



Our Menu

updated May 16, 2024



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com

Cooking Classes at Solare Ristorante Hands-on in our Kitchen!

May to July Classes

Ciao!! Here is our Schedule.
We love doing Cooking Classes here at Solare.



May 25 - Seafood Italian-style

June 1 - Pizza from Scratch!

**June 15 – Cooking Meat Italian-style
(Father's Day weekend)**

June 29 - Pasta from Scratch

July 6 - Lasagna with Maria

July 20 - Authentic Gnocchi & Pesto

Classes are typically limited to 10 students.
Don't Delay.

Solare

SOLAR&E
RISTORANTE ITALIANO BAR LOUNGE

Special Wine Dinner with Silver Oak! The Napa Valley Legend

Thursday May 23 – 6:30pm Reception w/Quelene
– 6:45pm Dinner



Silver Oak is clearly a legend of California winemaking. Everything started in 1972 when Ray Duncan and Justin Meyer teamed up to create their first vintage wine (Alexander Valley). Their strong focus was pure **Cabernet Sauvignon**. Silver Oak became one of the top in all of Napa. The Duncan family added the name, Twomey, to their portfolio to include the varieties of pinot noir, merlot, and sauvignon blanc. This dinner is led personally by **Quelene Marino of the Silver Oak Team**. Our dinner has 5 select wines including **the 3-liter bottle of their 2008 Merlot** (delicious) wine plus their **Napa Valley Cab** and their **Alexander Valley Cabernet Sauvignon** wines.

\$136 includes 4-course dinner & 5 amazing wines

RSVP to info@solarelounge.com or 619-270-9670

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Specials of the Week

- | | | |
|---|----|--|
| Fiori di Zucca Fritti
Spring is here and our zucchini blossoms are back. Solare's squash blossoms are prepared with a light tempura and filled with ricotta, sundried tomatoes, mint, and basil, served with an asparagus pesto and black olives dehydrated | 14 | Wine Flight
Three Half Glasses ~ \$28

Keenan "Summer Blend",
90% Chardonnay/10% Albariño,
2022, Napa Valley
This is a great wine to enjoy on a warm summer evening. Aromas of ripe peach, lemon zest, and pineapple augment the concentrated floral nuances.
This is a medium bodied wine with crisp acidity and mouth filling flavors.
Glass \$16 ~ Bottle \$59 |
| Panzanella Toscana e Burrata
This is a traditional Tuscan "bread salad" that features high quality burrata cheese with heirloom tomatoes, herbs, and an incredible dressing | 17 | Muri-Gries, Lagrein,
Alto Adige DOC,
2021, Alto Adige – Sud Tirol
Our Lagrein is the perfect symbiosis of tradition and modernity. In Alto Adige it can be traced back to its origins over several centuries. It has always been at home here. This is a wine with pedigree and character: down to earth and open to the world. The ideal companion to all kinds of roasts and grilled meat dishes.
Glass \$19 ~ Bottle \$75 |
| Risotto Primavera
Solare home-made risotto with Italian Vialone Nano rice, snap peas, asparagus, roasted pine nuts, and shaved parmigiano-reggiano – It's Spring! | 28 | Marotti Campi "Orgiolo",
Lacrima di Morro D'Alba DOC,
2020, Marche
A semi-aromatic variety which gives rise to intense aromas of roses, violets and lavender. Aged for 12 months in small, second and third year French oak barrels, it afterwards undergoes a period of rest and refinement for a further 6 months. On the palate it's firm and elegant. Well-defined tannins are immediately present and provide perfect balance in every sip.
Glass \$18 ~ Bottle \$66 |
| Pappardelle al Cinghiale
House-made pappardelle pasta infused with dark chocolate, wild boar sugo, bay leaves, juniper berries, and pecorino cheese (wow) | 29 | |
| Millefoglie alle Fragole
A Solare classic dessert – only on special occasions: "Thousand layer" puff pastry layered with chantilly cream and lightly candied farmer's market strawberries | 15 | |

Solare Ristorante included in the Michelin Guide!

Wow! We are all delighted to share that Solare Ristorante is selected to be included in the Michelin Guide.

A Huge and Happy and Heartfelt Thanks (Grazie!) to everyone reading these words. Your support and love are literally the wind beneath our wings.

-Randy and the Solare Team



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
- Desserts

Retail Wine Shop

- Wine to-go
- Craft Cocktails to-go
- Beer to-go
- Private Room
- Solare Wine Room
- Solare Chef's Table

Dessert First? 😊

Mousse al Cioccolato e Caramello 10

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

Crema Bruciata al Pistacchio 11

Sicilian pistachios fill this crème brulee with delicately burned brown sugar

Salame al Cioccolato 10

Dark chocolate and Amaretto "cookies", almonds, pistachios, and Torroncino gelato

Solare Tiramisù 10

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

Panna Cotta all'Arancia e Cioccolato 11

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

Italian Ricotta Cheesecake 12

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

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

Antipasti e “Sharing Plates”

Solare’s Pane Artigianale 6

House-made freshly baked loaf of golden Italian bread made with Italian 00 flour, fresh yeast, and Maldon salt and served with EVOO

Bruschetta alla Mano 18

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

Italian Charcuterie ~ Affettati Misti e Conserve 23

Daily Chef’s selection of artisanal charcuterie: served with Italian olives, local honey, and oven toasted house-made focaccia bread
+ add Chef’s choice Italian cheese of the day 11

Frittura di Pesce all’Italiana 21

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

Steamed Mussels Italiano 22

Perfect for sharing! A plate of steamed mussels with a special Solare broth of Italian white wine, lobster stock, cherry tomatoes, hints of garlic and chili flakes, EVOO, parsley, and crostini for dipping

Arancini al Tartufo 13

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

Insalata

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 garlic croutons

Insalata Pere e Gorgonzola 14

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

Zuppa Italiano

***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 9 ~ Bowl 12 ~ Quarts To-Go 26**

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

Pasta

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 23

Hand-crafted ravioli, filled with spinach and ricotta, Grana Padano, butter and sage sauce, and shaved Grana Padano

Pici co' Brici 23

Hand-made Tuscan Pici pasta, with garlic infused fresh tomato sauce, garlic purée, and herb crumbs (a vegan delight)

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, juniper berries, bay leaves, and tomato

Fettuccine con Zucchini, Gamberi e Zafferano 29

Saffron infused House-made fettuccine pasta with wild Baja shrimp, mascarpone cheese and served with zucchini and sliced almonds

Risotto Tartufo e Capesante 34

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

Pizze

Margherita 17

San Marzano sauce, mozzarella and fresh basil

Pere & Gorgonzola 18

Gorgonzola cheese, Bartlett pears and mozzarella

Classic Pepperoni 18

Lots of pepperoni, mozzarella, and San Marzano sauce

Cotto e Funghi 19

Italian ham, portobellini mushrooms, San Marzano sauce and mozzarella

Salsiccia 19

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
3	+ 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

La Parmigiana 21

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

Pescato del Giorno 36

Local catch of the day with a pistachio & olive crust, served with a smoked tomato broth, spinach, and roasted potatoes

Pollo al Marsala 29

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

Costolette di Agnello 39

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

Osso Buco di Maiale 36

Slow braised 16 oz pork osso buco 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 39

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.

    @solaresandiego



Come Experience Solare.

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Solare

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
