

Sopas

Soups

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

Saladas

Salads

Salada de Frango Grilled Chicken Breast Mixed in Greens, and Tomatoes, Topped w/ Tropical Fruits	16.50
Salada Mista Garden Salad	6.75
Salada Tropical Mixed Greens, and Fresh Fruits with our Chef's Made Dressing	12.75
Salada de Rúcula Arugula Salad with Fresh Mozzarella, Tomato, and Onion in a Balsamic Vinegar Dressing	12.75
Salada à Solar Fresh Mozzarella, "Presunto", Tomato, and Balsamic Glaze with Pesto Sauce	12.50

Sandwiches

Sandwiches

Sanduiche (Carne, Frango, Porco) Sandwiches (Steak, Chicken, Pork) with Peppers, and Onions	10.50
Sanduiche (Carne, Frango, Porco) com Extras Sandwiches (Steak, Chicken, Pork) with Extra Toppings	Market price
Sanduiche (Peixe) Sandwiches (Fish) with Lettuce, and Tomato	15.00

Entradas

Appelizers

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

Peixes e Mariscos

Fish and Seafood

Bacalhau à “Solar do Minho”	22.95
Fried Cod Fish Served with Peppers, Onions, Garlic, and Olive Oil in Tomato Sauce.	
Bacalhau Assado na Brasa	23.95
Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil.	
Salmão à Chefe	22.50
Grilled Salmon Served with Shrimp, and Clams in Seafood Sauce	
Filetes de Linguado Recheados em Molho de Mariscos	20.50
Fillet of Flounder Stuffed with Crab Meat in a Seafood Sauce	
Camarão Recheado	21.75
Jumbo Shrimp Stuffed with Crab Meat	
Camarão ao Alho	21.50
Sautéed Shrimp with Garlic Sauce	
Camarão ao Vinho	21.95
Sautéed Shrimp in a White Wine Cream Sauce with Rosemary Leaves	
Paelha à Marinheira	26.75
A traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, Scallops, and Yellow Rice	
Paelha à Valençiana	27.75
A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, Sausage, and Yellow Rice	
Filetes de Pargo com Molho de Champagne	23.75
Red Snapper Fillet in a Champagne Sauce	
Mariscada em Molho de Tomate ou Molho Verde	26.95
Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce or Green Sauce	
Mariscos com Massa	28.95
A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Sauce	
Pasta Integral com Vieiras em Molho Pesto	21.95
Whole Wheat Pasta with Scallops in a Pesto Sauce	

Churrasco do Solar

From Our Grill

Rodízio	31.50
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)	
Picanha	31.75
Grilled Brazilian Style Top Loin on the Charcoal (No Sharing/No Doggy Bag)	
Costeleta de Vaca	28.75
Grilled Prime Rib	
Churrasco Misto	24.75
Assorted Grilled Meats on the Charcoal Served on a Plate	
Costela de Vaca no Churrasco	23.50
Beef Short Ribs Grilled on the Charcoal	
T-Bone Steak	31.95
Grilled T-bone Steak	
Filé Mignon na Telha	33.50
Filet Mignon Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Entranha na Telha	24.50
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Bife de Lombo na Telha	25.50
Shell Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Costeletas de Porco em Molho de Alho	18.95
Grilled Pork Loin Chop in a Brown Garlic Sauce	
Costelinha de Porco	20.95
Grilled Baby Back Ribs on the Charcoal	
Frango no Churrasco	15.95
Grilled Chicken on the Charcoal	

Carnes

Meats

Filé Mignon Grilled Filet Mignon	32.95
Bife de Lombo à Solar Grilled Sirloin Steak with Artichoke, “Presunto”, Shrimp, and Peas in Mushroom Sauce	25.50
Bife à Portuguesa Grilled Sirloin Steak in Garlic Sauce Topped w/ Ham, and Fried Egg Served with Fried Potato Rounds	22.95
Carne de Porco à Algarvia Grilled Sliced Pork Loin with Clams, Garlic, and Cilantro	21.50
Carne de Porco Alentejana Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce	20.95
Vitela à Estoril Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce	21.95
Peito de Frango à Solar do Minho Chicken Breast Sautéed with “Presunto”, Mushrooms, Peas, and Shrimp in Garlic Sauce	19.50
Peito de Frango ao Alho Chicken Breast Sautéed in White Wine, and Garlic Sauce	17.75
Peito de Frango à Princesa Chicken Breast with Sautéed Shrimp in a Mushrooms Sauce Served with Mashed Potato, and Stuffed Mushrooms	21.95
Arroz de Frango à Melgaço Bone-in Chicken Stew with Yellow Rice, and Portuguese Sausage	19.50

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