

A Fisherman's Tale

With over ¼ of Europe's sea surrounding the coast of Ireland it is no wonder we have some of the best seafood in the world available to us right on our shores and with a fleet of over 3,000 trawlers our fishermen brave the most unsettled weather conditions in Europe to bring their harvest to market.

From Burtonport to Dunmore East, from Howth to Dingle over 14,000 men and women are employed throughout the ports, ships, processors and markets across the country. The Irish clearly love their Fish, consuming €420 million of the fish landed on our own coast last year. The nation's favourite fish doesn't come as any great surprise, Salmon, followed by Cod and of course Prawns. We are delighted in SOLE to use the best Organic Salmon, smoked just for us on our doorstep in Howth. Our connection with the trawlers at sea is a very close one, allowing us to purchase the freshest of Dublin Bay Prawns as soon as they have landed and bring them to your table. Indeed, it is this connection that guides the culinary team every day of the week to allow us to develop new dishes for our menus in our "Catch of the Day" and ensure only the freshest, in season fish are used throughout our menus.

Irish Seafood exports reached €666 million last year which is no surprise as fish lovers around the globe search for fish far from their own shores to tempt their taste buds. In Ireland we are doing the same, last year Irish imports of fish were €335 million. In SOLE we are delighted to bring you some of the most unique flavours from global waters, such as our Norwegian King Crab with its luxuriously rich texture. We also boast some of the largest prawns at sea on our menu caught in the Indian Ocean and grilled to perfection over coals in our kitchen.

"There are plenty more fish in the sea", is how the expression goes and our culinary team are in constant development mode, searching for the next dish, looking to the next season wishing to know what's in that next catch. With so much on offer choosing one from the menu could be difficult so we have put together some of the best Seafood Towers around so that you can enjoy the abundance of fish and shellfish we have all in one dish.

Our dedication to bring you the best of Irish doesn't stop with the fish, we work just as closely with farmers across the country to ensure our produce and meat are equal to the standards set by the fish. Using produce such as purple potatoes from Ballymakenny farm in Drogheda or the most amazing strawberries from North County Dublin and by Dry Ageing our own Irish Beef we ensure "Irish" is at the core of our SOLE.

Taitneamh a bhaint as do chuid béile

Victor Nedelea, General Manager

Oscar Chen

6 Courses Tasting Menu

€80 per person

Wine & spirit pairing with each course €65

Available from 8pm, for the entire table only.

Rock oyster

Raspberry and Shallot Vinaigrette

Grüner Veltliner, Domane Wachau Federspiel, Wachau, Austria

Scallops (€3 Supp)

Smoked bacon & Girolles fricassee, corn puree, scallop coral powder

Gavi Dei Gavi, Pio Cesare, Piemonte, Italy

Sea Bass Fillet

Purple potato, cauliflower puree, oyster tempura

Chablis Premier Cru, Bouchard Aîné & Fils, Burgundy, France

Lemon & Mint Sorbet

Gunpowder Gin

Surf & Turf

Chargrilled tiger prawn, Beef Fillet Dry-aged for 14 days, shallot mash, roast roots, mushrooms

Le Différent de Chateau de Ferrand, St. Emilion Grand Cru, Bordeaux, France

Passion Ball

Passionfruit mousse encased in a chocolate ball

Hennessy XO

Tea, Coffee & Petit Four

Full list of allergens available at back of the menu.

Christmas Table D'Hôte Menu

Three Courses €65 per person.

Appetisers

Seafood Chowder

Irish fish and shellfish, creamed broth

Broccoli & Cheddar Soup **V**

Spiced almonds, cheddar gratin

Caesar

Warm water Shrimp or Cajun chicken

French Onion Tartlet

Spiced pear, cranberry & orange dressed rocket

Scallops (€3 Supp)

Smoked bacon & Girolles fricassee, corn puree, scallop coral powder

Rope Mussels

West Cork mussels, white wine cream

Howth Smoked Irish Organic Salmon

Red onion, fine capers, chive sour cream, brown soda bread

Entrées

Red Mullet

Saffron potatoes, baby fennel, clam bouillabaisse, bay prawn

10oz Fillet Steak (€8 Supp)

