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 nations 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.

“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.

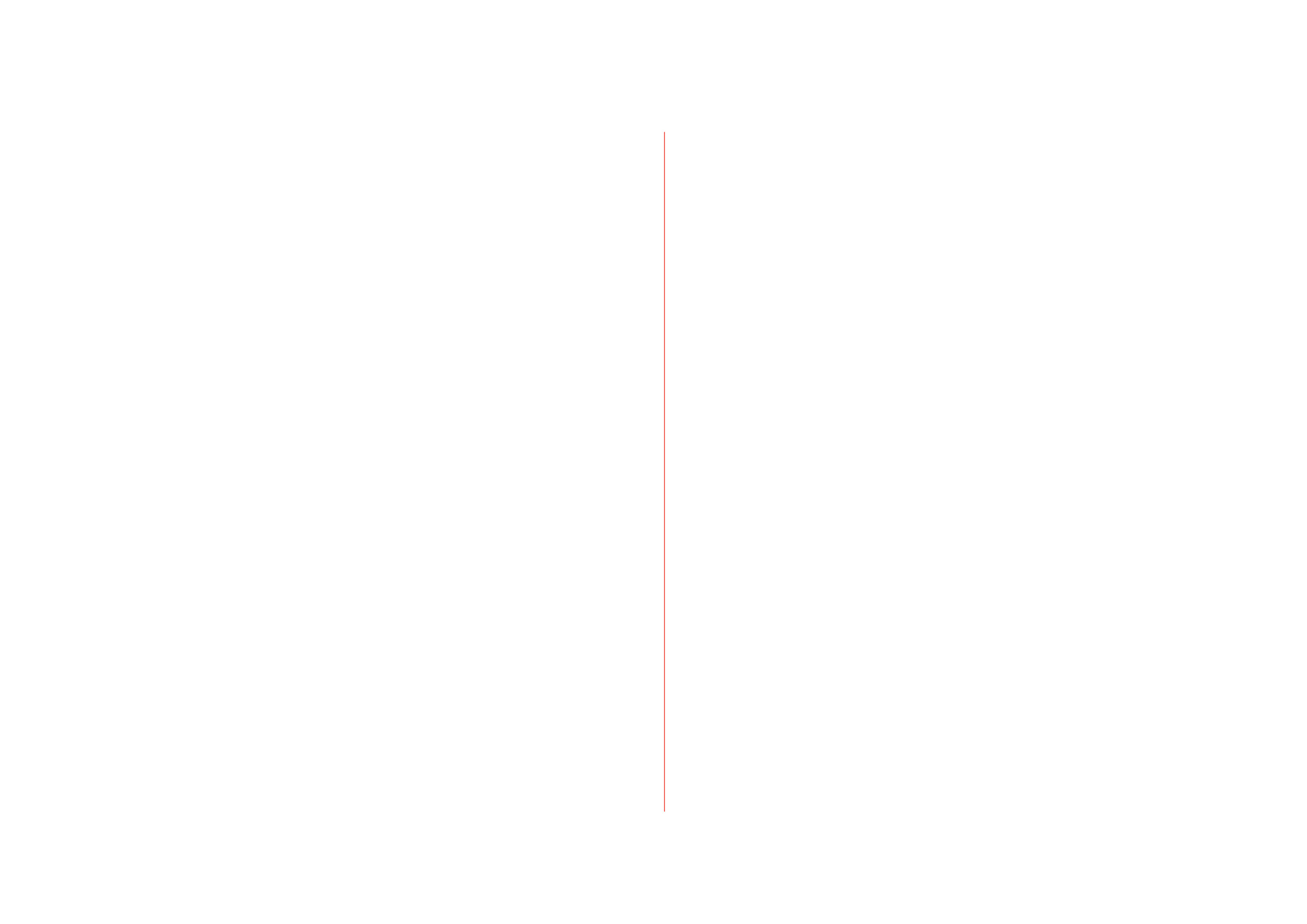
Our dedication to bring you the best of Irish doesn’t stop with the fish, we work just as closely with farmers across the country to ensure our produce and meat are equal to the standards set by the fish. Using produce such as purple potatoes from Ballymakenny farm in Drogheda or the most amazing strawberries 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

