



## Our Lunch and Dinner Menus

Updated October 3, 2025





## San Diego Spiny Lobsters are Here!

*These are spiny lobsters caught right here in San Diego waters.*

*We get them from Tommy Gomes at Tunaville Market and these lobsters are likely caught very close to where we are here at Solare.*

*The season for commercial spiny lobster fishing just started. The lobsters caught now are plump and sweet and truly delicious. They have been growing and hanging out since the last season ended in March.*

*We get them fresh and we do often sell out. Please let your server know asap if you'd like one.*

### **Fettuccine all'Aragosta \$48**

San Diego caught live half spiny lobster with lobster tail, house-crafted fettuccine pasta, served with a sauce of lobster reduction, lobster meat, white wine, cherry tomato, a touch of mascarpone cheese and garlic (wow!)

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## Sharing Plates

**Fresh Baked Bread** 6  
Solare's fresh baked bread (baked to order) with fresh extra virgin olive oil

**Bruschetta alla Mano** 19  
House baked focaccia with:  
Sicilian caponata, bell pepper  
pepperonata, figs, almonds, & black olive  
tapenade

**Affettati Misti e Conserve** 23  
Chef's selection of artisanal charcuterie:  
served with Italian olives, local honey,  
and oven toasted house-made focaccia  
bread  
+ add Chef's Italian cheese selection 11

**Frittura di Pesce all'Italiana** 22  
Crispy wild Baja shrimp, calamari,  
seasonal vegetables with a house-made  
Calabrian chili pepper mostarda, and  
bottarga salt

**Wild Baja Shrimp Scampi-style** 20  
Sourced from Point Loma legend  
Tommy Gomes The Fishmonger:  
Two extra large plump wild Baja Shrimp

## Salads & Soup

**Burrata, Spinaci e Fragole** 16  
Warm savoyed spinach salad, Gioia  
burrata cheese, strawberries, pistachios,  
and aceto balsamico

**Classic Caesar Salad** 14  
Romaine lettuce hearts, classic house-  
made Caesar dressing, Parmigiano-  
Reggiano, EVOO, and home-made  
croutons

**Insalata Pere e Gorgonzola** 15  
Organic mixed greens, Bartlett pears,  
gorgonzola crumbles, balsamic  
vinaigrette,  
and caramelized walnuts

**Solare Salad with Angus Steak** 25  
Grilled Angus beef steak tagliata style  
with arugula, cherry tomatoes,  
shaved Grana Padana cheese,  
and a Balsamic reduction

**Butternut Squash Soup** Cup 9 ~ Bowl  
12 ~ Solare's famous organic Butternut  
Squash soup ... infused with just a hint of  
white chocolate and Solare love

### add a Protein

Chicken Breast 9      Grilled Shrimp 12  
Angus Steak 15      Fish of the Day 16

## Seasonal Favorite

**Arancini al Tartufo** 14  
Hand-made Solare arancini with  
Italian Black Truffles – these are  
lightly crisped risotto balls, a Sicilian  
delicacy, Great for sharing!

## Sandwiches

**Panino alla Bistecca** 25  
House-made focaccia, grilled hanger  
steak, whole grain mustard, shaved  
Parmigiano-Reggiano and wild arugula

**Panino Caprese** 18  
House-made focaccia, fresh mozzarella  
cheese, heirloom tomatoes, and basil-  
pine nut pesto

## Italian Spritz!

Enjoy a refreshing and delicious  
Italian Spritz made by our team at  
Solare.

Sip and savor the essence of Italy in  
every glass! \$13

## Dessert

**Chocolate and Caramel Mousse** 12  
Chocolate mousse and caramel mousse  
flourless cocoa nibs cake (gluten free)

**Pistachio Crème Brûlée** 12  
Sicilian pistachios fill this crème brulee  
with delicately burned brown sugar

**Solare Tiramisù** 11  
Mascarpone cheese (includes eggs),  
Lavazza espresso, and lady fingers

**Panna Cotta all'Arancia e Cioccolato** 12  
Locally grown orange infused panna  
cotta served with orange peel sauce and  
chocolate ganache (gluten free)

**Italian Ricotta Cheesecake** 13  
Executive Chef Denice's home-made  
Italian ricotta cheesecake  
with a mixed berry compote

## Pasta and Mains

**Lasagna Tradizionale** 26  
House-made lasagna baked and crispy,  
slow braised Bolognese sauce,  
house-made béchamel, red wine  
reduction, and a Grana Padano fondue

