



Solare Ristorante ~ San Diego Restaurant Week

3-Course Tasting Menu ~ September 13 to 20

choose one item from each course

Antipasti	<i>Crostini con Fichi, Ricotta e Prosciutto Crudo</i> Special house-made blueberry and rosemary crostini topped with fresh figs, ricotta cheese, and Prosciutto di Parma crudo
	<i>Zuppa di Zucca</i> Solare's famous Butternut Squash soup ... infused with just a hint of white chocolate & much Solare Love
	<i>Panzanella Toscana</i> The traditional Tuscan "bread salad" that features fresh mozzarella ciliegine cheese with seasonal heirloom tomatoes, red onion, cucumber, basil, and green beans
Secondi	<i>Lasagne con Pollo e Pesto</i> A Chef Maria creation: Home-made lasagna layered with roasted chicken & aromatic basil pesto, finished with toasted pine nuts and a silky Italian cheese fondue
	<i>Ravioli al Salmone</i> Chef Denice specialty: Solare ravioli stuffed with wild caught Alaskan King Salmon with a lemon-dill cream sauce and Sungold cherry tomatoes
	<i>Gnocchi al Pesto Trapanese</i> House-made potato gnocchi tossed with traditional Sicilian pesto of ripe tomato, toasted almonds, fresh basil, garlic, Pecorino, toasted almonds, and extra virgin olive oil
	<i>Pesce al Cartoccio con Finocchio e Pomodorini</i> Arrives with a delightful and surprising presentation: locally caught fish from San Diego waters (Tommy Gomes!) with fennel, cherry tomatoes, capers, lemon, black olives and parsley in a white wine sauce
	<i>Risotto con Funghi Finferli</i> Solare's Vialone Nano risotto with sautéed fresh seasonal chanterelle mushrooms, shallots, thyme and Parmigiano-Reggiano
	<i>Osso Buco di Maiale</i> (add \$10) Slow braised pork osso buco with Milanese saffron risotto, balsamico cremini mushrooms almond/citrus gremolada – Delicious!
Dolce	<i>Semifreddo al Pistacchio e Cioccolato</i> House-made Italian semifreddo created with Sicilian pistachio and served with a light chocolate sauce
	<i>Italian Gelato & Sorbetto</i> Your server will share with you our daily artisanal selection of San Diego's very own Massi Gelato

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

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 \$22
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!



San Diego
MAGAZINE
Best Service 2026



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
