

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

## Appetisers

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

## Soups

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

## Salads

<b>Prawn Cocktail</b>	14.50
Dublin Bay Prawns, Marie Rose sauce, watercress, cos, brown soda bread	
<b>Dressed Irish Crab</b>	14.00
Dingle Bay crab, dill crème fraiche, plum tomatoe baby gem, hen egg, melba toast	
<b>Caesar</b>	12.50
Cos, parmesan, crisp bacon, Shrimp or Cajun chicken	
<b>Maple Pear V</b>	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**

<b>Sole Meuniere, filleted at the table for you</b>	47.50
Whole dover sole, lemon butter, wilted spinach	
<b>Sea Bass Fillet</b>	29.50
Purple potato, cauliflower puree, oyster tempura	
<b>Steamed Salmon</b>	28.50
With cockles, crevettes, rainbow chard, soy, coriander, chili & aromatic rice	
<b>John Dory</b>	29.50
Salt cod brandade, Girolles and Muscat cream, spinach	
<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 Irish Lobster</b>	market
Thermidor sauce or garlic and herb butter, herb butter baby potatoes	
<b>Norwegian King Crab Legs, 300g</b>	market
Chargrilled, lemon beurre blanc, herb butter baby potatoes	
<b>Coquilles St. Jacques</b>	35.00
King scallops, samphire, Gruyère cream and mash	

**From the Land**

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

**Side Dishes V**

<b>Irish baby potatoes in herb butter</b>	4.90
<b>Home cut chips</b>	4.90
<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 (peppers, tomato, onion vinaigrette)</b>	4.90
<b>Young stem broccoli and black garlic</b>	4.90