**Ravioli di Ricotta e Spinaci** 24  
Hand-crafted ravioli, filled with spinach,  
ricotta, parmigiano and nutmeg,  
served with a light butter and sage  
sauce, and shaved Grana Padano

**Classic Pappardelle Bolognese** 28  
Special Solare Bolognese ragù sauce with  
a house-made pappardelle pasta the ragù  
is a blend of beef, pork, juniper berries,  
bay leaves, and tomato

**Risotto Tartufo e Capesante** 36  
Seared wild scallops, Vialone Nano rice,  
butter, Grana Padano cheese,  
and freshly foraged Italian black truffles

**La Parmigiana** 23  
Maria's special eggplant parmigiana  
with thinly sliced organic eggplant,  
mozzarella and caciocavallo  
Italian cheeses

**Pescato del Giorno** 36  
Locally caught San Diego fish of the day  
roasted with sautéed leeks in a touch of  
cream, spinach, roasted potatoes, and  
toasted leeks

**Pollo Piccata** 29  
Free range chicken sautéed with  
lemon-caper butter sauce,  
served with sautéed organic vegetables

## Pizza

*Proudly made & baked at Solare*

**Margherita** 17  
San Marzano sauce, mozzarella  
and fresh basil

**Pear & Gorgonzola** 19  
Gorgonzola cheese, Bartlett pears  
and mozzarella

**Classic Pepperoni** 18  
Lots of pepperoni, mozzarella,  
and San Marzano sauce



# LATE NIGHT MENU

## Sharing Plates

### Fresh Baked Bread 6

Solare's fresh baked bread (baked to order) with fresh extra virgin olive oil

### Bruschetta alla Mano 19

House baked focaccia with: Sicilian caponata, bell pepper peperonata, figs, almonds, & black olive tapenade

### Affettati Misti e Conserve 23

Chef's selection of artisanal charcuterie: served with Italian olives, local honey, and oven toasted house-made focaccia bread

+ add Chef's Italian cheese selection 11

### Caprese Classico 12

Locally produced Gioia fresh Mozzarella cheese layered with Basil leaves, heirloom tomatoes, pine nut pesto, Drizzled with award winning Toothacre Ranch Olive Oil from Ramona!

## Salads & Soup

### Burrata, Spinaci e Fragole 16

Warm savoyed spinach salad, Gioia burrata cheese, strawberries, pistachios, and aceto balsamico

### Classic Caesar Salad 14

Romaine lettuce hearts, classic house-made Caesar dressing, Parmigiano-Reggiano, EVOO, and home-made croutons

### Insalata Pere e Gorgonzola 15

Organic mixed greens, Bartlett pears, gorgonzola crumbles, balsamic vinaigrette, and caramelized walnuts

### Butternut Squash Soup Cup 9 ~ Bowl 12

~ Solare's famous organic Butternut Squash soup ... infused with just a hint of white chocolate and Solare love

## Cocktails

### Italian Lemon Drop 14

Vodka, Fresh Citrus, Napoleon Mandarine, Limoncello, touch of sweet

### La Paloma del Eclipse 14

Origen Raiz Mezcal "Solare Eclipse Batch", Grapefruit, Lime, Citrus Bitters, Soda Water

### Italian Spritz! 13

Refreshing and delicious Italian Spritz Sip and savor the essence of Italy

### Scoundrel's Darling 16

Bourbon, Sweet Vermouth, Tawny Port, Baking Spices, Chocolate Bitters, Whole Egg

### Espresso Martini 15

Vodka, Caffè Vergnano Espresso, Coffee Liqueur, Amaro, Demerara

## Dessert

### Chocolate and Caramel Mousse 12

Chocolate mousse and caramel mousse flourless cocoa nibs cake (gluten free)

### Pistachio Crème Brûlée 13

Sicilian pistachios fill this crème brûlée with delicately burned brown sugar

### Solare Tiramisù 11

Mascarpone cheese (includes eggs), Lavazza espresso, and lady fingers

### Panna Cotta all'Arancia e Cioccolato 12

Locally grown orange infused panna cotta served with orange peel sauce and chocolate ganache (gluten free)

### Italian Ricotta Cheesecake 13

Executive Chef Denice's home-made Italian ricotta cheesecake with a mixed berry compote

