



## Menu

# Solaris Resto-Bar

5487 Boul Décarie, Montréal QC H3W 3C6, Canada | (514) 487-9743

## Most Ordered



### Frites / French Fries

CA\$5.00

Crispy potato fries. Sizes: small or large.



### Fan de la viande / Meat Fan

CA\$19.00

Sauce tomate, pepperoni, bacon fumée, saucisse italienne et fromage mozzarella. /  
Tomato sauce, pepperoni, bacon, italian sausage and mozzarella cheese.



### Steak et pepperoni / Steak and Pepperoni

CA\$17.00

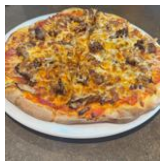
Steak, pepperoni, poivrons et oignons grillés, laitue, tomates, fromage cheddar et mozzarella et vinaigrette maison. / Grilled steak, pepperoni, peppers and onions, lettuce, tomatoes, cheddar & mozzarella cheese, and house dressing.



### Saucisse italienne a la peperonata / Italian Sausage With Peperonata

CA\$18.00

Sauce tomate, saucisse italienne, fromage mozzarella, oignons et poivrons grillés.  
/ Tomato sauce, italian sausage, mozzarella cheese, grilled onions, and peppers.



### Philly Philadelphie / Philly Cheese Steak

CA\$18.00

Sauce tomate, steak, oignons grillés, fromage mozzarella et cheddar. / Tomato sauce, steak, grilled onions, mozzarella and cheddar cheese.



### Thon / Tuna

CA\$17.00

Thon, concombres, laitue, tomates, olives, poivrons, champignons et mayonnaise. /  
Tuna, cucumbers, lettuce, tomatoes, olives, peppers, mushrooms, and mayonnaise.



### Fromage / Cheese

CA\$15.00

Sauce tomate et fromage mozzarella. / Tomato sauce and mozzarella cheese.

## Menu Solaris Resto-Bar



### Frites de patates douces / Sweet Potato Fries

CA\$8.00

Crispy sweet potato fries with a side of creamy dipping sauce.



### Jalapeño poppers (4)

CA\$8.00

Crispy jalapeños filled with creamy cheese, coated in a golden breadcrumb crust. Four pieces per serving.



### poulet parmigiana / Chicken Parmesan

CA\$17.00

Sauce tomate, fromage mozzarella, roquette, tomates, aubergines marinées, basilique, et asiago cheese. / Tomato sauce, mozzarella cheese, arugula, tomatoes, marinated eggplants, basil, and asiago cheese.

## Menu du petit déjeuner / Breakfast Menu

### Bagel au saumon / Bagel Salmon

CA\$10.00

Saumon fumé, roquette, fromage à la crème, oignons, câpres, tomates et basilic. / Smoked salmon, arugula, cream cheese, onions, capers, tomatoes and basil.

### Blt sur pain grillé ou bagel / BLT on Toast or Bagel

CA\$6.00

BLT - Choice of toast or bagel.



### Célèbre burger de déjeuner Solaris / Famous Solaris Breakfast Burger

CA\$10.00

Laitue, tomate, oignons, mayonnaise, ouf, fromage, bacon et galette de pommes de terre. / Lettuce, tomato, onions, mayonnaise, egg, cheese, bacon, and hashbrown.

### Pain grillé avec du beurre / Toast With Butter

CA\$4.00

### Bagel avec du beurre / Bagel With Butter

CA\$4.00

## Menu Solaris Resto-Bar



### Sandwich au fromage grillé / Grilled Cheese

CA\$5.00



### Assiette de 2 oufs / 2 Eggs Plate

CA\$12.00

2 oufs, pain grillé, saucisse, bacon, salade et ragoût de pommes de terre. / 2 Eggs, toast, sausage, bacon, salad and hashbrown.

### Oeufs au steak Philly / Philly Steak Eggs

CA\$15.00

Oeufs, steak Philly, salade et toast. / Eggs, philly steak, salad and toast.

## Entrées / Appetizer



### Ailes de poulet (16) / Chicken Wings (16 Pcs)

CA\$23.00

Tender chicken wings in a tangy sauce, served with crisp celery sticks and a side of creamy dipping sauce.



