

TABLE D'HÔTE MENU

Three Courses €69 per person



APPETISERS

Howth Smoked Organic Salmon

Red onion, crisp capers, chive crème fraîche,
brown soda bread

Rope Mussels

West Cork mussels, with a choice of:
A La Crème *or* Red Thai Curry *or* Saffron Cream

Scallops (€3 Supplement)

Roast bell pepper puree, watercress, pine nuts,
dry aged pork lardons

Seafood Chowder

Irish fish and shellfish, creamed broth

Caesar Salad

Shrimp *or* Cajun chicken

Burrata

Organic Heirloom tomatoes, hazlenuts, basil & shallot
Finca oil, balsamic gel

DESSERTS

Chocolate & Praline Pot

Layered chocolate praline, coconut & marscarpone,
oat crumble, cured strawberries

Lemon Tart

Lemon curd, meringue, raspberry sorbet

Deconstructed Pavlova

Summer berry, raspberry gel, vanilla meringue,
Chantilly cream, raspberry ripple



ENTREES

Sea Bass

Pan seared fillet, mussel & coconut Thai curry cream,
Baby fennel, sweet potato, coriander oil

Monkfish

Chorizo & fine herb risotto arancini, charged asparagus, caper beurre
blanc

Coquilles St. Jacques

King scallops, Gruyère cream and mash, samphire

8oz Fillet Steak (€10 Supplement)

Dry-aged for 14 days, shallot mash, baby summer veg

10oz Rib Eye Steak

Centre cut Hereford Prime Rib, shallot mash, bay summer veg

Chicken Supreme

Parisienne potatoes, baby leek, tarragon cream,
rainbow carrots

Chestnut Gnocchi V

Avocado pesto, young stem broccoli, sun-blushed tomatoes,
spiced avocado gel

Passion Fruit

Passionfruit mousse, bitter chocolate sauce, mango sorbet

Selection of Wexford Ice Cream V

Vanilla and chocolate tuile

Irish Cheese Board

Cranberry and hazelnut crackers, spiced apple chutney

Full list of allergens available at back of the menu.

6 COURSE TASTING MENU

€ 90 per person

Wine and spirit pairing with each course €70 per person | [Premium Wine Pairing €135 per person](#)

Available from Monday to Saturday, 8pm to 9:15pm,

and on Sundays from 4-6pm for the entire table only



Rock oysters

Raspberry and shallot vinaigrette

Paired with: Grüner Veltliner, Domane Wachau Federspiel, Wachau, Austria
[Veuve Clicquot, NV, Yellow Label, Champagne, France \(Premium Wine Pairing\)](#)

Scallops

Roast bell pepper puree, watercress, pine nuts, dry aged pork lardons.

Paired with: Gavi DOCG, La Soraia, Piemonte, Italy
[Chablis 1er Cru, "Les Forneaux", Domaine Paul Nicolle, Burgundy, France \(Premium Wine Pairing\)](#)

Foie Gras & Sea Bass

Seared Foie Gras, cauliflower puree, Sea Bass fillet

Paired with: Pinot Noir, Cloudy Bay, Marlborough, New Zealand
[Chassagne-Montrachet red, "Les Chênes", Domaine Philippe Colin, Côte de Beaune, Burgundy, France \(Premium Wine Pairing\)](#)

Lemon & Mint Sorbet

Paired with: Gunpowder Gin

[Clase Azul Resposado Tequila \(Premium Wine Pairing\)](#)

Surf & Turf

Chargrilled tiger prawn, Beef Fillet Dry-aged for 14 days, shallot mash, seasonal baby veg.

Paired with: Pezat, Bordeaux Superieur, France
[Barolo DOCG, Pio Cesare, Piedmont, Italy \(Premium Wine Pairing\)](#)

Passion fruit Cup

Passionfruit mousse, bitter chocolate sauce, mango sorbet

Paired with: Hennessy XO
[Midleton Very Rare, Barry Crocket Signature, Irish Whiskey \(Premium Wine Pairing\)](#)



CAVIAR

Calvisius Caviar Experience 178.00

We invite you to experience, Ars Italica Calvisius Caviar, one of the most exquisite delicacies in world cuisine. Produced in the clear spring waters of the Po Valley Italy. Sustainability, craftsmanship and quality are the pillars, the guiding principals and goals of Calvisius.

Explore each of our 3 unique caviars, the nuanced flavours derived from each sturgeon.

Accompanied by the classic pairings of warm blini's, crème fraiche, chives, red onion, finely grated hen egg whites and yolks.