Richie Wilson, Culinary Director

Oscar Chen, Head Chef

Victor Nedelea, General Manager



**Turbot**

Gruyere & herb crust, braised white onion, purple broccoli

Tomato & Jurançon consommé

**Salmon**

Steamed with; cockles, crevettes, rainbow chard, soy,

coriander, chili & aromatic rice

**Coquilles St. Jacques**

King scallops, Gruyére cream, mash, samphire

**10oz Sirloin Steak**

Dry-aged in-house for 28 days, shallot mash & baby veg

**Chicken Supreme**

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

**Girolles Risotto V**

Broad beans, crisp kale, parsley & chive pesto, Gran Moravia cheese

**Seafood Chowder**

Irish fish and shellfish, creamed broth

**Curried Carrot & Butterbean Soup V**

Olive & herb croutons

**Caesar**

Warm water Shrimp or Cajun chicken

**Tomato & Olive Tartlet**

Slow cooked tomatoes, Kalamata olive tapenade

Chargrilled asparagus, dressed rocket

**Rope Mussels**

West Cork mussels, white wine cream

**Howth Smoked Irish Organic Salmon**

Red onion, fine capers, chive crème fraîche, brown soda bread

To Begin

To Continue

Christmas Table D'Hôte Menu

Three Courses €65 per person.

To Begin

Appetisers

Entrées

Appetisers

Appetisers

Additional Specials Appetisers

**V**

**Grilled Whole Irish Lobster** (€15 supp)

Thermidor sauce (with or without Gruyere cheese)

or garlic & herb butter  
Irish baby potatoes

**SOLE’s Captain Seafood Tower** (€25 per person supp)

**For 2 people sharing as an Entree**

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,

Sweet potato or Home cut fries

**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

Side Dishes **V**

**Oyster Selection** (€4 Supp)

2 Connemara, 2 Kelly’s, 2 Achill, 2 Carlingford Oysters

Sourced from our coastal waters, served with raspberry and shallot vinaigrette, lemon, Tabasco