### Nachos

CA\$16.00

Tortilla chips topped with melted cheese, jalapeños, and salsa. Available in two sizes: Small or Large.



### Ailes de poulet (8) / Chicken Wings (8 Pcs)

CA\$12.00

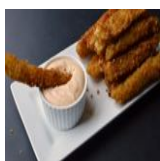
Juicy chicken wings coated in a rich, tangy sauce. Eight pieces per serving.



### Mac n' fromage poppers (6) / Mac N' Cheese (6)

CA\$8.00

Crispy breaded bites filled with creamy macaroni and cheese, served with a tangy dipping sauce.



### Cornichons frits à l'aneth / Fried Dill Pickles

CA\$8.00

Crispy fried dill pickles, coated in a golden breadcrumb crust. Served with a creamy dipping sauce.

## Menu Solaris Resto-Bar



### Ailes de poulet (24) / Chicken Wings (24 Pcs)

CA\$33.00

Coated in a tangy sauce, these 24 chicken wings are paired with crisp celery sticks and a creamy dipping sauce.



### Batonnets Zucchini (6)

CA\$8.00

Crispy zucchini sticks, lightly breaded and seasoned, served in a set of six.



### Jalapeño poppers (4)

CA\$8.00

Crispy jalapeños filled with creamy cheese, coated in a golden breadcrumb crust. Four pieces per serving.

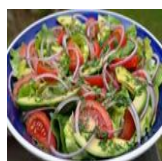


### Bâtonnets de mozzarella (4) / Mozzarella Sticks (4)

CA\$8.00

Golden, crispy breaded mozzarella sticks with a gooey, melted cheese center. Four pieces per serving.

## Les a coté / Side Orders



### Salade maison (petite) / House Salad (Small)

CA\$8.00

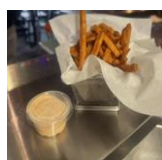
Crisp greens with sliced avocado, tomatoes, and red onion, drizzled with a fresh herb dressing.



### Rondelles d'oignons / Onion Rings

CA\$8.00

Crispy, golden-brown onion rings with a crunchy coating.



### Frites de patates douces / Sweet Potato Fries

CA\$8.00

Crispy sweet potato fries with a side of creamy dipping sauce.



### Salade César (petite) / Small Cesar Salad

CA\$8.00

Crisp romaine lettuce, crunchy croutons, anchovies, and shaved Parmesan, tossed in Caesar dressing.

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### popcorn chicken

Bite-sized, crispy chicken pieces with a seasoned breading.

CA\$9.00



### Poutine au poulet / Chicken Poutine

Poutine with chicken, available in small or large sizes.

CA\$15.00



### Frites / French Fries

Crispy potato fries. Sizes: small or large.

CA\$5.00



### Poutine

Traditional Canadian dish of fries, cheese curds, and gravy. Available in two sizes: small and large.

CA\$11.00

## Café et boissons / Coffee And Drinks



### Boissons gazeuses / Soft Drinks

Choice of soft drinks: Cola, Diet Cola, or Lemon-Lime.

CA\$3.00



### Redbull

Invigorating Energy Surge: The Classic Red Bull Experience

CA\$4.00



### Jus / Juice

Orange juice made from 100% fruit, featuring a refreshing citrus flavor.

CA\$3.00



### Café late

Rich espresso combined with steamed milk, topped with delicate milk foam art.

CA\$3.50

## Menu Solaris Resto-Bar



### Cappuccino

Classic espresso with steamed milk, topped with a layer of frothy foam.

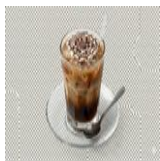
CA\$4.00



### Mochaccino

A rich blend of espresso and chocolate, topped with a delicate foam design, offering a harmonious balance of coffee and cocoa flavors.

CA\$3.50



### Café glace / Iced Coffee

Smooth blend of coffee, ice, and milk with a decorative swirl on top.

CA\$3.75



### Chocolat chaude / Hot Chocolate

Rich, creamy hot chocolate topped with a decorative chocolate swirl and chocolate curls.