Sevruga Royal 66.00

From the Star Sturgeon, Sevruga is known to have the strongest flavour profile amongst all of Soles Caviar, with rich and complex flavours of the sea with a slight touch of hazelnut.

Oscietra Royal 61.00

The Russian Sturgeon brings a rich, nutty, and creamy caviar flavour which is so prized that it sets the standard in Caviar. Oscietra Royal exhibits notes of pear, butter and hazelnut with a bright, refreshing finish.

Da Vinci Royal 59.00

From the Adriatic sturgeon, one of three species originally from Italy, presents a bold flavour, of oyster and seaweed, with an iodized note, reminiscent of the sea.

Caviar and Champagne have long been considered a classic pairing in caviar connoisseur circles; the delicious complex taste of the caviar is beautifully enhanced by the finest Veuve Clicquot Champagne

PAIR WITH

Veuve Flight

Yellow Label, Veuve Rosé, and Vintage 2012 49.00

or

Vodka Martini Flight

Vodka Martini served iced cold. 49.00

Belvedere Gibson, Grey Goose Twist, and Cîroc Dirty

SOLE'S SEAFOOD TOWERS

SOLE's Seafood Tower

80 euro per tower for 4 people sharing as an appetiser

80 euro per tower for 2 people sharing as an entrée

Served over crushed ice

Howth smoked Irish organic salmon

Dublin Bay prawn cocktail

Rock oysters, traditional accompaniments

Served steaming hot

Chargrilled Tiger Prawn

Pan-roast Irish brown crab claws

Steamed West Cork mussels, white wine, garlic cream

SOLE's Captain Seafood Tower

120 euro per tower for 4 people sharing as an appetiser

120 euro per tower for 2 people sharing as an entrée

Served over crushed ice

Howth smoked Irish organic salmon

Shrimp and Dublin Bay prawns

Rock oysters, traditional accompaniments

Served steaming hot

Grilled Irish lobster

Pan-roast Irish brown crab claws

Steamed West Cork mussels, white wine, and garlic cream



We have sourced only the highest quality oysters that have been cleaned and prepared meticulously by our chefs. Consuming raw oysters, however, may increase the potential for a foodborne illness.

Full list of allergens available at the back of the menu.

A P P E T I S E R

Scallops 17.00

Roast bell pepper puree, watercress, pine nuts, dry aged pork lardons

Rope Mussels

West Cork rope mussels steamed with a choice of:
A La Crème, white wine, garlic, cream, flat leaf 14.50
or

Red Thai Curry, coconut milk, coriander, red chili 15.00
or

Saffron Cream, roast chorizo 15.50

Shrimp Cakes 16.00

Brown shrimp, pickled daikon, wasabi mayo

Tiger Prawn Cocktail 16.50

Choose from:

Marie Rose, a European style cocktail sauce
or

American style, Tomato, horseradish, lemon & vodka

Fruits of the Sea Platter 37.50

Dungeness Crab, Connemara oysters, Dublin bay prawns, shrimp, mussels, clams, Howth smoked salmon, smoked mackerel rilette

Crab Claws 17.00

Dingle Brown Crab Claws, Lemon beurre blanc, garlic, samphire

Beef Carpaccio 17.00

Dry-aged in-house Irish beef fillet, Parmesan, truffle oil

Howth Smoked Organic Salmon 15.50

Red onion, crisp capers, chive crème fraîche,
Brown soda bread

O Y S T E R S

Oyster Tempura 16.50

4 rock oysters, sesame seaweed, Asian dipping sauce
Miso mayo

Oyster Selection 2 rock oysters 6.00

Select your personal favourite or an assortment of your choice,
Served with a Raspberry Mignonette, Lemon, & Tabasco.
Oyster selection will vary nightly.

SOLE's Signature Oyster, Connemara rock

David Keane in Letterfrack allows us the opportunity to serve this rare delicacy, with sweet and creamy notes, and a touch of earthiness

Carlingford rock

Sourced from County Louth, very rich, distinctively sweet and slightly nutty flavour

Achill rock

Grown on the west coast of Ireland for a delicious straight-from-the-sea taste.

