

# Sopas

## Soups

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

# Saladas

## Salads

<b>Salada de Frango</b>	16.50
Grilled Chicken Breast Mixed in Greens, and Tomatoes, Topped w/ Tropical Fruits	
<b>Salada Mista</b>	6.75
Garden Salad	
<b>Salada Tropical</b>	12.00
Mixed Greens, and Fresh Fruits in our Chef's Made Dressing	
<b>Salada à Solar do Minho</b>	15.95
Mixed Greens, Tomatoes, Presunto, Ham, Cheese, White Asparagus and Hard Boiled Egg with our Delicious Home Made Dressing	

# Sandwiches

## Sandwiches

<b>Sanduche (Carne, Frango, Porco)</b>	10.50
Sandwiches (Steak, Chicken, Pork) with Peppers, and Onions	
<b>Sanduche (Carne, Frango, Porco) com Extras</b>	12.50
Sandwiches (Steak, Chicken, Pork) with Peppers, and Onions, and Extra Toppings	
<b>Sanduche (Peixe)</b>	15.00
Sandwiches (Fish) with Lettuce and Tomato	

# Entradas

## Appetizers

<b>Ameijoas à Bulhão Pato</b>	13.75
Steamed Clams in White Wine Sauce with Garlic, and Cilantro	
<b>Ameijoas à Casino</b>	13.75
Clams Stuffed with Crab Meat, and Bacon	
<b>Camarão ao Alho</b>	13.75
Sautéed Shrimp in Garlic Sauce	
<b>Cocktail de Camarão</b>	14.50
Jumbo Shrimp Cocktail	
<b>Lulas Fritas</b>	13.25
Fried Calamari Served with Spicy Tomato Sauce	
<b>Conquilhas à Solar do Minho</b>	14.50
Shrimp and Scallops in a Portuguese White Wine Sauce with Garlic, Parsley, and Mozzarella Cheese	
<b>Bacalhau com Natas</b>	13.75
Gratin of Salted Cod Fish with Cream Sauce	
<b>Vieiras à Solar do Minho</b>	14.50
Scallops with Portuguese Sausage in a Mild Tomato Sauce	
<b>Polvo à Feira</b>	14.00
Octopus with Olive Oil, and Paprika	
<b>Cogumelos Recheados</b>	14.50
Mushrooms Stuffed with Crab Meat in Port Wine Sauce	
<b>Chistorra à Chefe</b>	15.75
Spanish Sausage with Shrimp, and Mushrooms in a Brown Sauce	
<b>Prato de Presunto Português</b>	12.50
Thinly Sliced "Presunto"	
<b>Prato de Presunto com Queijo da Serra</b>	15.50
Thinly Sliced "Presunto" Served with Portuguese Soft Cheese	
<b>Chouriço Assado</b>	12.75
Roasted Portuguese Sausage Flambéed with Grappa	
<b>Vieiras Recheadas</b>	14.50
Scallops Stuffed with Crab Meat in the Shell	

# Peixes e Mariscos

## Fish and Seafood

<b>Bacalhau à “Solar do Minho”</b>	22.50
Fried Cod Fish Served with Peppers, Onions, Garlic, and Olive Oil in Tomato Sauce.	
<b>Bacalhau Assado na Brasa</b>	23.50
Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil.	
<b>Salmão à Chefe</b>	19.75
Grilled Salmon Served with Shrimp, and Clams in Seafood Sauce	
<b>Filetes de Linguado Recheados</b>	18.75
Filet of Flounder Stuffed with Crab Meat	
<b>Camarão Recheado</b>	20.75
Jumbo Shrimp Stuffed with Crab Meat	
<b>Camarão ao Alho</b>	20.50
Sautéed Shrimp with Garlic Sauce	
<b>Camarão ao Vinho</b>	20.75
Sautéed Shrimp in a White Wine Sauce with Rosemary Leaves	
<b>Paelha à Marinheira</b>	25.75
A traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops Served in Yellow Rice	
<b>Paelha à Valençiana</b>	26.75
A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, and Sausage Served in Yellow Rice	
<b>Filetes de Tilápia à Chefe</b>	22.75
Fillet of Tilapia in a Champagne Sauce Served with Capers, and “Presunto”	
<b>Mariscada em Molho de Tomate ou Molho Verde</b>	25.75
Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce or Green Sauce	
<b>Mariscos com Massa</b>	28.50
A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Wine Sauce	

