

Open Monday – Thursday from 5pm. Open for lunch on Fridays and Saturdays from 12pm.

Appetisers

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| Scallops | 15.50 |
| Pea pure, crisp pancetta, scallop corral sauce | |
| Rope Mussels | 12.50 |
| West Cork mussels, white wine cream | |
| Chargrilled Tiger Prawn | 13.50 |
| Lime beurre blanc | |
| Squid Tempura | 11.50 |
| Tempura-coated, flash fried, lemon, garlic mayo | |
| Howth Smoked Irish Organic Salmon | 13.50 |
| Red onion, fine capers, chive sour cream, brown soda bread | |
| Beef Carpaccio | 14.00 |
| Dry-aged in-house Irish beef fillet, Parmesan, truffle oil | |
| Tuna Tartare | 13.50 |
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Soups

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| Seafood Chowder | 13.50 |
| Irish fish and shellfish, creamed broth | |
| Artichoke Soup V | 10.50 |
| Jerusalem artichokes & white onion, carrot crisps | |

Salads

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| Prawn Cocktail | 14.50 |
| Dublin Bay Prawns, Marie Rose sauce, watercress, cos, brown soda bread | |
| Dressed Irish Crab | 14.00 |
| Dingle Bay crab, dill crème fraiche, plum tomatoe baby gem, hen egg, melba toast | |
| Caesar | 12.50 |
| Cos, parmesan, crisp bacon, Shrimp or Cajun chicken | |
| Maple Pear V | 12.50 |
| Hazelnut dressed rocket, maple roast pear, cheese shavings | |

SOLE

SEAFOOD & GRILL

Oysters

Oysters Rocketteller

6 grilled rock oysters, wilted spinach, hollandaise glaze 16.50

Oyster Selection

2 rock oysters for 4.50

2 Irish native oysters for 7.00

Oyster selection will vary nightly.

Carlingford rock

The tide in Carlingford Lough in conjunction with the freshwater flowing in from the mountain sides give these oysters a very rich and distinctive sweet, slightly nutty flavour.

Achill rock

Traditionally grown on the west coast of Ireland for a delicious straight-from-the-sea taste in every mouthful.

Connemara rock

Thanks to the unique combination of fresh and sea water, David Keane's oysters have lots of sweet and creamy notes with a touch of earthiness.

Kelly's rock

The flavour is just big bold ocean; sea salt upfront, a seaweed note in the middle and a dry palate finish.

Irish native

A distinctive flat shape, native have a combination of lingering flavours with a hint of nut to subtle citrus notes.

SOLE's Sharing Seafood Towers

SOLE's Seafood Tower

75 euro per tower as an appetiser for 4 or as an entrée for 2

Served over crushed ice

Howth smoked Irish organic salmon

Dublin Bay prawn cocktail

Rock oysters, traditional accompaniments

Served steaming hot

Pan-roast Irish brown crab claws

Steamed West Cork mussels, white wine, garlic cream

SOLE's Captain Seafood Tower

115 euro per tower as an appetiser for 4 or as an entrée for 2

Served over crushed ice

Howth smoked Irish organic salmon

Shrimp & Dublin Bay prawns

Rock oysters, traditional accompaniments

Served steaming hot

Grilled Irish lobster

Irish brown crab toes

Steamed West Cork mussels, white wine, garlic cream

SOLE



SEAFOOD & GRILL
Entrees

From the Sea

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| Sole Meuniere, filleted at the table for you | 47.50 |
| Whole dover sole, lemon butter, wilted spinach | |
| Sea Bass Fillet | 29.50 |
| Purple potato, cauliflower puree, oyster tempura | |
| Steamed Salmon | 28.50 |
| With cockles, crevettes, rainbow chard, soy, coriander, chili & aromatic rice | |
| John Dory | 29.50 |
| Salt cod brandade, Girolles and Muscat cream, spinach | |
| Fish Pie | 22.50 |
| Irish fish and shellfish, creamed vegetable broth, cheddar mash | |
| Fish 'n' Chips | 19.50 |
| Beer battered haddock, minted pea purée, tartar sauce | |

From the Shell

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| Grilled Whole Irish Lobster | market |
| Thermidor sauce <i>or</i> garlic and herb butter, herb butter baby potatoes | |
| Norwegian King Crab Legs, 300g | market |
| Chargrilled, lemon beurre blanc, herb butter baby potatoes | |
| Coquilles St. Jacques | 35.00 |
| King scallops, samphire, Gruyère cream and mash | |

From the Land

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| 10oz Fillet Steak | 45.00 |
| Dry-aged in-house for 14 days, shallot mash, roast roots, mushrooms | |
| 10oz Sirloin Steak | 35.00 |
| Dry-aged in-house for 28 days, shallot mash, roast roots, mushrooms | |
| Add surf to the turf, chargrilled tiger prawn | 9.50 |
| <i>served with choice:</i> | |
| <i>Marrow butter, garlic and herb butter or pepper sauce</i> | |
| Chicken Supreme | 28.50 |
| Parisienne potatoes, baby leek fricassee, tarragon cream, trumpets de mort | |
| Chilli and Wild Garlic Pasta V | 20.50 |
| Wholemeal, spinach pasta, crisp shallots, wild garlic | |

Side Dishes V

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| Irish baby potatoes in herb butter | 4.90 |
| Home cut chips | 4.90 |
| Shallot mash, roast roots and mushrooms | 5.50 |
| Sweet potato fries | 5.50 |
| Wilted spinach | 5.50 |
| Montanheira salad (peppers, tomato, onion vinaigrette) | 4.90 |
| Young stem broccoli and black garlic | 4.90 |