CA\$3.00

### Thé glacé Brio / Brio-iced Tea

CA\$3.00



### Espresso

Rich, flavorful cup of espresso brewed to perfection.

CA\$2.50



### Macchiato

A delicate balance of steamed milk and espresso, crowned with a light milk foam.

CA\$2.75

## Burgers



### Burger au fromage et bacon / Bacon Cheeseburger

Moutarde, ketchup, laitue, tomates, oignons, cornichons, mayonnaise, bacon et fromage cheddar. / Mustard, ketchup, lettuce, tomatoes, onions, pickles, mayonnaise, bacon, and cheddar cheese.

CA\$15.00

# Menu Solaris Resto-Bar



## Burger poulet / Chicken Burger

CA\$17.00

Laitue, tomates et mayonnaise. / Lettuce, tomatoes, and mayonnaise.

## Hamburger végétarien / Veggie Burger

CA\$17.00

Végétarien. Moutarde, ketchup, laitue, tomates, oignons, cornichons, mayonnaise et fromage cheddar. / Vegetarian. Mustard, ketchup, lettuce, tomatoes, onions, pickles, mayonnaise and cheddar cheese.

## Hamburger

CA\$13.00

Moutarde, ketchup, laitue, tomates, cornichons, oignons et mayonnaise. / Mustard, ketchup, lettuce, tomatoes, pickles, onions, and mayonnaise.



## Hamburger au fromage / Cheeseburger

CA\$14.00

Moutarde, ketchup, laitue, tomates, oignons, cornichons, mayonnaise et fromage cheddar. / Mustard, ketchup, lettuce, tomatoes, onions, pickles, mayonnaise, and cheddar cheese.

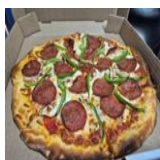
## Pizza



## Saucisse italienne a la peperonata / Italian Sausage With Peperonata

CA\$18.00

Sauce tomate, saucisse italienne, fromage mozzarella, oignons et poivrons grillés. / Tomato sauce, italian sausage, mozzarella cheese, grilled onions, and peppers.



## Toute garnie / Fully Loaded

CA\$17.00

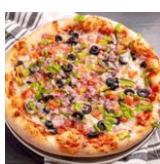
Sauce tomate, pepperoni, champignons, poivrons verts et fromage mozzarella. / Tomato sauce, pepperoni, mushrooms, green peppers, and mozzarella cheese.



## Bacon and onions Pizza

CA\$18.00

Topped with crispy bacon, diced onions, and melted cheese on a classic pizza crust.



## Végétarienne / Vegetarian

CA\$17.00

Végétarienne. Sauce tomate, champignons, poivrons verts, oignons, olives, tomates et fromage mozzarella. / Vegetarian. Tomato sauce, mushrooms, green peppers, onions, olives, tomatoes, and mozzarella cheese.

## Menu Solaris Resto-Bar



### Thon et olives / Tuna and Olives

CA\$17.00

Sauce tomate, olives vertes, thon et fromage mozzarella. / Tomato sauce, green olives, tuna, and mozzarella cheese.



### Anchois / Anchovy

CA\$17.00

Sauce tomate, anchois et fromage mozzarella. / Tomato sauce, anchovies, and mozzarella cheese.



### Fromage / Cheese

CA\$15.00

Sauce tomate et fromage mozzarella. / Tomato sauce and mozzarella cheese.



### Pepperoni

CA\$16.00

Sauce tomate, pepperoni et fromage mozzarella. / Tomato sauce, pepperoni, and mozzarella cheese.

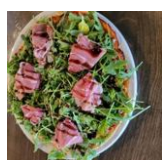
## Pizza - \$18.00



### Bacon et oignons / Bacon and Onions

CA\$18.00

Sauce tomate, oignons, bacon et fromage mozzarella. / Tomato sauce, onions, bacon and mozzarella cheese.



### Roquette / Arugula

CA\$17.00

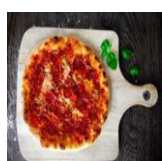
Roquette, fromage mozzarella et réduction de vinaigre balsamique. / Arugula, mozzarella cheese, and balsamic reduction.



