

Sopas

Soup

Caldo Verde	4.25
Traditional Portuguese Potato Base Soup with Collard Green, and Portuguese Sausage	

Saladas

Salads

Salada de Frango	22.95
Grilled Chicken Breast Mixed in Greens, and Tomatoes Topped w/ Tropical Fruits	
Salada Mista	12.95
Garden Salad	
Salada Tropical	21.95
Tropical Salad Served with Mixed Greens, and Fresh Fruits with our Chef's Made Dressing	
Salada de Rúcula	22.95
Arugula Salad with Fresh Mozzarella, Tomato and Onion in a Balsamic Vinegar Dressing	
Salada à Solar	20.50
Fresh Mozzarella, "Presunto", Tomato, and Balsamic Glaze with Pesto Sauce	

Acompanhamentos

Sides

Aspargos	11.50
Asparagus	
Banana Frita	5.50
Fried Banana	
Grelos	11.00
Broccoli Rabe	
Puré de Batata	6.50
Mashed Potato	
Batata Salteada	6.50
Sautéed Potato	

Entradas

Appetizers

Ameijoas à Bulhão Pato	20.95
Steamed Clams in White Wine Sauce with Garlic, and Cilantro	
Camarão ao Alho	19.95
Sautéed Shrimp in Garlic Sauce	
Lulas Fritas	17.95
Fried Calamari Served with Spicy Tomato Sauce	
Conquilhas à Solar do Minho	22.95
Shrimp, and Scallops in a Portuguese White Wine Sauce with Garlic, Parsley, and Mozzarella Cheese	
Bacalhau com Natas	20.95
Salted Cod Fish with Cream Sauce Gratin with Mozzarella	
Vieiras à Solar do Minho	21.95
Scallops with Portuguese Sausage in a Mild Tomato Sauce	
Polvo à Feira	19.75
Octopus with Olive Oil, and Paprika	
Chistorra à Chefe	22.95
Spanish Sausage with Shrimp, and Mushrooms in a Brown Sauce	
Chouriço Assado	17.50
Roasted Portuguese Sausage Flambéed with Grappa	
Burrata e Presunto com Salada de Rúcula	20.75
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.	34.75
Bacalhau Assado na Brasa Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil	34.95
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	43.95
Salmão à Chefe Grilled Salmon Served with Shrimp, and Clams in a Seafood Sauce	36.95
Salmão Grelhado Grilled Salmon	34.95
Polvo à Napoleão Octopus with Sautéed Peppers, and Onions	33.95
Filetes de Pargo em Molho Champagne Fillet of Red Snapper in Champagne Sauce	33.75
Filetes de Linguado Recheados em Molho Mariscos Fillet of Flounder Stuffed with Crab Meat in a Seafood Sauce	34.95
Filetes de Tilápia à Chefe Fillet of Tilapia with Capers, Onions, and Olives in a Light Tomato Sauce	31.95
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	32.75
Camarão ao Alho Sautéed Shrimp with Garlic Sauce	31.95
Camarão ao Vinho Sautéed Shrimp in a White Wine Cream Sauce with Rosemary Leaves	32.95
Rabos de Lagosta Recheados Two Lobster Tails Stuffed with Crab Meat	58.95
Paelha à Marinheira A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops Served with Yellow Rice	38.75
Paelha à Valençiana A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, and Sausage Served with Yellow Rice	39.75
Mariscada em Molho de Tomate Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce	38.75
Mariscada em Molho Verde Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Green Sauce	38.75
Mariscos com Massa A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Sauce	38.95
Penne Pasta com Camarão em Molho Vodka Penne Pasta with Shrimp in a Vodka Sauce	29.95

Churrasco do Solar

From Our Grill

Rodizio	47.95
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	48.95
Grilled Brazilian Style Top Loin on the Charcoal (No Sharing/No Doggy Bag)	
Churrasco Misto	38.95
Assorted Grilled Meats on the Charcoal Served on a Plate	
Filé Mignon Grelhado	48.95
Grilled Fillet Mignon	
Filé Mignon na Telha	49.95
Fillet Mignon Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Entranha na Telha	39.95
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Bife de Lombo na Telha	40.95
Shell Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Costeletas de Porco ao Molho de Alho	31.95
Grilled Pork Loin Chop in a Brown Garlic Sauce	
Costelinha de Porco	29.95
Grilled Baby Back Ribs on the Charcoal	
Frango no Churrasco	26.95
Grilled Whole Chicken on the Charcoal	

Carnes

Meats

Carne de Porco Alentejana	31.50
Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce	
Vitela à Estoril	34.95
Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce	
Peito de Frango à Solar do Minho	31.95
Chicken Breast Sautéed with “Presunto”, Mushrooms, Peas, and Shrimp in Garlic Sauce	
Peito de Frango ao Alho	29.95
Chicken Breast Sautéed in White Wine, and Garlic Sauce	
Peito de Frango à Princesa	31.95
Chicken Breast with Sautéed Shrimp in a Mushroom Sauce Served with Mashed Potato, and Stuffed Mushrooms	
Arroz de Frango à Melgaço	29.95
Bone-in Chicken Stew with Yellow Rice, and Portuguese Sausage	

Carnes

Meat

Chateaubriand à Solar do Minho p/ 2 Pessoas	79.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for Two People	
Chateaubriand à Solar do Minho p/ 1 Pessoa	49.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for One Person	
Tornedô de Filé Mignon à Tropical	50.95
Fillet Mignon Medallions Served on a Bed of Pineapple Topped w/ Jumbo Shrimp in a Mushroom Sauce	
Filé Mignon à Gonçalves	48.95
Fillet Mignon over Merlot Wine Reduction, and Mashed Potato	
Mar e Terra	49.95
Surf and Turf	
Costeestas de Cabrito em Molho de Pimenta Preta	48.95
Grilled Rack Lamb in a Black Pepper Sauce	
Bife de Lombo à Solar	40.95
Grilled Shell Steak with Artichoke, “Presunto”, Shrimp, and Peas in a Mushroom Sauce	
Bife à Portuguesa	36.95
Grilled Shell Steak in Garlic Sauce Topped w/ Ham, and Fried Egg Served with Fried Potato Rounds	

Extra Plate Charge when sharing \$8.00
Parties of 10 or More, 18% Gratuity Will be Charged

Vegetariano

Vegetarian

Paelha Vegetariana Vegetables Combination in Yellow Rice	23.95
Pasta à Primavera Pasta with Vegetables in Alfredo, Red or Butter Sauce	21.95

Kids Menu

(Children 12 and under)

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

Chicken Fingers	13.95
Kids Rodízio (No Sharing/ No Doggy Bag)	32.95
Costelinha de Porco ½ Rack Baby Back Ribs	19.95
Peito de Frango Grelhado Grilled Chicken Breast	18.50
Filé Mignon Grilled Filet Mignon	33.95
Bife de Lombo Grilled Shell Steak	30.95