Dry-aged for 14 days, shallot mash, roast roots, mushrooms

10oz Sirloin Steak

Dry-aged in-house for 28 days, shallot mash, roast roots, mushrooms

Goose Breast

Pan roast, celeriac puree, fondant, trumpets, juniper & cranberry jus

Coquilles St. Jacques (€5 Supp)

King scallops, Gruyère cream and mash, samphire

Roots Risotto **V**

Beets, parsnip, turnip, rainbow carrots, spiced butter, sprout, sage, Gran Moravia cheese

Desserts of your choice from our à la carte menu

Tea & Coffee

Oysters

Oysters Rockefeller 16.50

6 grilled rock oysters, wilted spinach, hollandaise glaze

Oyster Selection 2 rock oysters for 4.50

2 Irish native oysters for 7.00

Sourced from our coastal waters, choose your variety, or a mix, from our selection of fresh Irish rock oysters and native oysters. Served 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, 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 Signature Seafood Towers

SOLE's Seafood Tower

75 euro per tower for 4 people sharing as an appetiser

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 for 4 people sharing as an appetiser

Served over crushed ice

Howth smoked Irish organic salmon

Shrimp and 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

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 the back of the menu.

Appetisers

Scallops Smoked bacon & Girolles fricassee, corn puree, scallop coral powder	15.50	Tuna Tartare Avocado puree, fine capers, salmon caviar, cucumber gel	13.50
Rope Mussels West Cork mussels, white wine cream	12.50	Beef Carpaccio Dry-aged in-house Irish beef fillet, Parmesan, truffle oil	14.00
Chargrilled Tiger Prawn Lime beurre blanc	13.50	Howth Smoked Irish Organic Salmon Red onion, fine capers, chive sour cream, brown soda bread	13.50
Prawn Cocktail Dublin Bay prawns, Marie Rose sauce, watercress, cos, brown soda bread	14.50	Caesar Salad Cos, parmesan, crisp bacon Shrimp or Cajun chicken	12.50
Dressed Irish Crab Dingle Bay crab, dill crème fraiche, plum tomato, baby gem, hen egg, melba toast	14.00	French Onion Tartlet V Spiced pear, cranberry & orange dressed rocket	12.50
Squid Tempura Tempura-coated, flash fried, lemon, garlic mayo	11.50	Seafood Chowder Irish fish and shellfish, creamed broth	13.50
		Broccoli & Cheddar Soup V Spiced almonds, cheddar gratin	10.50

*12.5% service charge on all parties of 6 or more.
Full list of allergens available at back of the menu.*

SOLE's Signature Seafood Towers

SOLE's Seafood Tower

75 euro per tower for 2 people sharing as an entrée

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 for 2 people sharing as an entrée

Served over crushed ice

Howth smoked Irish organic salmon

Shrimp and 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

You can enjoy SOLE's Seafood Towers accompanied by one of Marlborough's best wines, Cloudy Bay Sauvignon Blanc at the exclusive price of €65/Bottle.

The iconic wine behind the Cloudy Bay tale, defined New Zealand's wine and established the Marlborough wine region globally. Cloudy Bay was among the first five wineries to be established in Marlborough, New Zealand's finest wine region, and is now highly regarded for the superlative quality and consistency of its wines. Cloudy Bay Sauvignon Blanc is the deliciously expressive result of an excellent vintage.

*12.5% service charge on all parties of 6 or more.
Full list of allergens available at back of the menu.*

Entrées

From the Sea

Catch of the day market

Sole Meunière filleted at the table for you 47.50

Whole Dover sole, lemon butter, choice of side

Salmon 28.50

Steamed with; cockles, crevettes, rainbow chard, soy, coriander, chili & aromatic rice

Sea Bass Fillet 29.50

Purple potato, cauliflower puree, oyster tempura

John Dory 29.50

Salt cod brandade, Girolles and Muscat cream, spinach

Red Mullet 29.50

Saffron potatoes, baby fennel, clam bouillabaisse, bay prawn

Fish Pie 22.50

Irish fish & 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 & 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, Gruyère cream & mash, samphire

From the Land

Dry Aged Beef

Dry aged in house, giving our steaks distinctive nut, cheese and intense full beef flavours.

