

Sopa / Soup

Canja de Galinha / Chicken Soup with Pasta

\$4.25

Aperitivos/Appetizers

Ameijoas à Bulhão Pato

Steamed Clams in White Wine Sauce with Garlic and Cilantro

\$16.50

Ameijoas à Casino

Stuffed Clams with Crab Meat and Bacon

\$16.75

Camarão Salteado ao Alho

Sautéed Shrimp in Garlic Sauce

\$15.95

Chouriço Assado Cortado

Roasted Portuguese Sausage

\$14.50

Lulas Fritas à Romana com Molho de Tomate

Fried Calamari w/ Mild Tomato Sauce

\$15.50

Polvo à Feira

Steamed Octopus with Paprika and Olive Oil

\$16.95

Salada à Solar

Fresh Mozzarella, Tomato and Presunto with Basil and Balsamic Glaze in a Pesto Sauce

\$16.75

Burrata e Presunto com Salada de Rúcula


Presunto and Arugula Salad with Burrata Dressed with Balsamic Glaze

\$16.95

Salada de Rúcula à Chefe

Arugula Salad with Cherry Tomato, Mix Berries in a Balsamic Vinegar Dressing

\$16.50



Mariscos/Seafood

Camarão Recheado
Stuffed Shrimp with Crab Meat
\$28.50

Gambas de Moçambique
Two Grilled Prawns in a Spicy Sauce
\$44.95

Mariscada com Molho de Tomate ou Verde
Lobster, Clams, Mussels, Shrimp
and Scallops Served in a Green or Red Sauce
\$33.95

Paelha Marinheira
Seafood Combination of Lobster, Clams, Mussels, Shrimp
and Scallops Served with Yellow Rice
\$34.95

Rabos de Lagosta Recheados
Two Lobster Tails Stuffed with Crab Meat
\$49.75



Peixes/ Fish

Chilean Sea Bass Gratinado e Recheado à Solar do Minho
Chilean Sea Bass Stuffed with Crab Meat and
Melted Mozzarella Cheese
\$48.95

Camarão ao Alho
Shrimp in Garlic Sauce
\$26.50

Filete de Linguado com Recheio de Caranguejo
Fillet of Flounder Stuffed
with Crab Meat
\$28.75


Salmão em Finas Ervas
Grilled Salmon Served with Butter, Lemon, Parsley,
Basil, and Rosemary Leaves Sauce
\$29.75

Bacalhau à Solar do Minho
Fried Cod Fish with Peppers, Onions, and Garlic in Tomato Sauce
\$28.95

Espadarte com Ameijoas em Molho Verde
Swordfish with Clams in a Green Sauce
\$32.75

Robalinho Grelhado com Azeite e Alho
Grilled Branzino with Garlic and Olive Oil
\$28.50





Carne/ Meat

Peito de Frango ao Alho
Chicken Breast with Garlic Sauce
\$ 23.95


Ossobuco de Vitela à Solar
Braised Veal Ossobuco in a Merlot Wine Reduction with Mashed Potato
\$ 37.95

Mar e Terra
Surf and Turf
\$ 47.95

Angus Rib Eye com Pimentos Picante e Cebola
Grilled Angus Rib Eye Steak
with Hot Cherry Peppers and Sautéed Onions
\$ 39.95

Costeletas de Porco com Chistorra em Molho Brandy
Grilled French Cut
Pork Chop with Chistorra in a Brandy Sauce
\$26.95

Chateaubriand para 1 ou 2 Pessoas
Filet Mignon with White Asparagus in a
Mushroom Sauce for 1 or 2 People
\$38.95 or for 2 \$69.95



Costeletinha de Cordeiro com Gel de Menta, Puré e Vegetais
Grilled Rack Lamb with Mint Gel,
Mashed Potato and Vegetables
\$38.95



Churrasqueira do Solar / From de B.B.Q

Costelinha de Porco na Brasa
Grilled Baby Back Ribs on the Charcoal
\$25.95

Picanha no Espeto
Grilled Top Sirloin on the Skewer Served Brazilian Style
(No Sharing/No Doggy Bag)
\$39.75

Rodizio Brasileiro
Grilled Assorted Meats Served Brazilian Style
(No Sharing/No Doggy Bag)
\$38.75



Happy Mother's
Day!