



Solare Ristorante ~ San Diego Restaurant Week 3-Course Tasting Menu ~ January 25 to February 1

choose one item from each course

Antipasti

Fiori di Zucca Fritti

Zucchini blossoms are here – thanks to Specialty Produce! Solare's squash blossoms are prepared with a light tempura and filled with ricotta, sundried tomatoes, mint, and basil, served with an asparagus pesto

Zuppa di Zucca

Solare's famous Butternut Squash soup ... infused with just a hint of white chocolate & much Solare Love

Insalata di Finocchi e Arancia

Thinly shaved fennel, mix of seasonal orange segments, mint, black olives, red onions, roasted almonds, and a light citronette dressing

Secondi

Ravioli di Ricotta e Spinaci

Hand-crafted ravioli, filled with spinach and ricotta, Grana Padano, browned butter and sage sauce,

Tagliolini al Nero con Gamberi Arrabbiata

Black ink home-made tagliolini pasta with wild Baja shrimp, spicy arrabbiata tomato sauce, garlic, Calabrian chili, olive oil, and a bright finish of fresh herbs

Risotto con Funghi Finferli

Solare's Vialone Nano risotto with sautéed fresh seasonal chanterelle mushrooms, shallots and thyme

Lasagna Tradizionale

House-made lasagna baked and crispy, slow braised Bolognese sauce, house-made béchamel, and a Grana Padano fondue

Pesce al Cartoccio con Finocchio e Pomodorini

Arrives with a delightful and surprising presentation: wild and locally caught fish from San Diego waters (Tommy Gomes!) with fennel, cherry tomatoes, capers, lemon and parsley in a white wine sauce

Osso Buco di Maiale (add \$10)

Slow braised pork osso buco with Milanese saffron risotto, balsamico cremini mushrooms almond/citrus gremolada – Delicious!

*Ask about our Italian Wine Flight
3 select wines from Tuscany
See back of this page*

Dolce

Semifreddo con Amarena e Noci

House-made Italian semifreddo created with Amarena cherries, crunchy toasted walnuts and served with a light chocolate sauce

Solare Tiramisù

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

Options for Sharing

Italian Truffles and Fettuccine Pasta \$39

We just received Truffles flown in from Italy. The classic dish with Truffles is fresh-made fettuccine pasta. Magical aromas & flavors! For Sharing!

Pere & Gorgonzola Pizza \$19

Gorgonzola cheese, Bartlett pears, and mozzarella
A Solare Signature Pizza – we are very proud of our pizza program and mobile pizza oven

Bruschetta alla Mano \$19

House focaccia with: Sicilian caponata -- and figs, almonds, & black olive tapenade – and red bell pepper peperonata

Frittura di Pesce all'Italiana \$29

Crispy wild Baja shrimp, calamari, seasonal vegetables with a house-made Calabrian chili pepper mostarda, and bottarga salt

Benvenuti a Solare

We welcome you to the Solare Family for San Diego Restaurant Week 2026!

It is our goal to offer to you an amazing dining experience. We are an authentic Italian restaurant with a special focus on Tuscany and Tuscan cuisine.

With over 3,000 bottles of wine in our cellar and over 25 wines by the glass, I am confident you will find the right ones to compliment your dinner. And, please check out the special "dessert cocktail" that Tommy designed for the menu that celebrates the craft cocktail and mixology program we have at Solare.

Enjoy!

Our pasta is made fresh daily here at Solare!



Special Italian Wine Flight ~ \$32 ~ Celebrate the Wines of Tuscany!

Three 3oz Pours - with these classic selections from Tuscany:

Montenidoli "Fiore" Vernaccia di San Gimignano DOCG 2023 ~
Tuscany's only DOCG white wine

Tenuta Sette Cieli "Yantra" Toscana IGT 2023 ~ Cab Sauv/Merlot

Campinovi Brunello di Montalcino DOCG 2018 ~ Sangiovese in its best form!



Authentic Italian Cuisine

Local organic hormone free

Gluten-free

Extensive Wine Selection

Spirits and Cocktail Program

Wine Room and Chef's Table

Patio Dining

Wine Dinners

Cooking Classes

Dog friendly

Host your Event here!

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