



Our Lunch and Dinner Menus

Updated September 2, 2026



Solare

SOLARE
RISTORANTE ITALIANO BAR LOUNGE

RSVP
Here



Special Wine Dinner with
Winemaker/Owner Michael Keenan
Keenan Winery
Napa Valley - Spring Mountain

Thursday Sept 3

– 6:30pm Reception w/ Michael
– 6:45pm Dinner



This wine dinner highlights a legend from **Napa Valley** and the **Spring Mountain District** – these wines are classics for aficionados of this special area of the valley. Michael is the owner and winemaker, and **we are pouring 3-liter bottles** of his **Mailbox single vineyard Estate Merlot Reserve**. Learn all about what is happening in Napa Valley now as the harvest starts. Michael is amazing. **RSVP.**

\$108/person includes 4-course dinner and 5 wines

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

2820 Roosevelt Road - Liberty Station, Point Loma - San Diego 92106
(619) 270-9670 www.solarelounge.com

Cooking Classes at Solare Ristorante Hands-on with our Chef!

July, August, and September Classes

Ciao! Here is our Schedule.

July 18	Lasagna with Chef Maria
July 25	Osso Buco and Risotto
August 8	Making Pizza from Scratch – Italiano!
August 22	Learn to Cook Roman Classics
August 29	Seafood Italian-style + Fish Market
Sept 12	Let's make an Italian Sunday Supper
Sept 26	Gnocchi, Pesto, and Bolognese

Class size limited



All details
and sign-up here



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.

Drizzled with award winning Toothacre Ranch Olive Oil from Ramona!

Classic Caesar Salad 14
Romaine lettuce hearts, classic house-
made Caesar dressing, Parmigiano-
Reggiano, 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 28
Grilled Angus beef steak tagliata style
with arugula, cherry tomatoes,
shaved Grana Padana cheese,
and a Balsamic reduction

Butternut Squash Soup Cup 9 ~ Bowl 13
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 19 Fish of the Day 18

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 28
House-made focaccia, grilled hanger
steak, whole grain mustard, shaved
Parmigiano-Reggiano and wild arugula

Panino Caprese 19
House-made focaccia, fresh mozzarella
cheese, heirloom tomatoes, and basil-
pine nut pesto

Italian Spritz!

Enjoy a refreshing and delicious Spritz
made by our team at Solare 13

Cappelletti Spritz ~
Cappelletti Aperitivo, Prosecco,
Fizzy Water

Hugo Spritz ~ Elderflower Liqueur,
Prosecco, Mint, Fizzy Water

Limoncello Spritz ~ with Italian
Limoncello, Prosecco, Fizzy Water

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 brulee
with delicately burned brown sugar

Solare Tiramisù 12
Mascarpone cheese (includes eggs),
Caffè Vergnano espresso,
and lady fingers

Panna Cotta 13
Seasonal fruit panna cotta
(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 25
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 38
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 37
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 18
San Marzano sauce, mozzarella
and fresh basil

Pear & Gorgonzola 19
Gorgonzola cheese, Bartlett pears
and mozzarella

Classic Pepperoni 19
Lots of pepperoni, mozzarella,
and San Marzano sauce

Prosciutto and Burrata 24
San Marzano sauce, Prosciutto Crudo,
Gioia burrata, and mozzarella



Solare Ristorante ~ **CYGNETHATRE**

3-Course Pre-Theatre Menu \$59++

choose one item from each course

Antipasti **Panzanella Toscana**

The traditional Tuscan "bread salad" that features fresh mozzarella ciliegine cheese with seasonal heirloom tomatoes, red onion, cucumber, basil, and green beans

Insalata di Anguria

Fresh watermelon, grilled and topped with mixed greens, candied pistachios, Caprino cheese, red onion, with a honey balsamic vinaigrette

