



Solar das Oliveiras

R E S T A U R A N T E G R I L L



MENU

*Join us and indulge in a
culinary journey that will
delight your senses and leave
you craving for more.*

STARTERS

- **COUVERT P.P.** | Bread, Olives, Garlic Butter, Homemade Tuna Pâté, Algarvian Carrots 3.50€
- **GARLIC BREAD WITH CHEESE** 4.90€
- **FISH SOUP** 5.50€
- **VEGETABLE SOUP** 4.10€
- **MUSHROOMS SOLAR STYLE** | Bacon, Garlic, Lemon Juice 13.50€
- **CLAMS BULHÃO PATO STYLE** 23.80€
- **MELON WITH DRY-CURED HAM** 13.50€
- **CHEF'S SALAD** | Ham, Cheese, Cocktail Sauce, Prawns, Boiled Egg 12.50€
- **ALHEIRA MIRANDESA SAUSAGE** 6.10€
- **PRAWN COCKTAIL** | Prawns, Salad, Cocktail Sauce 12.90€
- **GARLIC PRAWNS** | Fried in Olive Oil and Garlic 14.50€

FROM THE SEA

- **GRILLED SEA BREAM** | Boiled Potatoes, Vegetables 19.50€
- **GRILLED SEA BASS** | Boiled Potatoes, Vegetables 19.50€
- **GRILLED SALMON** | Boiled Potatoes, Vegetables 21.90€
- **GRILLED SALT COD LOIN** | Punched Potatoes, Olive Oil, Garlic, Sautéed Vegetables 25.50€
- **OCTOPUS LAGAREIRO STYLE** | Mixed Salad, Punched Potatoes 22.50€
- **OCTOPUS SOLAR STYLE** | Mixed Salad, Sweet Potato 23.00€
- **PRAWN SKEWERS WITH BACON** | Bell Pepper and Carrot Rice 23.00€
- **PRAWN SPAGHETTI** 18.50€

VEGETARIAN

- **STROGANOFF SOLAR STYLE** | Mushrooms Sautéed in Olive Oil, Onion, Tomato Sauce, Rice 17.50€
- **MEDITERRANEAN SALAD SOLAR STYLE** 12.50€
- **VEGETABLE LASAGNE** 13.50€

OUR MEAT DISHES

• CHICKEN BREAST SKEWER Onion, Red Pepper, Chips	19.50€
• MADEIRAN STYLE SKEWER	18.50€
• PICANHA BOARD Chips, Rice, Beans	25.50€
• IBERIAN PORK SECRETOS Chips	22.60€
• IBERIAN PORK LAGARTO Chips	19.00€
• STEAK SOLAR STYLE Dry-cured Ham, Fried Egg, Sliced Chips	22.50€
• ANGUS SIRLOIN STEAK Pepper or Mushroom Sauce	22.50€
• CHORIZO STEAK Chips, Sautéed Vegetables	27.50€
• SLICED CHORIZO STEAK ON STONE Chips, Sautéed Vegetables	28.50€
• T- BONE Chips, Sautéed Vegetables	25.50€
• SLICED BEEF LOIN ON STONE Chips, Sautéed Vegetables	28.00€
• TOURNEDOS Pepper or Mushroom Sauce, Chips, Sautéed Vegetables	27.50€
• RACK OF LAMB Mint Sauce, Sautéed Vegetables, Sweet Potato	27.00€
• MEAT AND PRAWN SKEWER Chips	21.50€
• ANGUS TOMAHAWK ^{2 PERSONS} Chips, Sautéed Vegetables	65.00€
• ALGARVIAN CATAPLANA ^{2 PERSONS} Pork, Chorizo, Bacon, Clams, Prawns	48.00€
• RODIZIO OF MEATS Chips, Rice, Beans, Pineapple	27.50€

CHILDREN

• FISH FINGERS Chips	10.50€
• BURGER IN A BUN Chips	10.50€
• CHICKEN BREAST Chips	11.50€
• SPAGHETTI BOLOGNESE	12.00€
• MEAT LASAGNE	13.50€
• RODIZIO OF MEATS Chips, Rice, Beans, Pineapple	14.00€

EXTRAS

• Rice	3.00€
• Fried Egg	3.00€
• Chips	3.50€
• Boiled or Sautéed Vegetables	4.00€
• Sweet Potato Chips	4.00€
• Iberian or Tomato Salad	3.50€
• Mixed Salad	4.50€

Each Extra Plate 1.50€

Take Away Boxes 0.50€

Bag 0.10€

EXPERIENCE THE TRADITION

Discover the essence of fine dining at Restaurante Solar das Oliveiras. With a rich history and 20 years of culinary excellence, our restaurant offers a unique gastronomic experience. Our passion for creating exquisite dishes using locally sourced ingredients sets us apart. From our signature dishes to our welcoming ambiance, every visit to Restaurante Solar das Oliveiras is a celebration of flavors and traditions.



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Thank you for your preference.



www.solardasoliveiras.com

Prices include VAT at the applicable legal rate. | This establishment has a complaints book.
Please inform us if you have any dietary restrictions. | No dish, food item or drink, including the couvert,
may be charged for if it was not ordered or is not consumed by the client. Decree-Law 10/2015.