

# Sopas

## Soup

<b>Sopa do Dia</b>	<b>3.50</b>
Soup of the Day	
<b>Caldo Verde</b>	<b>3.75</b>
Traditional Portuguese Potato Base Soup with Collard Green, and Portuguese Sausage	

# Saladas

## Salads

<b>Salada de Frango</b>	<b>18.50</b>
Grilled Chicken Breast Mixed in Greens, and Tomatoes Topped w/ Tropical Fruits	
<b>Salada Mista</b>	<b>6.75</b>
Garden Salad	
<b>Salada Tropical</b>	<b>13.75</b>
Tropical Salad Served with Mixed Greens, and Fresh Fruits with our Chef's Made Dressing	
<b>Salada de Rúcula</b>	<b>13.50</b>
Arugula Salad with Fresh Mozzarella, Tomato and Onion in a Balsamic Vinegar Dressing	
<b>Salada à Solar</b>	<b>13.00</b>
Fresh Mozzarella, "Presunto", Tomato, and Balsamic Glaze with Pesto Sauce	

# Entradas

## Appelizers

<b>Ameijoas à Bulhão Pato</b>	<b>13.95</b>
Steamed Clams in White Wine Sauce with Garlic, and Cilantro	
<b>Ameijoas à Casino</b>	<b>13.95</b>
Clams Stuffed with Crab Meat, and Bacon	
<b>Camarão ao Alho</b>	<b>14.50</b>
Sautéed Shrimp in Garlic Sauce	
<b>Cocktail de Camarão</b>	<b>14.50</b>
Jumbo Shrimp Cocktail	
<b>Lulas Fritas</b>	<b>13.75</b>
Fried Calamari Served with Spicy Tomato Sauce	
<b>Conquilhas à Solar do Minho</b>	<b>14.50</b>
Shrimp, and Scallops in a Portuguese White Wine Sauce with Garlic, Parsley, and Mozzarella Cheese	
<b>Bacalhau com Natas</b>	<b>13.95</b>
Salted Cod Fish with Cream Sauce Gratin with Mozzarella	
<b>Vieiras à Solar do Minho</b>	<b>14.50</b>
Scallops with Portuguese Sausage in a Mild Tomato Sauce	
<b>Polvo à Feira</b>	<b>14.95</b>
Octopus with Olive Oil, and Paprika	
<b>Cogumelos Recheados</b>	<b>14.50</b>
Mushrooms Stuffed with Crab Meat in Port Wine Sauce	
<b>Chistorra à Chefe</b>	<b>15.75</b>
Spanish Sausage with Shrimp, and Mushrooms in a Brown Sauce	
<b>Rollatini de Berinjela</b>	<b>13.00</b>
Eggplant Rollatini with Ricotta, Spinach, and Mozzarella	
<b>Prato de Presunto com Queijo da Serra</b>	<b>15.50</b>
Thinly Sliced "Presunto" Served with Portuguese Soft Cheese	
<b>Chouriço Assado</b>	<b>12.75</b>
Roasted Portuguese Sausage Flambéed with Grappa	
<b>Pimentão Recheado</b>	<b>13.50</b>
Pepper Stuffed with Ground Beef, Onions, and Bacon in a Tomato Sauce Gratin with Mozzarella	

# Peixes e Mariscos

## Fish and Seafood

<b>Bacalhau à “Solar do Minho”</b>	<b>24.95</b>
Fried Cod Fish in Garden Fresh Peppers, Onions, Garlic, and Olive Oil in Tomato Sauce.	
<b>Bacalhau Assado na Brasa</b>	<b>25.95</b>
Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil	
<b>Cataplana de Mariscos</b>	<b>33.75</b>
A Seafood Combination of Lobster, Clams, Squid, Mussels, and Shrimp with Peppers, Onions in a Tomato Sauce Cooked, and Served in a Traditional Portuguese Cataplana	
<b>Salmão à Chefe</b>	<b>24.95</b>
Grilled Salmon Served with Shrimp, and Clams in a Seafood Sauce	
<b>Salmão Grelhado</b>	<b>23.50</b>
Grilled Salmon	
<b>Filetes de Pargo em Molho Champagne</b>	<b>24.75</b>
Fillet of Red Snapper in Champagne Sauce	
<b>Filetes de Linguado Recheados</b>	<b>23.75</b>
Fillet of Flounder Stuffed with Crab Meat	
<b>Polvo à Napoleão</b>	<b>24.75</b>
Octopus with Sautéed Peppers, and Onions	
<b>Filetes de Tilápia à Chefe</b>	<b>22.75</b>
Fillet of Tilapia with Capers, Onions, and Olives in a Light Tomato Sauce	
<b>Gambas de Berlengas à Africana</b>	Market Price
Berlengas Island Style Prawns in an African Spicy Seafood Sauce	

# Peixes e Mariscos

## Fish and Seafood

<b>Camarão Recheado</b> Jumbo Shrimp Stuffed with Crab Meat	<b>23.95</b>
<b>Camarão ao Alho</b> Sautéed Shrimp with Garlic Sauce	<b>22.75</b>
<b>Camarão ao Vinho</b> Sautéed Shrimp in a White Wine Cream Sauce with Rosemary Leaves	<b>23.95</b>
<b>Rabos de Lagosta Recheados</b> Lobster Tail Stuffed with Crab Meat	<b>43.95</b>
<b>Paelha à Marinheira</b> A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops Served with Yellow Rice	<b>28.95</b>
<b>Paelha à Valençiana</b> A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, and Sausage Served with Yellow Rice	<b>29.95</b>
<b>Mariscada em Molho de Tomate</b> Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce	<b>28.95</b>
<b>Mariscada em Molho Verde</b> Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Green Sauce	<b>28.95</b>
<b>Mariscos com Massa</b> A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Sauce	<b>28.95</b>
<b>Pasta Integral com Vieiras e Molho Pesto</b> Whole Wheat Pasta with Scallops in a Pesto Sauce	<b>22.50</b>

