



# Our Lunch and Dinner Menus

Updated August 25, 2025

Tomatoes & Peaches 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
- 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



## Our Dinner Menu



# 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 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), Caffè Vergnano 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 starwberries

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



---

# 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

---

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

### ***Osso Buco di Maiale 38***

Slow braised 16oz 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 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



---

## 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.

*\$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*

---