

Solar do Minho

15 Cleveland St 07109-3026 · +19738440500 · Updated: Jan 14, 2026

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SOPAS / SOUP 1

Caldo Verde

\$3.75

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

SALADAS / SALADS 5

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 10

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 20

Bacalhau à "Solar do Minho"	\$25.95
Fried Cod Fish in Garden Fresh Peppers, Onions, Garlic, and Olive Oil in Tomato Sauce	
Bacalhau Assado na Brasa	\$26.75
Grilled Cod Fish Topped with Peppers, Onions, and Garlic in Olive Oil	
Cataplana de Mariscos	\$34.95
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	
Salmão à Chefe	\$27.95
Grilled Salmon Served with Shrimp, and Clams in a Seafood Sauce	
Salmão Grelhado	\$26.95
Grilled Salmon	
Polvo à Napoleão	\$25.95
Octopus with Sautéed Peppers, and Onions	
Filetes de Pargo em Molho Champagne	\$26.95
Fillet of Red Snapper in Champagne Sauce	
Filetes de Linguado Recheados em Molho Mariscos	\$26.75
Fillet of Flounder Stuffed with Crab Meat in a Seafood Sauce	
Filetes de Tilápia à Chefe	\$24.95
Fillet of Tilapia with Capers, Onions, and Olives in a Light Tomato Sauce	
Gambas de Berlengas à Africana	
Berlengas Island Style Prawns in an African Spicy Seafood Sauce	
Camarão Recheado	\$25.50
Jumbo Shrimp Stuffed with Crab Meat	
Camarão ao Alho	\$24.50
Sautéed Shrimp with Garlic Sauce	

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

CHURRASCO DO SOLAR / FROM OUR GRILL 10

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 13

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	
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	

VEGETARIANO / VEGETARIAN 2

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 6

Chicken Fingers

\$9.95

Kids Rodízio

\$22.95

No Sharing/ No Doggy Bag

Costelinha de Porco

\$13.95

½ Rack Baby Back Ribs

Peito de Frango Grelhado

\$12.75

Grilled Chicken Breast

Filé Mignon

\$23.95

Grilled Filet Mignon

Bife de Lombo

\$21.95

Grilled Shell Steak