Kelly's rock

As on the Galway Bay, the flavour is big bold ocean, sea salt upfront, seaweed notes in the middle, and a dry finish on the palette

S O U P S & S A L A D S

Caesar Salad

Baby Gem, parmesan, crisp bacon
Shrimp or Cajun chicken

Burrata 15.00

Organic Heirloom tomatoes, hazelnuts, basil & shallot
Finca oil, balsamic gel

Seafood Chowder 15.00

Irish fish and shellfish, creamed broth

Broccoli Soup V 10.50

Smoked almonds, crisp fried tender-stem

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ENTREES



From the Sea

Catch of the day	market
Sole Meunière filleted at the table for you Whole Dover sole, lemon butter, choice of side	59.50
Turbot Purple potato, cauliflower puree, oyster tempura	39.00
Sea Bass Pan seared fillet, mussel & coconut Thai curry cream, Baby fennel, sweet potato, coriander oil	35.00
Monkfish Chorizo & fine herb risotto arancini, charged asparagus Caper beurre blanc	34.00
Fish Pie Irish fish & shellfish, creamed vegetable broth, cheddar mash	28.50
Fish 'n' Chips Beer battered cod, minted pea purée, tartar sauce.	28.50

From the Shell

Grilled Whole Irish Lobster Thermidor sauce (with or without Gruyere cheese) or garlic & herb butter herb butter baby potatoes	market
Coquilles St. Jacques King scallops, Gruyère cream & mash, samphire	37.50

From the Land

Peter Hannan's Salt Aged Beef <i>Dry aged for a period of 28-45days, concentrating flavour and producing totally unique and multi-award winning beef.</i>	
8oz Fillet Steak Dry-aged for 14 days, shallot mash, baby summer veg	49.00
10oz Rib Eye Steak Centre cut Prime Rib, shallot mash, baby summer veg Add surf to the turf, chargrilled tiger prawn	40.00 9.50
<i>Steaks are served with a choice of:</i> <i>Marrow butter Garlic & herb butter Pepper sauce</i>	
Chicken Supreme Parisienne potatoes, baby leek, tarragon cream, rainbow carrots	31.00
Gnocchi V Avocado pesto, young stem broccoli, sun-blushed tomatoes Spiced avocado gel.	24.50
Side Dishes V	6.00
Irish baby potatoes in herb butter	
String cut chips	
Shallot mash, baby seasonal veg	
Sweet potato fries	
Fine Beans , shallot sautéed.	
Baby Caesar salad	
Chargrilled plum vine tomatoes , garlic, thyme, olive oil	

List of Allergens

	Cereals containing Gluten	Crustaceans	Eggs	Fish	Nuts	Peanuts	Soybean	Milk	Celery	Mustard	Sesame	Sulphur	Lupin	Molluscs
Bread Board	Wheat & Rye Flour							•						
Scallops					Pine nuts			•						•
Mussels Saffron and Chorizo								•						•
Mussels Red Thai Curry		•												•
Mussels A La Crème								•						•
Shrimp Cakes		•	•											•
Fruits of the sea platter		•	•	•				•			•			•
Smoked Salmon	Wheat Flour			•				•						
Carpaccio	Wheat Flour							•						
Seafood Chowder				•				•	•					•
Broccoli Soup					Almonds				•					
Burrata					Hazelnuts			•						
Cesar Salad chicken	Wheat Flour		•					•						
Caesar Salad shrimp	Wheat Flour	•	•	•				•						
Tuna tartare	Wheat		salmon	•			•	•						
Prawn American Cocktail	Wheat	•												
Prawn Marie-Rose Cocktail	Wheat	•	•							•				
Oyster Tempura	Wheat	•					•	•			•			•
Raw Oysters														•
Sole Tower/ Captain's Tower		•	•	•				•		•				•
Sole Meuniere				•				•						
Turbot	Wheat Flour			•				•						•
Sea Bass Fillet		•		•										•
Monkfish	Wheat Flour			•				•						
Fish n Chips	Wheat Flour		•	•										
Fish Pie				•				•	•					•
Lobster Thermidor		•	•					•		•				
Scallops Coquille St Jacques								•						•
Fillet Steak								•	•					
Rib Eye Steak								•	•					
Chicken Supreme								•						
Gnocchi	Wheat Flour		•					•						
Chips	Wheat Flour													
Baby Potatoes														
Shallot Mash								•						
Fine Beans														
Sweet Potato Fries	Wheat Flour													
Prawn Surf		•						•						
Baby Caesar Salad	Wheat							•						
Chocolate & Praline Pot	Wheat Flour		•					•						
Passion Fruit			•					•						
Lemon Tart	Wheat Flour		•					•						
Deconstructed Pavlova			•					•						
Wexford Ice Cream	Wheat Flour		•					•						
Cheese Board	Wheat Flour				Hazelnuts			•						

