

Sopas

Soup

Caldo Verde

4.25

Traditional Portuguese Potato Base Soup with Collard Green, and Portuguese Sausage

Saladas

Salads

Salada de Frango

21.95

Grilled Chicken Breast Mixed in Greens, and Tomatoes Topped w/ Tropical Fruits

Salada Mista

11.95

Garden Salad

Salada Tropical

19.75

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

Salada de Rúcula

20.95

Arugula Salad with Fresh Mozzarella, Tomato and Onion in a Balsamic Vinegar Dressing

Salada à Solar

19.50

Fresh Mozzarella, "Presunto", Tomato, and Balsamic Glaze with Pesto Sauce

Entradas

Appetizers

Ameijoas à Bulhão Pato Steamed Clams in White Wine Sauce with Garlic, and Cilantro	18.95
Camarão ao Alho Sautéed Shrimp in Garlic Sauce	18.75
Lulas Fritas Fried Calamari Served with Spicy Tomato Sauce	16.75
Conquilhas à Solar do Minho Shrimp, and Scallops in a Portuguese White Wine Sauce with Garlic, Parsley, and Mozzarella Cheese	19.95
Bacalhau com Natas Salted Cod Fish with Cream Sauce Gratin with Mozzarella	18.95
Vieiras à Solar do Minho Scallops with Portuguese Sausage in a Mild Tomato Sauce	19.95
Polvo à Feira Octopus with Olive Oil, and Paprika	18.50
Chistorra à Chefe Spanish Sausage with Shrimp, and Mushrooms in a Brown Sauce	19.95
Chouriço Assado Roasted Portuguese Sausage Flambéed with Grappa	16.50
Burrata e Presunto com Salada de Rúcula Presunto and Arugula Salad with Burrata Dressed with Balsamic Glaze	19.50

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.	30.95
Bacalhau Assado na Brasa Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil	31.75
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	39.95
Salmão à Chefe Grilled Salmon Served with Shrimp, and Clams in a Seafood Sauce	33.95
Salmão Grelhado Grilled Salmon	31.95
Polvo à Napoleão Octopus with Sautéed Peppers, and Onions	29.95
Filetes de Pargo em Molho Champagne Fillet of Red Snapper in Champagne Sauce	30.95
Filetes de Linguado Recheados em Molho Mariscos Fillet of Flounder Stuffed with Crab Meat in a Seafood Sauce	30.75
Filetes de Tilápia à Chefe Fillet of Tilapia with Capers, Onions, and Olives in a Light Tomato Sauce	28.95
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	29.50
Camarão ao Alho Sautéed Shrimp with Garlic Sauce	28.95
Camarão ao Vinho Sautéed Shrimp in a White Wine Cream Sauce with Rosemary Leaves	29.50
Rabos de Lagosta Recheados Two Lobster Tails Stuffed with Crab Meat	54.95
Paelha à Marinheira A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops Served with Yellow Rice	35.75
Paelha à Valençiana A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp Scallops, Chicken, and Sausage Served with Yellow Rice	36.75
Mariscada em Molho de Tomate Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Tomato Sauce	35.75
Mariscada em Molho Verde Lobster, Clams, Mussels, Shrimp, and Scallops Served in a Green Sauce	35.75
Mariscos com Massa A Traditional Seafood Combination of Lobster, Clams, Mussels, Shrimp, and Scallops over Pasta in a White or Red Sauce	35.95
Penne Pasta com Camarão em Molho Vodka Penne Pasta with Shrimp in a Vodka Sauce	27.95

Churrasco do Solar

From Our Grill

Rodizio	42.95
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	43.95
Grilled Brazilian Style Top Loin on the Charcoal (No Sharing/No Doggy Bag)	
Churrasco Misto	35.75
Assorted Grilled Meats on the Charcoal Served on a Plate	
Filé Mignon Grelhado	45.95
Grilled Fillet Mignon	
Filé Mignon na Telha	46.95
Fillet Mignon Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Entranha na Telha	34.95
Skirt Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Bife de Lombo na Telha	35.95
Shell Steak Cooked, and Served on a Portuguese Clay Roof Tile with Melted Garlic Butter	
Costeletas de Porco ao Molho de Alho	28.75
Grilled Pork Loin Chop in a Brown Garlic Sauce	
Costelinha de Porco	27.95
Grilled Baby Back Ribs on the Charcoal	
Frango no Churrasco	24.95
Grilled Whole Chicken on the Charcoal	

Carnes

Meats

Carne de Porco Alentejana

Pork Cubes Served with Fried Potato, and Clams in a Garlic Sauce

28.50

Vitela à Estoril

Veal Cutlet with Shrimp, and Mushrooms in a Pink Sauce

30.95

Peito de Frango à Solar do Minho

Chicken Breast Sautéed with “Presunto”, Mushrooms, Peas, and Shrimp in Garlic Sauce

28.75

Peito de Frango ao Alho

Chicken Breast Sautéed in White Wine, and Garlic Sauce

26.75

Peito de Frango à Princesa

Chicken Breast with Sautéed Shrimp in a Mushroom Sauce Served with Mashed Potato, and Stuffed Mushrooms

28.95

Arroz de Frango à Melgaço

Bone-in Chicken Stew with Yellow Rice, and Portuguese Sausage

27.95

Carnes

Meat

Chateaubriand à Solar do Minho p/ 2 Pessoas	74.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for Two People	
Chateaubriand à Solar do Minho p/ 1 Pessoa	46.95
Fillet Mignon with White Asparagus in a Mushroom Sauce for One Person	
Tornedô de Filé Mignon à Tropical	47.95
Fillet Mignon Medallions Served on a Bed of Pineapple Topped w/ Jumbo Shrimp in a Mushroom Sauce	
Filé Mignon à Gonçalves	46.95
Fillet Mignon over Merlot Wine Reduction, and Mashed Potato	
Mar e Terra	48.95
Surf and Turf	
Costeestas de Cabrito em Molho de Pimenta Preta	46.95
Grilled Rack Lamb in a Black Pepper Sauce	
Bife de Lombo à Solar	35.95
Grilled Shell Steak with Artichoke, “Presunto”, Shrimp, and Peas in a Mushroom Sauce	
Bife à Portuguesa	32.95
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	22.95
Vegetables Combination in Yellow Rice	
Pasta à Primavera	20.95
Pasta with Vegetables in Alfredo, Red or Butter Sauce	

Kids Menu

Kids Menu

Chicken Fingers	11.95
Kids Rodízio (No Sharing/ No Doggy Bag)	26.95
Costelinha de Porco	17.95
½ Rack Baby Back Ribs	
Peito de Frango Grelhado	16.75
Grilled Chicken Breast	
Filé Mignon 8 oz.	29.95
Grilled Filet Mignon 8 oz.	
Bife de Lombo 8 oz.	27.75
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