Main **Casarecce alla Trapanese**

A traditional pasta from Sicily, Casarecce is tossed with *pesto trapanese* made of local tomatoes, almonds, basil and garlic served with herb bread crumbs and Pecorino cheese

Risotto al Pomodoro e Burrata

Creamy tomato risotto with local Gioia burrata cheese, basil, and incredibly sweet seasonal cherry tomatoes

Pesce Scoglio Scottato con Salsa

Seared local rockfish fillet (Tommy Gomes!) served with grilled asparagus and a *salsa verde* of capers, anchovies, parsley, olives, garlic, lemon zest and extra virgin olive oil

Cotoletta di Maiale alla Milanese

Bone-in Nieman Ranch pork chop pounded, breaded and fried in clarified butter served with baby arugula, cherry tomatoes, and Parmigiano-Reggiano cheese

Dolce **Bunèt**

Classic dessert of the Langhe, a historic region of Piedmont. Executive Chef Denice Grande creates her expression of this dish for you to: fresh eggs, cocoa, vanilla, amaretto crumble, and amaretto liqueur

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 ~ \$41 ~ Three 3oz Pours

Darioush, Chardonnay, 2023, Napa Valley

Grown from estate fruit in the vineyards of Los Carneros, these cooler Southern Napa Valley climes exhibit quintessential varietal characteristics while preserving inherent freshness and vibrancy.

½ Glass ~ 16 | Glass ~ 31 | Bottle ~ 108

Francone, Barchetta, Barolo DOCG, Piemonte, 2021

Coming from one of the top producers of the Barbaresco appellation, this 100% Nebbiolo sings of cherries and roses.

½ Glass ~ 14 | Glass ~ 27 | Bottle ~ 94

Avignonesi, Poggetto di Sopra, Vino nobile di Montepulciano DOCG, 2021, Toscana

A single vineyard Sangiovese representing the most select vineyard sites one of favorite Vino Nobile producers! Rich aromas of small red berries and candied orange. On the palate, it is vibrant and medium-bodied. An exceptional wine with a lasting finish.

½ Glass ~ 13 | Glass ~ 25 | Bottle ~ 87



Our Dinner Menu



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com

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

Dessert First? 😊

Mousse al Cioccolato e Caramello (gluten free) 12

Chocolate mousse and caramel mousse flourless cocoa nibs cake

Crema Bruciata al Pistacchio (gluten free) 13

Sicilian pistachios fill this crème brulee with delicately burned brown sugar

Solare Tiramisù 12

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

Panna Cotta al Solare (gluten free) 12

Rotating flavor of house made Panna Cotta

Italian Ricotta Cheesecake 13

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

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)

Burrata Estiva con Pomodorini 17

Local burrata from Gioia Cheese, an assortment of farmer’s market Summer tomatoes: Sweet 100, Sungold, and heirloom cherry tomatoes, basil, Umbrian olive oil and toasted crostini

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, condimenti, and oven toasted house-made focaccia bread (GF available +2)
+ add Chef’s choice Italian cheeses of the day with Temecula honey 11

Frittura di Mare all’Italiana 23

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!

Insalata e Zuppa

Insalata Pesche Grigliate 18

Grilled local peaches, 18 month Prosciutto Crudo di Parma served with arugula, crumbled goat cheese and Umbrian olive oil

Classic Caesar Salad 15

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

Insalata Pere e Gorgonzola 16

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

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, finished with amaretto cookie crumble

Pasta

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

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

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)

Risotto Tartufo e Capesante 38

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

Pizze

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

Salsiccia 20

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

Prosciutto e Burrata 24

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

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

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

Secondi

La Parmigiana 23

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

Pescato del Giorno 37

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 30

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

Costolette di Agnello 45

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 38

Slow braised 16oz 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 48

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.

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

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.

\$24 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 Alla Monarca

*Rye Whiskey, Cocchi Dopo Teatro,
Blueberry Amaro, Aromatic & Orange Bitters*

La Paloma del Eclipse

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