



Our Lunch and Dinner Menus

Updated April 16, 2026



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com

Solare

SOLAR&E
RISTORANTE ITALIANO BAR LOUNGE

Wine Spectator

**Three Italian Wine Events
One weekend at Solare
All Tuscany!**

Contact us if

You Like to join one or all 😊

CAPARZO

Thursday
April 23 6:30pm



RICASOLI

1 1 4 1

Friday
April 24 6:30pm



**CASTELLO DI
VOLPAIA**

Saturday
April 25 1pm

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

April, May, and June Classes

Ciao!! Here is our Schedule.

April 11	Gnocchi, Pesto, and Bolognese
April 25	Seafood Italian-style + Fish Market
May 2	Making Pasta from Scratch – Yes!
May 16	Making Pizza from Scratch – Italiano!
May 23	Lasagna with Chef Maria
May 30	Osso Buco and Risotto
June 6	Seafood Italian-style + Fish Market
June 13	Gnocchi, Pesto, and Bolognese
June 20	Father's Day Weekend – Cooking Meat Italian and Solare-style
June 27	Making Pizza from Scratch – Italiano!

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 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 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 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 Spritz
made by our team at Solare 13

Classic 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 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 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



Our Dinner Menu



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Solare Ristorante ~ **CYGNETHATRE**

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

choose one item from each course

- Antipasti** ***Fiori di Zucca Fritti*** – 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
- Insalata di Taccole e Fave*** – Spring is here! Fresh “snap peas and fava bean” salad with almonds, mint, shaved parmigiano, and honey-lemon mustard vinaigrette
- Main** ***Risotto con Piselli e Asparagi*** – Our home-made Vialone Nano Italian rice risotto with organic green peas, asparagus, and Parmigiano-Reggiano cheese and served with pancetta-wrapped grilled asparagus
- Orecchiette con Cime di Rapa*** – Orecchiette pasta with rapini (broccoli rabe), roasted garlic, a hint of red chili pepper, and house made herb bread crisps
- Pesce al Cartoccio*** - Arrives with a surprising presentation: wild and locally caught fish from San Diego waters (Tommy Gomes!) with broccolini, capers black olives, and heirloom cherry tomatoes in a white wine sauce
- Tagliata di Angus Bistecca*** – Grilled Angus hanger steak served tagliata-style with spring onions and Italian salsa verde – hanger steak is the rare “butcher’s cut” that is very savory and tender (+\$10)
- Dolce** ***Cannolo Siciliano*** - Carob infused house-made shell, a light and silky ricotta from Sicily, pistachios, and candy oranges
- 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 ~ \$34 ~ Three 3oz Pours

La Spinetta "Derthona", Timorasso, Colli Tortonesi DOC, 2024, Piemonte

A storied grape from the historic crossroads of North Italy. Of recent vogue with producers across Piemonte, Structure and acidity guide this food friendly wine.

Glass 20 ~ Bottle 75

COS, Cerasuolo Di Vittoria DOCG, Nero D'Avola/Frappato, 2021, Sicilia

One of favorite producers from Sicily. Combining the fruit of Frappato with the herbacious body of Nero D'avola. Amazing with seafood!

Glass 20 ~ 76

Piedrasassi, Syrah, Bien Nacido Vineyard, 2021, Santa Maria Valley

A shockingly good syrah from the central coast of California. Drink now or wait 5 years. A boutique production from one of the rising stars of California wine Sashi Moorman.

Glass 27 ~ 93

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 Frutto della Passione (gluten free) 12

Panna Cotta Infused with passionfruit served with passionfruit coulis and mint

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)

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!

Insalata e Zuppa

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

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

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

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

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

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

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 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 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.

   @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.

\$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*