## Mains

### Lasagna Tradizionale 26

House-made lasagna baked and crispy, slow braised Bolognese sauce, house-made béchamel, red wine reduction, and a Grana Padano fondue

### La Parmigiana 23

Maria's special eggplant parmigiana with thinly sliced organic eggplant, mozzarella and caciocavallo Italian cheeses

## Pizza

*Proudly made & baked at Solaré*

### Margherita 17

San Marzano sauce, fresh mozzarella and fresh basil

### Pear & Gorgonzola 19

Gorgonzola cheese, Bartlett pears and shredded mozzarella

### Classic Pepperoni 18

Lots of pepperoni, shredded mozzarella, and San Marzano sauce

### Cotto e Funghi 19

Italian ham, portobellini mushrooms, San Marzano sauce and shredded mozzarella

### Salsiccia 20

Fennel seed sausage, San Marzano sauce, roasted red bell peppers, and shredded mozzarella

### Salsiccia 20

Fennel seed sausage, San Marzano sauce, roasted red bell peppers, and shredded mozzarella

### Prosciutto and Burrata 24

San Marzano sauce, Prosciutto Crudo, Gioia burrata, and mozzarella.

*Drizzled with award winning Toothacre Ranch Olive Oil from Ramona!*





## Solare Ristorante ~ **CYGNETHATRE**

### 3-Course Pre-Theatre Menu \$60++

*choose one item from each course*

- Antipasti**    ***Insalata di Finocchi con Mele e Noci*** – A pure Italian fennel, apple, & citrus salad: thinly shaved fennel, fresh apple segments, walnuts, and a light orange citrus dressing
- Solare's Bisque di Aragosta*** - Lobster bisque served with pasta choux beignet filled with lobster meat, ricotta, and chives
- Carpaccio di Manzo Wagyu*** - Wagyu beef loin, fresh arugula, Chef Denice's citronette, shaved grana Padano cheese, and micro flowers
- Main**        ***Lasagna al Cinghiale*** – Special lasagna made by Chef Maria: Wild boar (cinghiale), layers and layers of pasta with our home-made béchamel
- Fettuccini e Tartufo*** - Italian Truffles with a classic home-made pasta: hand-cut fettuccine served with fresh Italian Truffles shaved on top
- Pesce alla Siciliana*** Wild and locally caught fish from San Diego waters (Tommy Gomes & Tunaville Market!) with a pistachio & olive crust, served with a smoked tomato broth (yes!), spinach, and roasted potatoes
- Filetto di Manzo all'Aglio Nero*** - Angus beef filet with Chef Denice's black garlic glaze served with Piemontese Italian polenta with Italian Truffles (+\$10)
- Dolce**        ***Semifreddo al Pesche di Stagione*** – House-made Italian semifreddo infused and topped with seasonal peaches & a dollop of Chantilly cream
- Italian Gelato & Sorbetto*** - Your server will share with you our daily artisanal selection of San Diego's very own Massi Gelato



## Wine Specials

### **Special Italian Wine Flight** ~ \$29 ~ Three 3oz Pours

#### **La Spinetta, Timorasso, Colli Tortonesi DOC, 2023 Piemonte**

*A fun grape variety brought back from obscurity. Racy acidity and medium body define a preminent Piemonte white wine.*

Glass 20 ~ Bottle 75

#### **Marotti Campi "Orgiolo" Lacryma di Morro D'Alba DOC Superiore, 2022, Marche**

*A unique grape from Marche. Expressing intense aromas of flowers, one would expect a sweet wine, instead, we have a wine delivering spicy characteristics with a medium to full palate and smooth tannins that show the 12 months spent in barrique. Enjoy!*

Glass 18 ~ 66

#### **Luce "Lucente" Toscana IGT 2022 ~ Sangiovese and Merlot**

*A rich blend from the heart of Tuscany in Montalcino. Aged for 12 months in a mix of used and new french oak.*

Glass 18 ~ 68



## Our Dinner Menu



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2820 Roosevelt Road  
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106  
[www.solarelounge.com](http://www.solarelounge.com)

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# Benvenuti a Solare

We welcome you to the Solare Family! It is our goal to offer to you an amazing dining experience. We are an authentic Italian restaurant with a special focus on regional dishes and extreme care of ingredients.

**My Team and I sincerely thank you for all the support you have shown us over the last year and more. Food is the power that brings us together.**

Owner & General Manager, Randy Smerik

*Randy*

We make our pasta fresh daily here at Solare.



