

## 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

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

## Soups

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

## Salads

<b>Norwegian King Crab</b>	16.50
Pink Grapefruit, honey mustard dressing, micro leaves	
<b>Caesar</b>	12.50
House-pickled sardines or Cajun chicken	
<b>Beets and Pear V</b>	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

<b>Sole Meunière</b>	47.50
Whole dover sole, lemon butter, wilted spinach	
<b>Sea Bass Fillet</b>	29.50
Purple potato, cauliflower puree, Romanesco, oyster tempura	
<b>Panfried Irish Halibut</b>	32.50
Seashore citrus salad, heritage potatoes	
<b>Fish Pie</b>	22.50
Irish fish and shellfish, creamed vegetable broth, cheddar mash	
<b>Fish 'n' Chips</b>	19.50
Beer battered haddock, minted pea purée, tartar sauce	

### From the Shell

<b>Grilled Whole or Half Irish Lobster</b>	market
Thermidor sauce <i>or</i> garlic and herb butter, herb butter baby potatoes	
<b>Norwegian King Crab Legs, 300g</b>	65.00
Chargrilled, lemon beurre blanc, herb butter baby potatoes	
<b>Coquilles St. Jacques</b>	35.00
King scallops, Mornay cream and mash, samphire	

### From the Land

<b>10oz Fillet Steak</b>	45.00
Dry-aged in-house for 14 days, shallot mash, roast roots, mushrooms	
<b>8oz Sirloin Steak</b>	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>Both steaks served with choice of marrow butter or garlic and herb butter</i>	
<b>Chicken Supreme</b>	28.50
Wild garlic mash, beetroot hummus, basil cream	
<b>Chilli and Wild Garlic Pasta V</b>	19.50
Wholemeal, spinach pasta, crisp shallots, wild garlic	
Add a crisp fried egg	21.50
<b>Side Dishes V</b>	
<b>Irish baby potatoes in herb butter</b>	4.50
<b>Home cut chips</b>	4.50
<b>Shallot mash, roast roots and mushrooms</b>	5.50
<b>Sweet potato fries</b>	5.50
<b>Wilted spinach</b>	5.50
<b>Montanheira salad</b> (peppers, tomato, onion vinaigrette)	4.50
<b>Young stem broccoli and black garlic</b>	4.50

Children's Menu available on request. All our beef is 100% Irish and fully traceable to source. Full list of allergens available at back of the menu.

## 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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