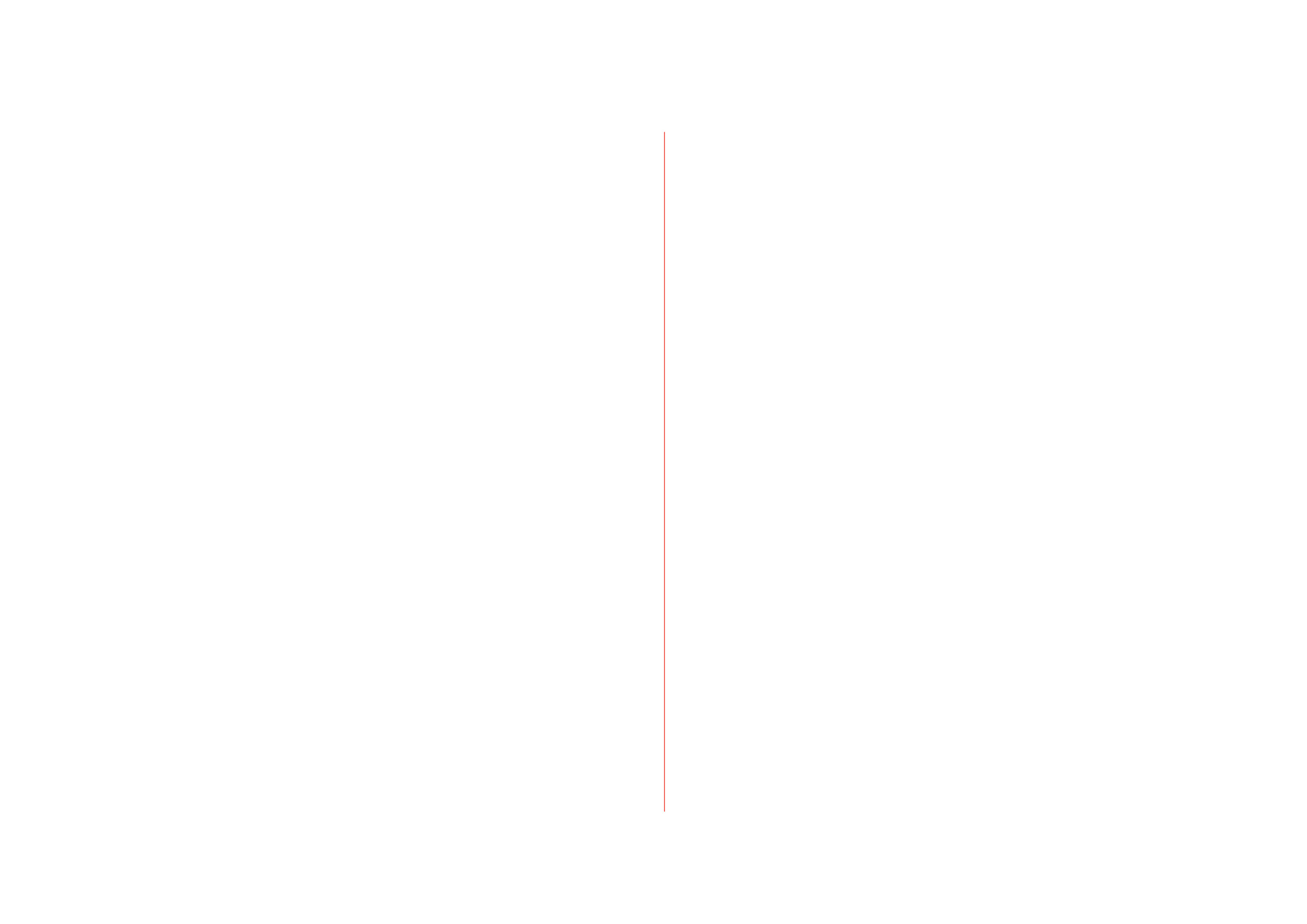
**Scallops** (€3 Supp)

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

Please ask your server for daily specials

*All our beef is 100% Irish and fully traceable to source*

*Full list of allergens available at back of the menu.*



**Vanilla Panna Cotta**

Berry compote, tuile

**Lemon Tartlet**

Meringue, Raspberry Sorbet

**Passion Ball**

Passionfruit mousse, chocolate ball

**Dark Chocolate Brownie** Baileys Ice cream

**Irish Cheese Board**

Cranberry and hazelnut crackers, spiced apple chutney

**Selection of Wexford Ice Cream**

Port, Sherry and Sweet Wine

**Glass**

**Riesling Late Harvest, Epitome, Longview, Adelaide Hills,** €7.50

**Australia 2016**

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,** €9.50 **France 2008**

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 rapier 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** 12.00This 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** 8.00Intense, 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** 8.50Made 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