# Churrasco do Solar

## From Our Grill

<b>Rodizio</b>	<b>32.95</b>
A Parade of Slow Roasted Perfectly Seasoned Cuts of Beef, Pork, Lamb, Chicken, and Sausage, Brazilian Style. Our Serves will Bring, and Rotate Sizzling 3 Foot Skewers of Meat, Slicing Them to Your Desired Cooked Temperature (No Sharing/No Doggy Bag)	
<b>Picanha</b>	<b>33.95</b>
Grilled Brazilian Style Top Loin on the Charcoal (No Sharing/No Doggy Bag)	
<b>Churrasco Misto</b>	<b>26.50</b>
Assorted Grilled Meats on the Charcoal Served on a Plate	
<b>Filé Mignon Grelhado</b>	<b>32.95</b>
Grilled Fillet Mignon	
<b>T-Bone Steak</b>	<b>33.95</b>
Grilled T-Bone Steak	
<b>Costeleta de Vaca Grelhada</b>	<b>30.95</b>
Grilled Prime Rib	
<b>Filé Mignon na Telha</b>	<b>33.50</b>
Fillet Mignon Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
<b>Entranha na Telha</b>	<b>26.95</b>
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
<b>Bife de Lombo na Telha</b>	<b>27.95</b>
Sirloin Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
<b>Costela de Vaca no Churrasco</b>	<b>26.75</b>
Beef Short Ribs Grilled on the Charcoal	
<b>Costeletas de Porco ao Molho de Alho</b>	<b>21.95</b>
Grilled Pork Loin Chop in a Brown Garlic Sauce	
<b>Costelinha de Porco</b>	<b>21.75</b>
Grilled Baby Back Ribs on the Charcoal	
<b>Frango no Churrasco</b>	<b>18.95</b>
Grilled Chicken on the Charcoal	

# Carnes

## Meats

<b>Lombelo de Porco Algarvia</b>	<b>22.75</b>
Grilled Sliced Pork Loin with Clams, Garlic, and Cilantro	
<b>Delícias de Porco à Vianense</b>	<b>23.50</b>
Medallions of Pork Loin with Shrimp in a White Wine Sauce	
<b>Carne de Porco Alentejana</b>	<b>24.50</b>
Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce	
<b>Costeletas de Vitela à Santa Luzia</b>	<b>27.50</b>
Grilled Veal Chops in a Garlic Sauce Topped w/ White Asparagus	
<b>Vitela à Estoril</b>	<b>25.50</b>
Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce	
<b>Peito de Frango à Solar do Minho</b>	<b>23.75</b>
Chicken Breast Sautéed with “Presunto”, Mushrooms, Peas, and Shrimp in Garlic Sauce	
<b>Peito de Frango ao Alho</b>	<b>21.75</b>
Chicken Breast Sautéed in White Wine, and Garlic Sauce	
<b>Peito de Frango à Princesa</b>	<b>24.95</b>
Chicken Breast with Sautéed Shrimp in a Mushroom Sauce Served with Mashed Potato, and Stuffed Mushrooms	
<b>Arroz de Frango à Melgaço</b>	<b>21.75</b>
Bone-in Chicken Stew with Yellow Rice, and Portuguese Sausage	

# Carnes

## Meat

<b>Chateaubriand à Solar do Minho p/ 2 Pessoas</b>	<b>53.75</b>
Fillet Mignon with White Asparagus in a Mushroom Sauce for Two People	
<b>Chateaubriand à Solar do Minho p/ 1 Pessoa</b>	<b>30.95</b>
Fillet Mignon with White Asparagus in a Mushroom Sauce for One Person	
<b>Tornedô de Filé Mignon à Tropical</b>	<b>33.95</b>
Fillet Mignon Medallions Served on a Bed of Pineapple Topped w/ Jumbo Shrimp in a Mushroom Sauce	
<b>Filé Mignon à Gonçalves</b>	<b>33.50</b>
Fillet Mignon over Merlot Wine Reduction, and Mashed Potato	
<b>Mar e Terra</b>	<b>38.75</b>
Surf and Turf	
<b>Bife de Lombo à Solar</b>	<b>29.75</b>
Grilled Sirloin Steak with Artichoke, “Presunto”, Shrimp, and Peas in a Mushroom Sauce	
<b>Bife à Portuguesa</b>	<b>26.50</b>
Grilled Sirloin Steak in Garlic Sauce Topped w/ Ham, and Fried Egg Served with Fried Potato Rounds	
<b>Costeletas de Cabrito com Molho Pimenta Preta</b>	<b>31.95</b>
Rack of Lamb with Black Pepper Sauce	

Asparagus and Broccoli Rabe side dishes are available with extra charge \$8.00  
Extra Plate Charge when sharing \$6.00  
Parties of 10 or More, 15% Gratuity Will be Charged