# Churrasco do Solar

## From Our Grill

<b>Rodízio</b>	<b>31.50</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>31.75</b>
Brazilian Style Barbecued Top Loin (No Sharing/No Doggy Bag)	
<b>Costeleta de Vaca</b>	<b>27.75</b>
Grilled Prime Rib	
<b>Churrasco Misto</b>	<b>23.75</b>
Assorted Barbecued Meats Served on a Plate	
<b>Costela de Vaca no Churrasco</b>	<b>21.75</b>
Grilled Short Ribs on the Charcoal	
<b>T-Bone Steak</b>	<b>29.75</b>
Grilled T-bone Steak	
<b>Entranha na Telha</b>	<b>24.50</b>
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
<b>Bife de Lombo na Telha</b>	<b>25.50</b>
Shell Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
<b>Costeletas de Porco</b>	<b>18.50</b>
Grilled Pork Loin Chop	
<b>Costelinha de Porco</b>	<b>19.75</b>
Grilled Baby Back Ribs on the Charcoal	
<b>Frango no Churrasco</b>	<b>15.75</b>
Grilled Chicken on the Charcoal	

# *Carnes*

## *Meats*

<b>Filé Mignon</b>	<b>28.75</b>
Grilled Fillet Mignon	
<b>Bife de Lombo à Solar</b>	<b>25.50</b>
Grilled Sirloin Steak with Artichoke, "Presunto", and Peas in Mushroom Sauce	
<b>Bife à Portuguesa</b>	<b>20.75</b>
Grilled Sirloin Steak in Garlic Sauce Topped w/ Ham, and Fried Egg Served with Fried Potato Rounds	
<b>Carne de Porco à Algarvia</b>	<b>17.75</b>
Grilled Sliced Pork Loin with Clams, Garlic, and Cilantro	
<b>Carne de Porco Alentejana</b>	<b>18.50</b>
Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce	
<b>Vitela à Estoril</b>	<b>19.50</b>
Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce	
<b>Peito de Frango à Solar do Minho</b>	<b>18.75</b>
Chicken Breast Sautéed with "Presunto", Mushrooms, Peas, and Shrimp in Garlic Sauce	
<b>Peito de Frango ao Alho</b>	<b>17.75</b>
Chicken Breast Sautéed in White Wine, and Garlic Sauce	
<b>Peito de Frango à Princesa</b>	<b>19.75</b>
Chicken Breast Sautéed with Shrimp, and Mushrooms Sauce Served with Mashed Potato and Stuffed Mushrooms with Crab Meat	
<b>Arroz de Frango à Melgaço</b>	<b>17.50</b>
Bone-in Chicken Stew with Yellow Rice and Portuguese Sausage	

Asparagus and Broccoli Rabe side dishes are available with extra charge \$3.00

Extra Plate Charge when sharing \$6.00

Parties of 10 or More, 15% Gratuity will be Charged

# Vegetariano

## Vegetarian

<b>Paelha Vegetariana</b>	18.75
Vegetable Combination in Yellow Rice	
<b>Pasta à Primavera</b>	15.75
Pasta with Vegetables in Alfredo, Red or Butter Sauce	

# Kids Menu

## Kids Menu

<b>Chicken Finger</b>	8.50
<b>Kids Rodízio</b>	18.75
<b>Costeletinha de Porco</b>	12.25
½ Rack Baby Back Ribs	
<b>Peito de Frango Grelhado</b>	11.75
Grilled Chicken Breast	
<b>Filé Mignon 8 oz.</b>	16.75
Grilled Filet Mignon 8 oz.	
<b>Shell Steak 8 oz.</b>	13.75

Todos os Pratos Podem Ser Acompanhados com Pasta ( Molho Branco, Tomate ou Alho e Óleo) ou Batata Frita.  
All the Plates are Accompanied by Choice of Pasta with White, Tomato or Garlic and Olive Oil Sauce or French Fries.