



# Our Lunch and Dinner Menus

Updated: January 20, 2026





## San Diego Spiny Lobsters are Here!

*These are spiny lobsters caught right here in San Diego waters.*

*We get them from Tommy Gomes at Tunaville Market and these lobsters are likely caught very close to where we are here at Solare.*

*The season for commercial spiny lobster fishing just started. The lobsters caught now are plump and sweet and truly delicious. They have been growing and hanging out since the last season ended in March.*

*We get them fresh and we do often sell out. Please let your server know asap if you'd like one.*

### **Fettuccine all'Aragosta \$48**

San Diego caught live half spiny lobster with lobster tail, house-crafted fettuccine pasta, served with a sauce of lobster reduction, lobster meat, white wine, cherry tomato, a touch of mascarpone cheese and garlic (wow!)

---



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 Cachi 16

Warm savoyed spinach salad, Gioia burrata cheese, persimmon, 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, 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 13

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 13

Sicilian pistachios fill this crème brulee with delicately burned brown sugar

Solare Tiramisù 12

Mascarpone cheese (includes eggs), Caffè Vergnano espresso, and lady fingers

Panna Cotta 13

Seasonal fruit panna cotta (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 25

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 38

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 18

San Marzano sauce, mozzarella and fresh basil

Pear & Gorgonzola 19

Gorgonzola cheese, Bartlett pears and mozzarella

Classic Pepperoni 19

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*** (gluten free) 12

Chocolate mousse and caramel mousse flourless cocoa nibs cake

***Crema Bruciata al Pistacchio*** (gluten free) 13

Sicilian pistachios fill this crème brulee with delicately burned brown sugar

***Solare Tiramisù*** 12

Mascarpone cheese (includes eggs), Caffè Vergnano espresso, and lady fingers

***Panna Cotta alla Guaiava*** (gluten free) 12

Guava infused panna cotta served with guava marmalade, dusted with allspice

***Italian Ricotta Cheesecake*** 13

Executive Chef Denice's home-made Italian ricotta cheesecake with a mixed berry compote



---

## Antipasti e “Sharing Plates”

---

### ***Solare’s Pane Artigianale*** 6

Freshly baked loaf of golden Italian bread made with Italian 00 flour, fresh yeast, Rosemary and Maldon salt and served with EVOO (GF available +1)

### **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 focaccia with: Sicilian caponata – and figs, almonds,  
& black olive tapenade – and red bell pepper peperonata (GF available +2)

### ***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 (GF available +2)  
+ 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

### ***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 Melograno*** 16

Warm savoyed spinach salad, Gioia burrata cheese,  
pomegranate, 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 25***

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

***Tuscan Pici Pasta 25***

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

***Risotto Tartufo e Capesante 38***

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

---

# Pizze

---

***Margherita 18***

San Marzano sauce, mozzarella and fresh basil

***Pere & Gorgonzola 19***

Gorgonzola cheese, Bartlett pears and mozzarella

***Classic Pepperoni 19***

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-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.

   @solaresandiego



## 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.

*\$24 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 Alla Monarca**

*Rye Whiskey, Cocchi Dopo Teatro,  
Blueberry Amaro, Aromatic & Orange Bitters*

### **La Paloma del Eclipse**

*Origen Raiz Mezcal "Solare Eclipse Batch", Grapefruit, Lime, Citrus  
Bitters, Soda Water*

---