Desserts

Liqueur Coffee

Tea / Coffee

After Dinner Cocktails Cocktails

Desserts

Port, Sherry and Sweet Wine

**Tea & Coffee, Petit Fours**

**Irish Coffee** €9.00  
DWD Heritage Whiskey, brown sugar, cream, espresso

**Calypso Coffee** €9.00  
Tia Maria, cream, espresso

**French Coffee** €9.00  
Hennessy Cognac VS, Grand Marnier, brown sugar,  
cream, espresso

**Baileys Coffee** €9.00  
Baileys Irish Cream, cream, espresso

After Dinner Cocktails

**SOLE Espresso Martini** €12.00

Absolut Vanilla / Kahlua / Frangelico / Sugar / Espresso

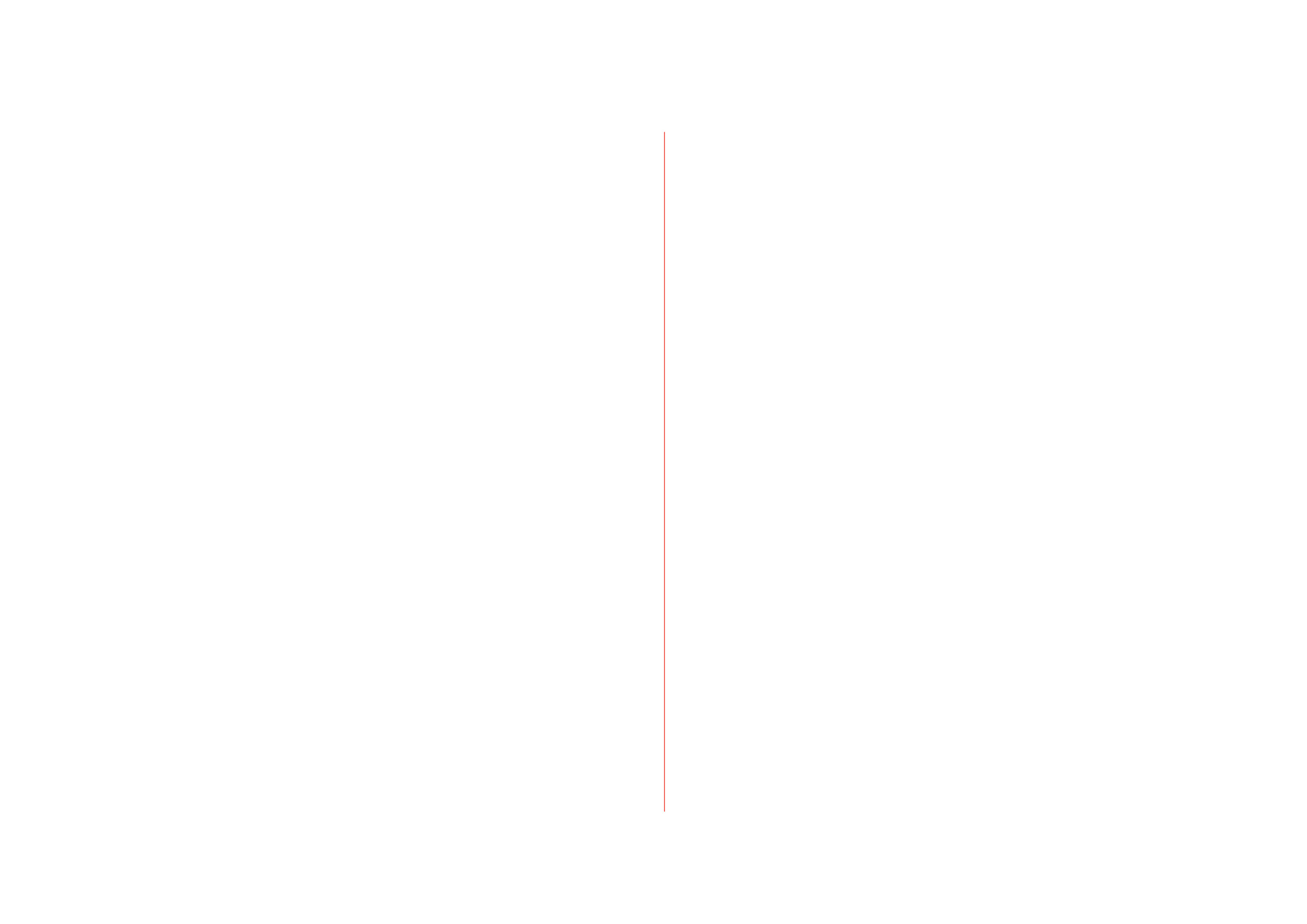
**Grasshopper** €12.00

Créme de Menthe / Crème de Cacao /  
Cream / Dark Chocolate

**Brandy Alexander** €12.00

Hennessy VS Cognac / Crème de Cacao /  
Galliano / Cream / Nutmeg

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



Molluses

Lupins

Sulphur

Sesame

Mustard

Celery

Soybean

Peanuts

Crustaceans

Cereals  
containing  
Gluten

List of Allergens

Port, Sherry and Sweet Wine

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Lupins

Sulphur

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List of Allergens

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bread Board | Wheat & Rye Flour | Eggs | Fish |  | Nuts |  |  | •  Milk |  |  |  |  |  |  |
| Scallops |  | • |  |  |  |  |  | • |  |  |  |  |  |  |
| Mussels |  |  |  |  |  |  |  | • |  |  |  |  |  | • |
| Tiger Prawns |  | • |  |  |  |  |  | • |  |  |  |  |  |  |
| Smoked Salmon | Wheat & Rye Flour |  |  | • |  |  |  | • |  |  |  |  |  |  |
| Seafood Chowder |  | • |  | • |  |  |  | • | • |  |  |  |  | • |
| Broccoli & Cheddar Soup | Wheat Flour ( crouton ) |  |  |  |  |  |  | • | • |  |  |  |  |  |
| Caesar Salad shrimp/chicken | Wheat Flour | • | • | • |  |  |  | • |  | • |  |  |  |  |
| Onion Tartet | Wheat Flour |  | • |  |  |  |  | • |  |  |  |  |  |  |
