

Oysters

Oysters Rockefeller 16.50

6 grilled rock oysters, wilted spinach, hollandaise glaze

Oyster Selection 2 rock oysters for 4.50
2 native oysters for 6.50

Sourced from our coastal waters, choose your variety, or a mix, from our selection of fresh Irish oysters – rock oysters and native oysters. With raspberry and shallot vinaigrette, lemon, Tabasco.

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, these oysters have lots of sweet and creamy notes with a touch of earthiness.

Galway 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 Signature Seafood Towers

SOLE's Seafood Tower

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

Served over crushed ice

Howth smoked Irish organic salmon

Classic 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

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

Served over crushed ice

Howth smoked Irish organic salmon

Warm water shrimp

Native oysters, traditional accompaniments

Served steaming hot

Grilled Irish lobster

Irish brown crab toes

Steamed West Cork mussels, white wine, 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 back of the menu.

Appetisers

Sole Skewers	13.50
Cooked over charcoal, spice and citrus marinade, raita	
Lobster Cakes	13.50
Bisque foam, ice lettuce, pomegranate	
Rope Mussels	12.50
West Cork mussels, white wine cream	
Chargrilled Tiger Prawn	13.50
Lime beurre blanc, ice lettuce	
Portuguese Octopus	11.50
Tempura-coated, flash fried, lemon, garlic mayo	
Howth Smoked Irish Organic Salmon	13.00
Red onion, fine capers, chive sour cream, brown soda bread	
Beef Carpaccio	13.50
Dry-aged in-house Irish beef fillet, Parmesan, truffle oil	
Prawn Cocktail	13.50
Warm water prawns, marie-rose sauce, watercress, cos, brown soda bread	

Soups

Seafood Chowder	12.50
Irish fish and shellfish, creamed broth	
Watercress Soup V	10.50
Watercress and root vegetables, wild garlic pesto	

Salads

Norwegian King Crab	16.50
Pink Grapefruit, honey mustard dressing, micro leaves	
Caesar	12.50
House-pickled sardines or Cajun chicken	
Beets and Pear V	12.50
Horseradish yoghurt, roast pear, pickled beetroot, walnut dressing	

All our beef is 100% Irish and fully traceable to source. Full list of allergens available at back of the menu.

Entrées

From the Sea

Sole Meunière 47.50
Whole dover sole, lemon butter, wilted spinach

Sea Bass Fillet 29.50
Purple potato, cauliflower puree, Romanesco, oyster tempura

Panfried Irish Halibut 32.50
Seashore citrus salad, heritage potatoes

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

Grilled Whole or Half Irish Lobster market
Thermidor sauce *or* garlic and herb butter,
herb butter baby potatoes

Norwegian King Crab Legs, 300g 65.00
Chargrilled, lemon beurre blanc, herb butter baby potatoes

Coquilles St. Jacques 35.00
King scallops, Mornay cream and mash, samphire

From the Land

10oz Fillet Steak 45.00
Dry-aged in-house for 14 days, shallot mash,
roast roots, mushrooms

8oz 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
Both steaks served with choice of marrow butter or garlic and herb butter

Chicken Supreme 28.50
Wild garlic mash, beetroot hummus, basil cream

Chilli and Wild Garlic Pasta V 19.50
Wholemeal, spinach pasta, crisp shallots, wild garlic
Add a crisp fried egg 21.50

Side Dishes V

Irish baby potatoes in herb butter 4.50

Home cut chips 4.50

Shallot mash, roast roots and mushrooms 5.50

Sweet potato fries 5.50

Wilted spinach 5.50

Montanheira salad (peppers, tomato, onion vinaigrette) 4.50

Young stem broccoli and black garlic 4.50

Desserts

Vanilla Panna Cotta V 10.00
Red berry compote, crisp tuile

Passion Ball V 10.00
Passionfruit mousse, chocolate dome

Frozen Strawberry soufflé 10.00
Strawberry, lemon, coconut, raspberry gel

Chocolate and Orange Delice 10.00
Dark chocolate mousse with clementine sorbet

Selection of Wexford Ice Cream V 8.50

Irish Cheese Board 13.00
Cranberry and hazelnut crackers, spiced apple chutney

Liqueur Coffee

Irish 7.50
Baileys 7.50
Calypso 7.50
French 7.50

After Dinner Cocktails

SOLE Espresso Martini 12.00
Absolut Vanilla / Kahlua / Frangelico / Sugar / Espresso

Grasshopper 12.00
Fernet Ment / Crème de Cacao White /
Single Cream / Dark Chocolate

Brandy Alexander 12.00
Martell VS Cognac / White Crème de Cacao /
Galliano / Single Cream / Nutmeg

Tea / Coffee

Espresso 2.50
Macchiato 3.00
Americano 3.00
Latte 3.50
Cappuccino 3.50
Breakfast Tea 3.00
Green Tea 3.00
Peppermint Tea 3.00
Earl Grey 3.00

*10% service charge on all parties of 6 or more.
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