



Our Lunch and Dinner Menus

Updated September 5, 2026





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.

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 28

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 19

Fish of the Day 18
- 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 28

House-made focaccia, grilled hanger steak, whole grain mustard, shaved Parmigiano-Reggiano and wild arugula

Panino Caprese 19

House-made focaccia, fresh mozzarella cheese, heirloom tomatoes, and basil-pine nut pesto
- Italian Spritz!
- Enjoy a refreshing and delicious Spritz made by our team at Solare 13

Cappelletti Spritz ~

Cappelletti Aperitivo, Prosecco, Fizzy Water

Hugo Spritz ~ Elderflower Liqueur, Prosecco, Mint, Fizzy Water

Limoncello Spritz ~ with Italian Limoncello, Prosecco, Fizzy Water

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 37

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

Prosciutto and Burrata 24

San Marzano sauce, Prosciutto Crudo, Gioia burrata, and mozzarella

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 al Solare (gluten free) 12

Rotating flavor of house made Panna Cotta

Italian Ricotta Cheesecake 13

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

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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)

Burrata Estiva con Pomodorini 17

Local burrata from Gioia Cheese, an assortment of farmer’s market Summer tomatoes: Sweet 100, Sungold, and heirloom cherry tomatoes, basil, Umbrian olive oil and toasted crostini

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, condimenti, and oven toasted house-made focaccia bread (GF available +2)
+ add Chef’s choice Italian cheeses of the day with Temecula honey 11

Frittura di Mare all’Italiana 23

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 e Zuppa

Insalata Pesche Grigliate 18

Grilled local peaches, 18 month Prosciutto Crudo di Parma served with arugula, crumbled goat cheese and Umbrian olive oil

Classic Caesar Salad 15

Romaine lettuce hearts, classic house-made Caesar dressing, Parmigiano-Reggiano, EVOO, and home-made garlic croutons

Insalata Pere e Gorgonzola 16

Organic mixed greens, Bartlett pears, gorgonzola crumbles, balsamic vinaigrette, and caramelized walnuts

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, finished with amaretto cookie crumble

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

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

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)

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

Salsiccia 20

Fennel seed sausage, roasted red bell peppers, San Marzano sauce and mozzarella

Prosciutto e Burrata 24

San Marzano sauce, Prosciutto Crudo, Gioia burrata, and mozzarella

Would you like a Gluten-Free Pizza? Made in house with our own recipe - \$5 extra

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Secondi

La Parmigiana 23

Maria's special eggplant parmigiana with thinly sliced organic eggplant, mozzarella and caciocavallo Italian cheeses

Pescato del Giorno 37

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 30

Free range chicken sautéed with shiitake mushrooms and Marsala wine, served with organic sautéed vegetables

Costolette di Agnello 45

Seared Sicilian-style pistachio-crust 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 48

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.

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