DEL CHEF

ENSALADA SOLYMAR

ENSALADA CESAR

ENSALADA DE PALTA

ENSALADA GRIEGA

CEVICHE

CEBICHE DE PESCADO

CEBICHE SOLYMAR

LECHE DE TIGRE

CEBICHE DE CAMARONES

CEBICHE MIXTO

SOUPS

CHILCANO DE PESCADO

CHUPE DE PESCADO

CHUPE DE MARISCOS

SOPA DE CHOROS

CHUPE DE CAMARONES

NUGGETS

CHICHARRÓN DE
PESCADO

CHICHARRÓN SOLYMAR

CHICHARRÓN DE
CALAMARES

CHICHARRÓN DE CAMARONES

CHICHARRÓN DE POLLO

FISH

PESCADO MERO FRITO

SUDADO DE MERO

MERO CON MARISCOS A
LA CREMA

MERO A LA MILANESA

SUDADO DE MARISCOS

RICE DISHES

ARROZ SOLYMAR

ARROZ CHAUFA CON
MARISCOS

ARROZ CON MARISCOS

ARROZ CHAUFA

RICE DISHES

ARROZ CHAUFA DE
CAMARONES

CHARCOAL-GRILLED MEAT

ANTICUCHOS

TRUCHA A LA PARRILLA

CHORIZOS A LA
PARRILLA

FILETE DE POLLO A LA
PARRILLA

PICHONES A LA PARRILLA

CHARCOAL-GRILLED MEAT - FUENTES DE CEBICHE, JALEA Ó ARROZ (ASSIETTES / PLATES)

FUENTES FAMILIARES
DISPONIBLES

CHARCOAL-GRILLED MEAT - PARRILLADA SOLYMAR

PARRILLADA SOLYMAR

SIDE DISHES

PAN AL AJO

PAPAS FRITAS Ó ARROZ

SALCHIPOLLO

PAN AL AJO GRATINADO

SALCHIPAPA

POSTRES

GÂTEAU FROMAGE
CHOCOLAT BLANC

DULCE DE LECHE

POSTRES

GÂTEAU FERRERO
ROCHER

PICARONES

DESSERT DU JOUR

Apéritifs

CINZANO

MARTINI & ROSSI

DUBONNET

ST-RAPHAËL • PINEAU DES
CHARENTES

When you step into Sol Y Mar Restaurant, located at 7610 Rue St-Hubert in Montréal, you’re greeted by a vibrant, inviting atmosphere and a menu that’s sure to excite your senses. The restaurant specializes in a variety of authentic Latin American dishes, with a special focus on fresh seafood, making it the perfect place for both adventurous eaters and those seeking comfort food with a twist. Let’s dive into the menu and explore some of the mouth-watering options that make Sol Y Mar a local favorite.

One of the standout sections of the **Sol Y Mar Restaurant Menu** is their **Criollo Dishes**, which showcase the heart and soul of Latin American flavors. If you're a fan of bold, spicy flavors, the **Picante de Camarones** is a must-try. This dish features succulent shrimp in a rich, tangy, and spicy sauce that’s packed with flavor. For those who love variety, the **Picante de Mariscos SolYMar** is another excellent choice, offering a delectable mix of seafood in a similar flavorful sauce. If you’re looking for something hearty, the **Locro de Camarones** and **Locro de Mariscos** are both rich, comforting stews filled with shrimp and seafood, respectively. The **Lomito Saltado**, a stir-fried dish with tender cuts of beef, vegetables, and a hint of tangy soy sauce, is another crowd-pleaser that brings a satisfying mix of textures and flavors.

The **Mussels** section of the menu is also a treat for seafood lovers. The **Choros Marinero** is a classic choice, offering mussels cooked in a savory broth with aromatic herbs and spices. If you prefer something with a bit more depth of flavor, the **Choros Safran** adds a luxurious touch with the inclusion of saffron, giving the dish a subtle, earthy undertone. For those who enjoy rich and creamy flavors, the **Choros a la Gorgonzola** brings the distinct, sharp taste of gorgonzola cheese to the mussels, creating a deliciously indulgent dish. The **Choros con Salsa de Tomate** is a lighter option, where the mussels are paired with a tangy tomato sauce, offering a refreshing contrast to the richness of the seafood. And for a true seafood feast, the **Choros y Mariscos** is a standout choice, featuring mussels alongside an assortment of other fresh seafood in a savory broth.

Moving on to **Appetizers**, there are plenty of tasty options to kick off your meal at Sol Y Mar. The **Papa a la Huancaína** is a traditional Peruvian dish made with boiled potatoes topped with a creamy, spicy cheese sauce that’s both comforting and flavorful. If you're in the mood for something wrapped and steamed, the **Tamal** is a delicious option, offering a corn-based dough filled with savory meats or vegetables. The **Palta Rellena**

SolYMar, a stuffed avocado, is another light and refreshing choice that's perfect for a starter. For those who enjoy garlic, the **Camarones al Ajo** features shrimp cooked in a fragrant garlic sauce that will leave your taste buds craving more. And if you want to enjoy a local favorite, the **Choros a la Chalaca** is a must-try, where mussels are served with a tangy, zesty topping of onions, tomatoes, and cilantro that perfectly balances the richness of the seafood.

Salads are a great way to add a fresh, crisp element to your meal, and Sol Y Mar offers a variety of options. The **Ensalada del Chef** is a chef's selection of fresh vegetables, offering a light and colorful mix of flavors. For avocado lovers, the **Ensalada de Palta** is an excellent option, highlighting the creamy, buttery texture of ripe avocado. The **Ensalada SolYMar** brings together a vibrant mix of vegetables and dressing, creating a refreshing dish that complements any main course. If you're in the mood for something more Mediterranean, the **Ensalada Griega** with its tangy feta cheese, olives, and cucumber offers a refreshing burst of flavors. The classic **Ensalada Cesar** is also available for those who enjoy the richness of a creamy Caesar dressing combined with crunchy romaine lettuce and parmesan.

Of course, no visit to Sol Y Mar would be complete without indulging in their signature **Ceviche** offerings. Whether you're a fan of fish, shrimp, or a mix of both, there's a ceviche for everyone. The **Ceviche de Pescado** is made with fresh fish marinated in zesty citrus juices, giving it a light and tangy flavor that pairs perfectly with the natural sweetness of the seafood. The **Ceviche de Camarones** features shrimp, marinated to perfection in lime and mixed with fresh vegetables, offering a refreshing and tangy start to your meal. The **Ceviche SolYMar** is a special creation, a mix of seafood that captures the essence of the ocean in every bite. If you're feeling adventurous, the **Ceviche Mixto** brings together a variety of seafood, all marinated in citrus juice and seasoned with just the right balance of spices. For those who want to try something a bit different, **Leche de Tigre** is a spicy and flavorful drink made from the marinade of ceviche, offering a punchy and tangy experience that's uniquely Peruvian.

At Sol Y Mar, the menu is carefully crafted to showcase the best of Latin American cuisine, especially highlighting fresh seafood, bold spices, and rich flavors. Whether you're in the mood for a hearty stew, a refreshing ceviche, or a satisfying seafood dish, there's something for everyone to enjoy. With its warm ambiance and diverse offerings, Sol Y Mar is the perfect spot for those looking to explore Latin American flavors in Montréal.