## What We Do:

### Authentic Italian Cuisine

- Antipasti
- Soups & Broths & Sauces
- Salads
- Pasta house-made
- Pizza
- Vegetarian & Vegan
- Proteins
- Home-made Italian Desserts

### Private Room

- Solare Wine Room
- Solare Chef's Table
- Retail Wine Shop
- Wine to-go
- Craft Cocktails to-go
- Tasting Menu
- Wine Dinners

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## Dessert First? 😊

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### ***Mousse al Cioccolato e Caramello 12***

Chocolate mousse and caramel mousse flourless cocoa nibs cake (gluten free)

### ***Crema Bruciata al Pistacchio 13***

Sicilian pistachios fill this crème brulee with delicately burned brown sugar

### ***Solare Tiramisù 11***

Mascarpone cheese (includes eggs), Caffè Vergnano espresso, and lady fingers

### ***Panna Cotta alla Pesca e Bourbon 12***

Peach infused panna cotta served with a bourbon-glazed peach sauce (gluten free)

### ***Italian Ricotta Cheesecake 13***

Executive Chef Denice's home-made Italian ricotta cheesecake with a lemon-mint macerated strawberries

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vegetarian and gluten-free options available upon request ~ please notify your server if you have any food allergies ~ consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness ~ to ensure that any food allergies managed correctly, the Solare team works to prepare dishes with the right ingredients, and each customer or guardian must also check with the server at the time the dish is served to ensure any ingredients that need to be avoided are not on the plate

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## Antipasti e “Sharing Plates”

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### ***Solare's Pane Artigianale 6***

Freshly baked loaf of golden Italian bread made with Italian 00 flour, fresh yeast, Rosemary and Maldon salt and served with EVOO (GF available +1)

### **Gamberetti Selvatici di Tommy Gomes 20**

Sourced from Point Loma legend Tommy Gomes The Fishmonger:  
Two extra large plump wild Baja Shrimp ~ Scampi style

### ***Bruschetta alla Mano 19***

House focaccia with: Sicilian caponata -- and figs, almonds,  
& black olive tapenade – and red bell pepper peperonata (GF available +2)

### ***Italian Charcuterie ~ Affettati Misti 23***

Daily Chef's selection of artisanal charcuterie: served with Italian olives,  
local honey, and oven toasted house-made focaccia bread (GF available +2)  
+ add Chef's choice Italian cheeses of the day 11

### ***Frittura di Pesce all'Italiana 22***

Crispy wild Baja shrimp, calamari, seasonal vegetables with a  
house-made Calabrian chili pepper mostarda, and bottarga salt

### ***Arancini al Tartufo 14***

Hand-made Solare arancini with Italian Black Truffles – these are lightly  
crisped risotto balls, a Sicilian delicacy, Great for sharing!

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## Insalata

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### ***Burrata, Spinaci e Fragole 16***

Warm savoyed spinach salad, Gioia burrata cheese, strawberries,  
pistachios, and aceto balsamico.  
*Drizzled with award winning Toothacre Ranch Olive Oil from Ramona!*

### ***Classic Caesar Salad 14***

Romaine lettuce hearts, classic house-made Caesar dressing,  
Parmigiano-Reggiano, EVOO, and home-made garlic croutons

### ***Insalata Pere e Gorgonzola 15***

Organic mixed greens, Bartlett pears, gorgonzola crumbles,  
balsamic vinaigrette, and caramelized walnuts

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## Zuppa Italiano

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### ***Zuppa del Giorno* Cup ~ Bowl ~ Quarts To-Go**

Solare's wholesome and hearty soup is a deliciously filling meal  
or starter any day of the year

### ***Zuppa di Zucca* Cup 10 ~ Bowl 13 ~ Quarts To-Go 26**

Solare's famous organic Butternut Squash soup ... infused with just a hint  
of white chocolate and Solare love

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## Pasta

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### ***Lasagna Tradizionale 26***

House-made lasagna baked and crispy, slow braised Bolognese sauce, house-made béchamel, and a Grana Padano fondue

### ***Ravioli di Ricotta e Spinaci 25***

Hand-crafted ravioli, filled with spinach, ricotta, parmigiano and nutmeg, served with a light butter and sage sauce, and shaved Grana Padano

### ***Tuscan Pici Pasta 25***

Hand-rolled Pici pasta (first made in Siena, Tuscany) with garlic infused fresh tomato sauce, and herb crumbs (a vegan delight ~ no eggs)

