



Our Lunch and Dinner Menus

updated August 16, 2024

Tomatoes and Peaches are in Season!



2820 Roosevelt Road
(619) 270-9670

Liberty Station, Point Loma

San Diego, CA 92106
www.solarelounge.com



Sharing Plates

Fresh Baked Bread 6
Solare's fresh baked bread (baked to order)
with fresh extra virgin olive oil

Bruschetta alla Mano 18
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 21
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 14
Organic mixed greens, Bartlett pears,
gorgonzola crumbles, balsamic vinaigrette,
and caramelized walnuts

Solare Salad with Angus Steak 25
Grilled Angus beef steak prepared 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
Prime Angus Steak 15 Fish of the Day 16

Seasonal Favorite

Fiori di Zucca Fritti 14
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

Sandwiches

Panino al Roast Beef 22
House-made focaccia, Angus rib eye
roasted and thinly sliced, whole grain
mustard, shaved Parmigiano-Reggiano
and wild arugula

Panino Caprese 18
Fresh mozzarella cheese, heirloom
tomatoes, and basil-pine nut pesto

Panino al Speck 18
Freshly shaved Speck, ciabatta Bread,
EVOO, arugula, Stracchino cheese

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 10
Chocolate mousse and caramel mousse
flourless cocoa nibs cake (gluten free)

Pistachio Crème Brûlée 11
Sicilian pistachios fill this crème brulee
with delicately burned brown sugar

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

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 23
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 34
Seared wild scallops, Vialone Nano rice,
butter, Grana Padano cheese,
and freshly foraged Italian black truffles

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
and olive crust, served with a smoked
tomato broth, spinach, and roasted
potatoes

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 18
Gorgonzola cheese, Bartlett pears
and mozzarella

Classic Pepperoni 18
Lots of pepperoni, mozzarella,
and San Marzano sauce



Our Dinner Menu

Tomatoes and Peaches are in Season!



Specials of the Week

Fiori di Zucca Fritti

14

Zucchini blossoms are here! 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

Tomatoes & Peaches in Season!

Insalata di Cinque Pomodori

15

Oh my! Tomatoes are in peak season here in San Diego. Chef Denice worked with Specialty Produce to get the absolute best mix of local heirloom tomatoes to create this salad: Bolzano, Momotaro, Sungold, Green Zebra, and Brandywine all dressed with Sicilian oregano honey vinaigrette and fresh ciliegine mozzarella

Linguini al Basilico

28

con Pomodoro Affumicato

House-made linguini pasta infused with basil, served with smoked heirloom cherry tomatoes, roasted garlic, and stracciatella cheese

Pesce Spada grigliato con Pesche

36

Locally caught swordfish (Tommy Gomes), grilled peaches, sautéed spinach, and a light delicate peach purée

Wine Flight

Three Half Glasses ~ \$28

Firriato, Jasmin, Zibbibo, Terre Siciliane IGT, 2022

Zibbibo is the aromatic variety also suitable for dry vinification with a bouquet that recalls the scents of spring flowers and savory marine notes.

Jasmin is the perfect revelation of all this Mediterranean charm thanks to the particular climatic conditions found in their part of Sicily.

Glass \$15 ~ Bottle \$52

La Tosa, Terre della Tosa, Gutturnio DOC Superiore, 2022

A rich blend of Barbera and Croatina, this wine is the result of the desire to produce wines with immediate and fresh character, but at the same time with good complexity and structure. Since 1988, La Tosa has worked to express the most authentic aromas and character of their land with refined, universal balance. Since the 2012 harvest, this wine is produced without the use of any sulfites, giving it a more natural and crisp aroma.

Glass \$18 ~ Bottle \$69

Sette Ponti, Crognolo, Toscana IGT, 2020

Clay and sand soils as well as Tuscany's special stony galestro limestone, combined with ideal sun exposure and a climate tempered by the

Mediterranean, provide an ideal climate for the Sangiovese grape. Crognolo is aged in French Allier barriques and in bottle. Intense ruby red in color with a fruity, spicy bouquet and ripe cherry and berries on the palate.

Glass \$21 ~ Bottle 73

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 2024.

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



Cooking Classes at Solare Ristorante

Hands-on with our Chef!

August & September Classes

Ciao!! Here is our Schedule.
We love doing Cooking Classes here at Solare.
😊

Aug 10 - Seafood Italian-style
Aug 24 - Pizza from Scratch!
Aug 31 – Osso buco and Risotto
Sep 7 – Pozole ... Authentic
Sep 14 - Pasta from Scratch
Sep 28 – Lasagna with Chef Maria

Classes are typically limited to 10 students.
Don't Delay.

Typically \$95++ per student. Includes the hands-on cooking class, wine, and a full lunch. Limit is usually 10 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.

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

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, 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 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 cheeses 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

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 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

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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, ricotta, parmigiano and nutmeg, served with a light 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

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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

Osso Buco di Maiale 36

Slow braised 16 oz 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 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.

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*
