

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, Head Chef

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

Warm orange & rice vinegar dressing, ruby grapefruit,

Crisp capers, sauteed sugar snap

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 Château de Ferrand, St. Emilion Grand Cru, Bordeaux, France

Lemon Tartlet

Meringue, Raspberry Sorbet

Hennessy XO

Tea, Coffee & Petit Four

Full list of allergens available at back of the menu.

Table D'Hote Menu

Three Courses €55 per person.

Appetisers

Seafood Chowder

Irish fish and shellfish, creamed broth

Corn Soup V

Creamed blend of sweetcorn, crisp spring onion & Kale

Caesar

Warm water Shrimp or Cajun chicken

Tomato Tartlet V

Santos tomatoes, oregano, feta & dressed rocket

Scallops (€3 Supp)

Warm orange & rice vinegar dressing, ruby grapefruit,

Crisp capers, sauteed sugar snap

Rope Mussels

West Cork mussels, white wine cream

Howth Smoked Irish Organic Salmon

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

Entrées

Sea Bass Fillet

Purple potato, cauliflower puree, oyster tempura

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

Chicken Supreme

Tabbouleh, baby spinach, sun blush tomato cream, rainbow baby carrots

Coquilles St. Jacques (€5 Supp)

King scallops, Gruyère cream and mash, samphire

Chilli and Herb Pasta V

Wholemeal, spinach pasta, crisp shallots, herb oil

Desserts of your choice from our a la carte menu

Tea & Coffee

Oysters

Oysters Rocketeller 16.50

6 grilled rock oysters, wilted spinach, hollandaise glaze

Oyster Selection 2 rock oysters for 4.50

2 Sz Zero Irish rock 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.

Sz Zero

Oysters are graded in accordance to their weight. Sz Zero is a 190-200g oyster. A very large oyster full of meat allowing you to cut and enjoy fork fulls at a time. Ours are chosen from David Keane's Connemara rocks.

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

110 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 15.50

Warm orange & rice vinegar dressing, ruby grapefruit,
Crisp capers, sauteed sugar snap

Rope Mussels 12.50

West Cork mussels, white wine cream

Chargrilled Tiger Prawn 13.50

Lime beurre blanc

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 tomato,
baby gem, hen egg, melba toast

Squid Tempura 11.50

Tempura-coated, flash fried, lemon, garlic mayo

Tuna Tartare 13.50

Avocado puree, fine capers, salmon caviar, cucumber gel

Beef Carpaccio 14.00

Dry-aged in-house Irish beef fillet, Parmesan, truffle oil

Howth Smoked Irish Organic Salmon 13.50

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

Caesar Salad 12.50

Cos, parmesan, crisp bacon
Shrimp *or* Cajun chicken

Tomato Tartlet V 12.50

Santos tomatoes, oregano, feta & dressed rocket

Seafood Chowder 13.50

Irish fish and shellfish, creamed broth

Corn Soup V 10.50

Creamed blend of sweetcorn, crisp spring onion & Kale

*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

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75 euro per tower for 2 people sharing as an entrée

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Dublin Bay prawn cocktail

Rock oysters, traditional accompaniments

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Pan-roast Irish brown crab claws

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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.

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Entrees

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

Wild Salmon 45.00

Pan seared, squid ink risotto, broad beans,

Shrimp & Wexford squid tentacle butter

Sea Bass Fillet 29.50

Purple potato, cauliflower puree, oyster tempura

John Dory 29.50

Aubergine caviar, Provençal summer vegetables

Sauce veierge

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

Irish 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

Tabbouleh, baby spinach, sun blush tomato cream

Rainbow baby carrots

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

Vanilla Panna Cotta V Berry compote, tuile	10.00
Lemon Tartlet Meringue, Raspberry Sorbet	10.00
Passion Ball Passionfruit mousse, chocolate ball	10.00
Dark Chocolate Brownie Baileys Ice cream	10.00
Deconstructed Pavlova Summer berries, mascarpone cream, raspberry sorbet, Vanilla Meringue	10.00
Selection of Wexford Ice Cream Vanilla and chocolate tuile	8.50
Irish Cheese Trolley Cranberry and hazelnut crackers, spiced apple chutney	13.00

After Dinner Cocktails

Cocktails

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

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 Castlederg 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.

Castelnaud de Suduiraut, Sauternes, Bordeaux, France 2008	9.50
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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
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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
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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
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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
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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
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Big rich smoky, licorice, cassis-scented nose, well integrated tannins, outstanding purity and length and complex layers of flavours

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			.			.			
Deconstructed Pavlova	Wheat Flour		.		Pistachios			.						
Wexford Ice Cream	Wheat Flour		.					.						
Cheese Board			.		Hazelnuts			.						
Petit Four	Wheat Flour		.		Pistachios/ Hazelnuts	.		.						