

Our Lunch and Dinner Menus

Updated July 2, 2025

Cherries are in Season!



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

July, August, and Sept Classes

Ciao!! Here is our Schedule.

July 19	Seafood Italian-style + Fish Market
July 26	Osso Buco and Risotto
August 9	Tomatoes - Fresh Seasonal let's Cook!
August 16	Making Pasta from Scratch – Yes!
August 23	Making Pizza from Scratch – Italiano!
August 30	Gnocchi, Pesto, and Bolognese
Sept 6	Seafood Italian-style + Fish Market
Sept 13	Lasagna with Chef Maria
Sep 20	Making Pizza from Scratch – Italiano!

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.



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



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com

Weekly Specials

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



Cherries in Season!



Insalata di Ciliegie Fresche

Fresh red sweet and rainier cherries from Washington state, watercress, fennel, a delicate pomegranate dressing, and crushed pecans

Risotto al Pecorino e Ciccia Cruda

Solare's risotto made with Vialone Nano rice mantecato with salted butter, pecorino, Fassona beef tartare from Thompson Heritage Ranch in Ramona, CA and fresh red sweet Washington cherries

Anatra all'Aceto di Ciliegie

King Cole* duck breast, glazed with red sweet cherries, a cherry pinot noir sauce, roasted turnip, and Cauliflower purée

*Founded in 1958, King Cole Ducks started out as a small duck operation in Stouffville, Ontario, dedicated to raising ducks with highest levels of sustainability in the market.

16

Wine Flight Pairing

Three Half Glasses ~ 27

Osvaldo Viberti, Nascetta Langhe DOC, Piemonte, 2020

Nascetta is the only white grape native to the area of Barolo. Viberti is a producer located in La Morra who is dedicating energy to this intriguing variety. Full bodied with wonderful acidity, it makes a sublime pairing with the pure flavors of the Fassona beef tartare.
Glass 17 ~ Bottle 63

Tommasi "Rafael", Valpolicella Classico DOC, 2021, Veneto

This Valpolicella comes from the historical Tommasi family vineyard, Rafaël. Perfectly situated on one of the region's most famous hills, Monte Masua, the wine produced is a balance of red and black fruit flavors with notes of sage, mint and marjoram. Carried by velvety tannins and mouthwatering acidity, the wine turns savory with exposure to air.
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

17

32

35

Hands-on Cooking Classes at Solare Ristorante



Join us for one of our Hands-on Cooking Classes

Available Classes include:

July 19 Seafood Italia-Style + Fish Market

July 26 Osso Buco and Risotto



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 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

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, 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!

Insalata

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 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 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

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

Pizze

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

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-crusted 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 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.

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.

\$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*
