



## Our Lunch and Dinner Menus

Updated June 28, 2025



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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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# **Cooking Classes at Solare Ristorante**

## **Hands-on with our Chef!**

### **April, May, and June Classes**

Ciao!! Here is our Schedule.

Apr 12	Lasagna with Chef Maria
Apr 26	Gnocchi, Pesto, and Bolognese
May 3	Seafood Italian-style + Fish Market
May 17	Making Pizza from Scratch
May 24	Osso Buco and Risotto
Jun 14	Making Pasta from Scratch – Yes!
Jun 28	Lasagna with Chef Maria

Classes are typically limited to 12 students.



All details  
and sign-up here

Typically \$95++ per student. Includes the hands-on cooking class, wine, and a full lunch. Limit is usually 12 students per class.

Our Cooking Classes offer a truly hands-on experience with our Chef allowing each student to create Italian cuisine themselves to make at home. Our classes are not just a “demonstration”, they are hands-on.

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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



## Our Dinner Menu



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## Weekly Specials

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### Executive Chef Denice Grande

Chef Denice leads the Solare kitchen and became the Exec Chef in 2021 after joining the Solare team in 2012. We are so lucky to have her create these amazing dishes.

#### Fiori di Zucca Fritti

Back in season! Solare's squash blossoms prepared with a light tempura and filled with ricotta, sundried tomatoes, mint, and basil, served with an asparagus pesto and black olives dehydrated

16

#### Insalata di Anguria Grigliata

Grilled Watermelon Salad – It's the start of the Season! Organic seedless watermelon, arugula, Caprino cheese (famous in Piemonte and Lombardia), onion, candied pistachio, with Chef Denice's home-made light honey-balsamic dressing

15

#### Mezzaluna con Barbabietole

This is a delicious home-made pasta – also called "Casunzei all'Ampezzana". It is "half moon shaped" ravioli stuffed with seasonal beets, ricotta and Parmigiano Reggiano in a light butter and poppy seed sauce

27

#### Salmone all'Aglio e Limone

Seared salmon (the salmon are running!) with lemon, garlic and (delightful) seasonal green beans

33

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## Wine Flight Pairing

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Three Half Glasses ~ 27

### Audarya, Nuragus di Cagliari DOC, Sardegna, 2023

This wine, made from the Nuragus grape, an ancient white varietal named after the Nuragic civilization. This grape is unique to the southeast of Sardinia. Expressing fragrance and ripe stone fruit, this wine is a delightful aperitif!

Glass 17 ~ Bottle 63

### Joyce, Pinot Noir, 2023, Arroyo Seco

This flagship Pinot Noir is a pure representation of the coastal terroir in Monterey County. Strong daily winds that bring cool fog from the Monterey Bay force the grapes to spend more time on the vine building flavor and complexity. Extremely rocky well-drained alluvial soils are the base for creating wines processing freshness & minerality.

Glass 16 ~ 59

### Avignonesi, Vino Nobile di Montepulciano DOCG, 2020, Toscana

The wine shows garnet red reflections. On the nose, it offers aromas of small red fruits, pomegranate and the unmistakable violet scent of good Sangiovese. In the background a touch of vanilla and tomato leaf. The palate is well balanced, with sweet notes of ripe cherries and plum jam, supported by precise and elegant tannins. The body is dynamic and compelling and the pleasant drinkability is accompanied by good persistence.

Glass \$19 ~ Bottle \$70

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## Hands-on Cooking Classes at Solare Ristorante

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Join us for one of our  
Hands-on Cooking Classes

Available Classes include:  
June 14: Pasta and June 28: Lasagna



# 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

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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

### ***Profiterole 13***

Pastry choux bigné, vanilla gelato, chocolate ganache, and chantilly cream

### ***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 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***

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

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

### ***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  
+ 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

### ***Steamed Mussels Italiano 22***

Steamed mussels in 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 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 24***

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

### ***Pici Pasta 24***

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

### ***Fettuccine con Zucchini, Gamberi e Zafferano 31***

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

### ***Risotto Tartufo e Capesante 36***

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 17***

San Marzano sauce, mozzarella and fresh basil

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

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 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 gremolata

### ***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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