

Sopas

Soup

Caldo Verde	3.75
Traditional Portuguese Potato Base Soup with Collard Green, and Portuguese Sausage	

Saladas

Salads

Salada de Frango	18.75
Grilled Chicken Breast Mixed in Greens, and Tomatoes Topped w/ Tropical Fruits	

Salada Mista	7.95
Garden Salad	

Salada Tropical	14.75
Tropical Salad Served with Mixed Greens, and Fresh Fruits with our Chef's Made Dressing	

Salada de Rúcula	14.95
Arugula Salad with Fresh Mozzarella, Tomato and Onion in a Balsamic Vinegar Dressing	

Salada à Solar	14.50
Fresh Mozzarella, "Presunto", Tomato, and Balsamic Glaze with Pesto Sauce	

Entradas

Appetizers

Ameijoas à Bulhão Pato	14.95
Steamed Clams in White Wine Sauce with Garlic, and Cilantro	
Camarão ao Alho	14.50
Sautéed Shrimp in Garlic Sauce	
Lulas Fritas	13.95
Fried Calamari Served with Spicy Tomato Sauce	
Conquilhas à Solar do Minho	15.95
Shrimp, and Scallops in a Portuguese White Wine Sauce with Garlic, Parsley, and Mozzarella Cheese	
Bacalhau com Natas	14.50
Salted Cod Fish with Cream Sauce Gratin with Mozzarella	
Vieiras à Solar do Minho	15.75
Scallops with Portuguese Sausage in a Mild Tomato Sauce	
Polvo à Feira	15.50
Octopus with Olive Oil, and Paprika	
Chistorra à Chefe	15.95
Spanish Sausage with Shrimp, and Mushrooms in a Brown Sauce	
Chouriço Assado	13.75
Roasted Portuguese Sausage Flambéed with Grappa	
Burrata e Presunto com Salada de Rúcula	15.75
Presunto and Arugula Salad with Burrata Dressed with Balsamic Glaze	

Peixes e Mariscos

Fish and Seafood

Bacalhau à “Solar do Minho” Fried Cod Fish in Garden Fresh Peppers, Onions, Garlic, and Olive Oil in Tomato Sauce.	25.95
Bacalhau Assado na Brasa Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil	26.75
Cataplana de Mariscos 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	34.95
Salmão à Chefe Grilled Salmon Served with Shrimp, and Clams in a Seafood Sauce	27.95
Salmão Grelhado Grilled Salmon	26.95
Polvo à Napoleão Octopus with Sautéed Peppers, and Onions	25.95
Filetes de Pargo em Molho Champagne Fillet of Red Snapper in Champagne Sauce	26.95
Filetes de Linguado Recheados em Molho Mariscos Fillet of Flounder Stuffed with Crab Meat in a Seafood Sauce	26.75
Filetes de Tilápia à Chefe Fillet of Tilapia with Capers, Onions, and Olives in a Light Tomato Sauce	24.95
Gambas de Berlengas à Africana Berlengas Island Style Prawns in an African Spicy Seafood Sauce	Market Price

Peixes e Mariscos

Fish and Seafood

Camarão Recheado Jumbo Shrimp Stuffed with Crab Meat	25.50
Camarão ao Alho Sautéed Shrimp with Garlic Sauce	24.50
Camarão ao Vinho Sautéed Shrimp in a White Wine Cream Sauce with Rosemary Leaves	25.50
Rabos de Lagosta Recheados Two Lobster Tails Stuffed with Crab Meat	46.95
Paelha à Marinheira A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops Served with Yellow Rice	29.75
Paelha à Valençiana A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, and Sausage Served with Yellow Rice	30.75
Mariscada em Molho de Tomate Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce	29.75
Mariscada em Molho Verde Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Green Sauce	29.75
Mariscos com Massa A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Sauce	29.95
Penne Pasta com Camarão em Molho Vodka Penne Pasta with Shrimp in a Vodka Sauce	22.95

Churrasco do Solar

From Our Grill

Rodizio	35.95
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	36.95
Grilled Brazilian Style Top Loin on the Charcoal (No Sharing/No Doggy Bag)	
Churrasco Misto	28.75
Assorted Grilled Meats on the Charcoal Served on a Plate	
Filé Mignon Grelhado	37.95
Grilled Fillet Mignon	
Filé Mignon na Telha	38.95
Fillet Mignon Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Entranha na Telha	28.95
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Bife de Lombo na Telha	29.95
Shell Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Costeletas de Porco ao Molho de Alho	24.95
Grilled Pork Loin Chop in a Brown Garlic Sauce	
Costelinha de Porco	23.75
Grilled Baby Back Ribs on the Charcoal	
Frango no Churrasco	20.95
Grilled Whole Chicken on the Charcoal	

Carnes

Meats

Carne de Porco Alentejana	24.50
Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce	
Vitela à Estoril	25.95
Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce	
Peito de Frango à Solar do Minho	24.95
Chicken Breast Sautéed with “Presunto”, Mushrooms, Peas, and Shrimp in Garlic Sauce	
Peito de Frango ao Alho	22.75
Chicken Breast Sautéed in White Wine, and Garlic Sauce	
Peito de Frango à Princesa	24.95
Chicken Breast with Sautéed Shrimp in a Mushroom Sauce Served with Mashed Potato, and Stuffed Mushrooms	
Arroz de Frango à Melgaço	23.95
Bone-in Chicken Stew with Yellow Rice, and Portuguese Sausage	

Carnes

Meat

Chateaubriand à Solar do Minho p/ 2 Pessoas	65.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for Two People	
Chateaubriand à Solar do Minho p/ 1 Pessoa	37.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for One Person	
Tornedô de Filé Mignon à Tropical	38.95
Fillet Mignon Medallions Served on a Bed of Pineapple Topped w/ Jumbo Shrimp in a Mushroom Sauce	
Filé Mignon à Gonçalves	37.95
Fillet Mignon over Merlot Wine Reduction, and Mashed Potato	
Mar e Terra	42.95
Surf and Turf	
Bife de Lombo à Solar	29.75
Grilled Shell Steak with Artichoke, "Presunto", Shrimp, and Peas in a Mushroom Sauce	
Bife à Portuguesa	27.50
Grilled Shell Steak in Garlic Sauce Topped w/ Ham, and Fried Egg Served with Fried Potato Rounds	

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, 18% Gratuity Will be Charged

Vegetariano

Vegetarian

Paelha Vegetariana	20.95
Vegetables Combination in Yellow Rice	
Pasta à Primavera	17.95
Pasta with Vegetables in Alfredo, Red or Butter Sauce	

Kids Menu

Kids Menu

Chicken Fingers	9.95
Kids Rodízio (No Sharing/ No Doggy Bag)	22.95
Costelinha de Porco	13.95
½ Rack Baby Back Ribs	
Peito de Frango Grelhado	12.75
Grilled Chicken Breast	
Filé Mignon 8 oz.	23.95
Grilled Filet Mignon 8 oz.	
Bife de Lombo 8 oz.	21.95
Grilled Shell Steak 8 oz.	

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