### Poulet / Chicken

CA\$18.00

Sauce tomate, poulet grillé, fromage mozzarella, oignons grillés et poivrons rouges. / Tomato sauce, grilled chicken, mozzarella cheese, grilled onions and red peppers.



### Pizza Calabrese

CA\$18.00

Sausage and sopressata, mozzarella

## Menu Solaris Resto-Bar



### Quatre fromages / Four Cheese

CA\$18.00

Sauce tomate, fromage mozzarella, bocconcini, asiago et romano. / Tomato sauce, mozzarella, bocconcini, asiago and romano cheese.

### Tomates et bocconcini / Tomatoes and Bocconcini

CA\$18.00

Sauce tomate, basilic, tomates, fromage mozzarella et bocconcini. / Tomato sauce, basil, tomatoes, mozzarella cheese, and bocconcini.

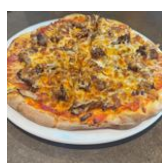
## Pizza - \$19-20.00



### Prosciutto et roquette / Prosciutto and Arugula

CA\$20.00

Roquette, prosciutto, fromage mozzarella et réduction de vinaigre balsamique. / Arugula, prosciutto, mozzarella cheese, and balsamic reduction.



### Philly Philadelphie / Philly Cheese Steak

CA\$18.00

Sauce tomate, steak, oignons grillés, fromage mozzarella et cheddar. / Tomato sauce, steak, grilled onions, mozzarella and cheddar cheese.



### Fan de la viande / Meat Fan

CA\$19.00

Sauce tomate, pepperoni, bacon fumée, saucisse italienne et fromage mozzarella. / Tomato sauce, pepperoni, bacon, italian sausage and mozzarella cheese.

## Panini



### Steak et pepperoni / Steak and Pepperoni

CA\$17.00

Steak, pepperoni, poivrons et oignons grillés, laitue, tomates, fromage cheddar et mozzarella et vinaigrette maison. / Grilled steak, pepperoni, peppers and onions, lettuce, tomatoes, cheddar & mozzarella cheese, and house dressing.



### Sous-marin au steak Philly / Philly Steak Sub

CA\$17.00

Steak, poivrons verts, oignons, champignons et fromage mozzarella. / Steak, green peppers, onions, mushrooms, and mozzarella cheese.



### poulet parmigiana / Chicken Parmesan

CA\$17.00

Sauce tomate, fromage mozzarella, roquette, tomates, aubergines marinées, basilique, et asiago cheese. / Tomato sauce, mozzarella cheese, arugula, tomatoes, marinated eggplants, basil, and asiago cheese.

## Menu Solaris Resto-Bar



### **Club sandwich avec frites / Club Sandwich with Fries**

**CA\$17.00**

Poitrine de poulet, laitue, tomates, mayonnaise et bacon. / Chicken breast, lettuce, tomatoes, mayonnaise, and bacon.



### **Prosciutto bocconcini**

**CA\$17.00**

Prosciutto, fromage bocconcini, roquette, tomates, huile d'olive et basil. / Prosciutto, bocconcini cheese, arugula, tomatoes, olive oil and balsamic reduction.



### **Saucisse italienne / Italian Sausage**

**CA\$17.00**

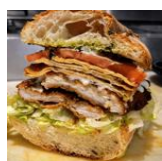
Saucisse italienne, poivrons et oignons grillés, laitue et aubergines marinées. / Grilled Italian sausage, peppers, onions, lettuce, and marinated eggplants.



### **Poulet grillé / Grilled Chicken.**

**CA\$17.00**

Poulet grille, laitue, tomates et mayonnaise. / Grilled chicken, lettuce, tomatoes, and mayonnaise.



### **poulet milanese (pané) / Chicken Milanese (Breaded).**

**CA\$17.00**

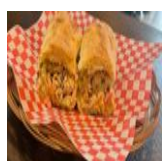
Laitue, tomates, aubergines marinées et mayonnaise basilique. / Lettuce, tomatoes, marinated eggplants, and basil mayonnaise.