| Prawn Cocktail | Wheat Flour | • | • |  |  |  |  |  |  | • |  |  |  |  |
| Raw Oysters |  |  |  |  |  |  |  |  |  |  |  |  |  | • |
| Sole Tower/ Captain’s Tower |  | • |  | • |  |  |  | • |  | • |  |  |  | • |
| Sole Meuniere |  |  |  | • |  |  |  | • |  |  |  |  |  |  |
| Sea Bass Fillet | Wheat Flour |  |  | • |  |  |  | • |  |  |  |  |  |  |
| Lobster Thermidor |  | • | • |  |  |  |  | • |  | • |  |  |  |  |
| Scallops Coquille St Jacques |  |  |  |  |  |  |  | • |  |  |  |  |  | • |
| Sirloin Steak | Wheat Flour |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Goose Breast |  |  |  |  |  |  |  | • | • |  |  |  |  |  |
| Roots Risotto |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Baby Potatoes |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Chips | Wheat Flour |  |  |  |  |  | • |  |  |  |  |  |  |  |
| Shallot Mash |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Wilted Spinach |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Sweet Potato Fries | Wheat Flour |  |  |  |  |  | • |  |  |  |  |  |  |  |
| Young stem Broccoli |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
| Montanheira Salad | Wheat Flour |  | • |  |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Panna Cotta | Wheat Flour |  | • |  |  |  |  | • |  |  |  |  |  |  |
| Dark Chocolate Brownie | Wheat Flour |  | • |  | Pistachios |  |  | • |  |  |  |  |  |  |
| Passion Ball | Wheat Flour |  | • |  | Pistachios |  |  | • |  |  |  |  |  |  |
| Lemon Tartlet | Wheat Flour |  | • |  |  |  |  | • |  |  | • |  |  |  |
| Chirstmas Pudding | Wheat Flour |  | • |  | Hazlenuts, Almonds |  |  | • |  |  |  |  |  |  |
| Wexford Ice Cream | Wheat Flour |  | • |  |  |  |  | • |  |  |  |  |  |  |
| Cheese Board |  |  | • |  | Hazelnuts |  |  | • |  |  |  |  |  |  |
| Petit Four | Wheat Flour |  | • |  | Pistachios/Hazelnuts | • |  | • |  |  |  |  |  |  |