10oz Fillet Steak 45.00

Dry-aged for 14 days, shallot mash, roast roots, mushrooms

10oz Sirloin Steak 36.00

Dry-aged for 28 days, shallot mash, roast roots, mushrooms

Add surf to the turf, chargrilled tiger prawn 9.50

Steaks are served with a choice of:

Marrow butter Garlic & herb butter Pepper sauce

Chicken Supreme 28.50

Parisienne potatoes, baby leek fricassee, tarragon cream, trumpets de mort

Chilli and Herb Pasta V 20.50

Wholemeal, spinach pasta, crisp shallots, herb oil

Add a crisp fried egg 2.00

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

Creamed spinach 5.50

Montanheira salad (peppers, tomato, onion vinaigrette) 4.90

Young stem broccoli & black garlic 4.90

Desserts

Spiced Panna Cotta	10.00
Spiced berry compote, cinnamon tuile	
Lemon Tartlet	10.00
Meringue, Raspberry Sorbet	
Passion Ball	10.00
Passionfruit mousse, chocolate ball	
Dark Chocolate Brownie	10.00
Baileys Ice cream	
Christmas Pudding	10.00
Nutmeg ice cream, redcurrant gel, brandy	
Selection of Wexford Ice Cream	8.50
Vanilla and chocolate tuile	
Irish Cheese Board	13.00
Cranberry and hazelnut crackers, spiced apple chutney	

After Dinner Cocktails

SOLE Espresso Martini	12.00
Absolut Vanilla / Kahlua / Frangelico / Sugar / Espresso	
Grasshopper	12.00
Crème de Menthe / Crème de Cacao / Cream / Dark Chocolate	
Brandy Alexander	12.00
Hennessy VS Cognac / Crème de Cacao / Galliano / Cream / Nutmeg	

Tea, Coffee & Petit Four

Espresso	3.50
Macchiato	4.00
Americano	4.00
Latte	4.50
Cappuccino	4.50
Breakfast Tea	4.00
Green Tea	4.00
Peppermint Tea	4.00
Earl Grey	4.00

Liqueur Coffee

The real story about Irish coffee

...In 1943 a flying boat flight to New York turned back due to bad weather and Joe Sheridan, originally from Castleberg in Co. Tyrone – a chef and highly skilled bartender – was asked to come back to Foynes to prepare hot food and drinks for the freezing passengers.

He put some good Irish whiskey into their coffees and was asked by the passengers if he had used Brazilian coffee to which he replied "No, it was Irish coffee." He then continued to put the coffee in a glass and topped it with pouring cream

Irish Coffee DWD Heritage Whiskey, brown sugar, cream, espresso	9.00
Calypso Coffee Tia Maria, cream, espresso	9.00
French Coffee Hennessy Cognac VS, Grand Marnier, brown sugar, cream, espresso	9.00
Baileys Coffee Baileys Irish Cream, cream, espresso	9.00

Port, Sherry and Sweet Wine

	Glass
Riesling Late Harvest, Epitome, Longview, Adelaide Hills, Australia 2016	7.50
Remarkable balance with elegant fruit weight and refreshing acidity. Paler in colour than most dessert wines; the aroma has slight notes of golden delicious apple and orange blossom. A refreshing palate of peach and ripe citrus is followed by a wonderfully clean finish with unmistakable underlying minerality.	
Castelnau de Suduiraut, Sauternes, Bordeaux, France 2008	9.50
Chateau Suduiraut is designed for all those who enjoy sensory and emotional experiences that are both rich and full of surprises and leave a lasting memory. Silky, sweet, fresh and vibrant, this is a great Sauternes.	
Tokaji Aszú 5 Puttonyos, Disznóko, Hungary 2010	14.00
Made in Hungary from Furmint grapes that have been allowed to shrivel on the vines until they are no more than raisins, it is then aged underground in casks, developing honeyed apple and spice notes while retaining ravier acidity. Now this wine is over 8 years old, the wine has even greater aromatic complexity filled with dried fruits, spicy and honey notes. A beautiful balance between vivacious acidity and sweetness.	
Ramos Pinto 10 years old Tawny Port, Douro, Portugal	12.00
This tawny is a blend with an average age of 10 years. Its brick-red, even golden shades transport us to the Orient of spices, piquant and exotic aromas, with all its mysteries	
Ramos Pinto Port LBV, Douro, Portugal 2013	8.00
Intense, full aroma of ripe fruit which brings out the flavours of grape and fig, combined with a delicious chocolate. It is a powerful, defiant, full-bodied and harmonious wine. The palate is full-bodied, soft and elegant.	
Hidalgo Pedro Ximenez, DO Jerez, Spain NV	8.50
Made from 100% Pedro Ximénez (PX) grapes, rich, sweet and mouth-filling yet true to the elegant, refined style that marks all Hidalgo wines.	
1994, Ramos Pinto Vintage Port	17.00
Big rich smoky, licorice, cassis-scented nose, well integrated tannins, outstanding purity and length and complex layers of flavours	

