



Our Menu

updated May 3, 2024



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com



Very Special Wine Dinner with
Dunn Vineyards & Kara Dunn
Napa Valley Cabs + the new Retro wines

★ *Highlighting Dunn Howell Mtn 2019* ★
Wine Spectator #6 Wine of the Year!

Thursday May 9 – 6:30pm Reception w/Kara
– 6:45pm Dinner



Oh yes – this is **Dunn Vineyards!**
Since 1979, Randy Dunn and family own and operate Dunn Vineyards and produce some of the very best Cabs from Howell Mtn and Napa. **Kara Dunn** leads the evening that includes Retro wines they now also produce.



\$146 includes the wine dinner & 6 select wines
(Higher price than normal, and well worth it for these wines)

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

2820 Roosevelt Road - Liberty Station, Point Loma - San Diego 92106

MOTHER'S DAY at Solare

Sunday, May 12

Open at 10:30am

Special Italian Menu

Full Menu too



**Great Wine,
Beer, and
Cocktail
Selections too!**

**Call Today!
619-270-9670**

Rib Roast of Beef



***Seared
Scallops***



***Homemade
Pasta with
Truffles***



***Solare Signature
Dishes***



Specials of the Week

New Menu Selections

Fiori di Zucca Fritti

14

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

Polpo alla Griglia con Fregola Sardo

19

Grilled octopus with Italian mixed olives, cherry tomatoes, basil, mint, lemon and extra virgin olive oil

Ravioli di Gamberetti

28

Chef Denice specialty!
Homemade striped ravioli stuffed with shrimp, ricotta, Yukon potatoes and served with a delicate sauce infused with limoncello

Stinco d'Agnello

42

Slow braised (4 hours) lamb shank (it's Spring!) served with creamy polenta, baby turnip and baby carrot

Wine Flight

Three Half Glasses ~ \$26

Buglioni "Musa", Lugana DOC (100% Trebbiano), 2022, Veneto

This wine, coming from the shores of lake garda, Straw yellow color with green shimmers. Intense aroma, rich with notes of flowers, fruity with hints of citrus. Good structure and acidity with delicate mineral undertones.

Glass \$14 ~ Bottle \$50

Josef Weger "Lena", St. Magdalener DOC (Schiava Blend), 2022, Alto Adige – Sud Tirol

From deep in the Alps, this wine exemplifies the intense environment it is spawned from. Intense red color. On the nose the wine is fruity, with hints of berries and violets. On the palate it is dry, velvety, harmonious, round and persistent. Enjoy a little chilled with seafood or white meat dishes.

Glass \$15 ~ Bottle \$55

Maculan "Palazzotto", Cabernet Sauvignon, Breganze DOC, 2020, Veneto

The perfect pairing with red meats, whether grilled, braised, stewed or roasted. The color of this wine is brilliant ruby red, the nose is intense yet elegant with aromas of red berries and licorice. Full bodied and dry in the mouth, the fine-grained tannins are beautifully integrated with the hints of oak.

Glass \$20 ~ Bottle \$75

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

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



Secondi

La Parmigiana 21

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

Ossobuco di Maiale 36

Slow braised 16 oz 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 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.



Come Experience Solare.

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.

\$21 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

Oaxacan Signore

With Sierra Norte Oaxacan Whisky, Sweet Vermouth, Rainwater Madeira, Orange Bitters

La Paloma Humilde

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

La Maverick

Real del Valle Blanco Tequila, Mirto, Pineapple, Cranberry, Bolivar Bitters