### ***Linguine alle Vongole 29***

Artisanal linguine with manilla clams, EVOO, garlic, parsley, Calabrian chili peppers (it is a little spicy), and cherry tomatoes

### ***Classic Pappardelle Bolognese 28***

Special Solare Bolognese ragù sauce with a house-made pappardelle pasta the ragù is a blend of beef, pork, bay leaves, and tomato

### ***Risotto Tartufo e Capesante 38***

Seared wild scallops, Vialone Nano rice, butter, Grana Padano cheese, and freshly foraged Italian black truffles

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## Pizze

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### ***Margherita 18***

San Marzano sauce, mozzarella and fresh basil

### ***Pere & Gorgonzola 19***

Gorgonzola cheese, Bartlett pears and mozzarella

### ***Classic Pepperoni 19***

Lots of pepperoni, mozzarella, and San Marzano sauce

### ***Cotto e Funghi 19***

Italian ham, portobellini mushrooms, San Marzano sauce and mozzarella

### ***Salsiccia 20***

Fennel seed sausage, roasted red bell peppers, San Marzano sauce and mozzarella

### ***PIZZA A MODO MIO ~ Personalize your Pizza***

4	+ anchovies	+ roasted red bell	2
4	+ egg	+ mushroom	2
6	+ prosciutto crudo	+ spinach	2
4	+ pepperoni	+ cherry tomato	3
2	+ truffle oil	+ black olives	2
4	+ cotto	+ red onion	2
4	+ artichoke hearts	+ arugula	2

Want a wood-fired Solare pizza at your home or office? Yes, we have our 900°F wood-fired pizza oven and we would love to cater your event. Master Pizza Chef Brian will take great care of you. Ask your server for details.

Would you like a Gluten-Free Pizza? Made in house with our own recipe - \$5 extra

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## Secondi

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### ***La Parmigiana 23***

Maria's special eggplant parmigiana with thinly sliced organic eggplant, mozzarella and caciocavallo Italian cheeses

### ***Pescato del Giorno 36***

Locally caught San Diego fish of the day roasted with sautéed leeks in a touch of cream, spinach, roasted potatoes, and toasted leeks

### ***Pollo al Marsala 29***

Free range chicken sautéed with shiitake mushrooms and Marsala wine, served with organic sautéed vegetables

### ***Costolette di Agnello 41***

Seared Sicilian-style pistachio-crust lamb chops served with sautéed spinach, and roasted fingerling potatoes with a light dusting of cheese and truffle infusion

### ***Ossobuco di Maiale 38***

Slow braised 16oz pork ossobuco on a bed of Milanese saffron risotto served with balsamico cremini mushrooms and almond/citrus gremolada

### ***Filetto di Manzo 46***

Angus beef filet with Chef Denice's green peppercorn sauce and crispy onions on top, grilled asparagus, carrot, and parsnip purée

### ***Duroc Tomahawk Pork Chop 43***

An incredible pork tomahawk that our best supplier found for us to share with you. This is the Duroc breed from Compart Family Farms in Minnesota. Duroc is a proverbial dip in the pool of heritage breed pork. The pigs are red in color and the meat is a beautiful, almost fuchsia rich pink. Duroc pork is known for its incredible juiciness and rich flavor. We grill this chop and then finish it oven roasted with herb butter, tender asparagus and home-made corn cake.



**Come Experience Solare.**

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## Would you like a Solare Craft Cocktail to take home?

We have our Solare-made craft cocktails packaged in cool glass bottles to take home with you. 2 Servings each!

Order with your server and we will have them ready for you to take home.

*\$22 for the glass bottle with 2 servings*

### **Negroni**

*Gin, Sweet Vermouth, Campari*

### **Italian Lemon Drop**

*Vodka, Fresh Citrus, Napoleone Mandarine,  
Limoncello, touch of sweet*

### **Manhattan**

*Rye whiskey, Sweet Vermouth,  
aromatic and orange Bitters, Amarena Cherries*

### **Dolce Vista**

*With Henebery Whisky, Lemon,  
Honey, Ginger, Citrus Bitters*

### **Paloma**

*Real del Valle Blanco Tequila, Grapefruit,  
Lime, touch of sweet, Citrus Bitters*

### **Rosemary A Go-Go #3**

*Old Harbor Gin, Mirto, Aperitivo,  
Lemon, Flamed Rosemary*

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