Sulphur

Lupins

Molluscs

Cereals
containing
Gluten

Eggs

Fish

Nuts

Milk

Bread Board	Wheat & Rye Flour								•							
Monkfish Skewers	Wheat Flour			•				•	•			•				
Scallops		•							•							
Mussels									•							•
Tiger Prawns		•							•							
Squid Tempura	Wheat Flour		•									•				
Smoked Salmon	Wheat & Rye Flour				•				•							
Carpaccio	Wheat Flour								•							
Seafood Chowder		•		•					•	•						•
Carrot & Bean Soup									•	•						
Dressed Crab	Wheat Flour	•	•	•					•			•				
Caesar Salad shrimp/chicken	Wheat Flour	•	•	•					•			•				
Tuna tartare	Wheat Flour	•	•	•				•	•			•				
Onion Tartet	Wheat Flour								•							
Prawn Cocktail	Wheat Flour	•	•									•				
Oysters Rockefeller			•						•							•
Raw Oysters																•
Sole Tower/ Captain's Tower		•		•					•			•				•
Crab Gnocchi	Wheat Flour	•							•							•
Sole Meuniere				•					•							
Steamed Salmon	Wheat Flour in Soy			•						•						
Sea Bass Fillet	Wheat Flour			•					•							•
John Dory	Wheat Flour			•					•							
Fish n Chips	Wheat Flour		•	•								•				
Red Mullet		•		•					•	•						•
Fish Pie		•		•					•	•		•				•
Lobster Thermidor		•	•						•			•				
King Crab Legs		•							•							
Scallops Coquille St Jacques									•							•
Fillet Steak	Wheat Flour								•							
Sirloin Steak	Wheat Flour								•							
Chicken Supreme	Wheat Flour								•							
Guinea Fowl									•	•						
Chili and wild garlic pasta	Wheat & Rye Flour															
Baby Potatoes									•							
Chips	Wheat Flour							•								
Shallot Mash									•							
Wilted Spinach									•							
Sweet Potato Fries	Wheat Flour							•								
Young stem Broccoli									•							
Montanheira Salad	Wheat Flour		•													

Cereals
containing
Gluten

Crustaceans

Eggs

Fish

Nuts

Peanuts

Soybean

Milk

Celery

Mustard

Sesame

Sulphur

Lupin

Molluscs

List of Allergens

	Cereals containing Gluten	Crustaceans	Eggs	Fish	Nuts	Peanuts	Soybean	Milk	Celery	Mustard	Sesame	Sulphur	Lupins	Molluses
Panna Cotta	Wheat Flour		•					•						
Dark Chocolate Brownie	Wheat Flour		•		Pistachios			•						
Passion Ball	Wheat Flour		•		Pistachios			•						
Lemon Tartlet	Wheat Flour		•		Pistachios			•			•			
Chirstmas Pudding	Wheat Flour		•		Pistachios, Almonds			•						
Wexford Ice Cream	Wheat Flour		•					•						
Cheese Board			•		Hazelnuts			•						
Petit Four	Wheat Flour		•		Pistachios/ Hazelnuts	•		•						