

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

Appetisers

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
Avocado puree, fine capers, salmon caviar, cucumber gel	

Soups

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

Salads

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

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

Grilled Whole Irish Lobster	market
Thermidor sauce or 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

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

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