### **Hamburger steak avec frites / Hamburger Steak with Fries**

**CA\$17.00**

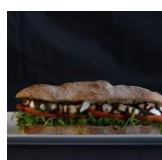
Oignons grillés, champignons et sauce. / Grilled onions, mushrooms, and gravy.



### **Thon / Tuna**

**CA\$17.00**

Thon, concombres, laitue, tomates, olives, poivrons, champignons et mayonnaise. / Tuna, cucumbers, lettuce, tomatoes, olives, peppers, mushrooms, and mayonnaise.



### **Tomates bocconcini / Bocconcini Tomatoes**

**CA\$17.00**

Fromage bocconcini, roquette, tomates, basilic, huile d'olive et réduction de vinaigre balsamique. / Bocconcini cheese, arugula, tomatoes, basil, olive oil, and balsamic reduction.

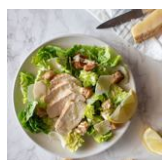
## Salades / Salads



### Poulet / Chicken

CA\$18.00

Poitrine de poulet grillée, laitue, tomates, concombres, olives, poivrons, champignons, et vinaigrette maison. / Grilled chicken breast, lettuce, tomatoes, cucumbers, olives, peppers, mushrooms, and house dressing.



### César avec poulet / Caesar with Chicken.

CA\$18.00

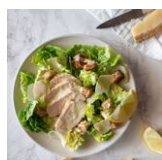
Poitrine de poulet grillés, laitue, bacon, croutons, vinaigrette césar, fromage parmesan et fromage asiago. / Grilled chicken breast, lettuce, bacon, croutons, caesar dressing, parmesan cheese, and asiago cheese.



### Caprese avec poulet / Caprese with Chicken

CA\$18.00

Vinaigrette balsamique poitrine de poulet grillée, concombres, tomates, olives, laitue, bocconcini et huile d'olive. / Grilled chicken breast, cucumbers, tomatoes, olives, lettuce, bocconcini, olive oil and balsamic vinegar.



### César / Caesar

CA\$14.00

Laitue, bacon, croutons, vinaigrette césar fromage parmesan, et fromage asiago. / Lettuce, bacon, croutons, caesar dressing, parmesan cheese, and asiago cheese.

## Solaris

CA\$14.00

Laitue, tomates, champignons, olives, poivrons, oignons, concombres et vinaigrette. / Lettuce, bacon, croutons, caesar dressing, parmesan cheese, and asiago cheese.



### Thon / Tuna

CA\$18.00

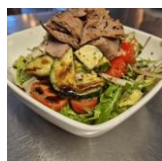
Thon, laitue, tomates, concombres, olives, poivrons, champignons et vinaigrette maison. / Tuna, lettuce, tomatoes, cucumbers, olives, peppers, mushrooms, and house dressing.



### Santa Fe

CA\$18.00

Poitrine de poulet grillée, laitue, tomates, olives, chips de maïs, fromage cheddar et vinaigrette Sante Fe. / Grilled chicken breast, lettuce, tomatoes, olives, corn chips, cheddar cheese, and Santa Fe dressing.



### Steak caprese

CA\$18.00

Grilled steak slices atop mixed greens, fresh mozzarella, tomatoes, and zucchini, drizzled with balsamic glaze.

## Menu Solaris Resto-Bar

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### **Le Panier de l'Oie (Épice) / Goose's Basket (Spicy)**

**CA\$18.00**

Poitrine de poulet, saucisse italienne, poivrons, champignons et oignons grillés, laitue, concombres, aubergines et vinaigrette maison. / Grilled chicken breast, italian sausage, grilled peppers, mushrooms and onions, lettuce, cucumbers, eggplants, and house dressing.

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### **Dan the man (épicé) / Dan The Man (Spicy)**

**CA\$18.00**

Poitrine de poulet épicée, poivrons, champignons et oignons grillés, laitue, concombres, aubergines et vinaigrette maison. / Grilled spicy chicken breast, grilled peppers, mushrooms and onions, lettuce, cucumbers, eggplants, and house dressing.

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