



IO FLEET STREET  
RESTAURANT & BAR

**STARTERS**

**HOUSE SOUP 6**

Freshly blended with croutons and crème fraiche (1 wheat, 7)

**SEAFOOD CHOWDER 8.50**

A combination of Irish sourced mussels, haddock, salmon and prawn in a cream broth with Guinness bread (1 wheat, 2 prawns, 4 salmon, 7, 14 muscles)

**CARLINGFORD OYSTERS 9**

Three raw oysters with a lemon and shallot dressing (14 oyster)

**CASTLETOWNBERE SCALLOPS 14**

Pan-seared scallops on a bed of samphire, with a smoked tomato oil chorizo crumb and dash of béarnaise (3, 7, 12, 14 scallops)

**PRAWNS 10**

Sizzling chilli and garlic prawns with roast peppers on a sourdough bruschetta toast (1 wheat, 2 prawn)

**HAM HOCK 10.50**

Succulent pressed ham hock terrine with pickled veg and toasted bread (1 wheat, 12)

**BEEF CHEEK 10**

Light beef cheek bon bons, on a bed of raw spinach and red pepper salsa (1 wheat, 3, 7)

**BEETROOT CARPACCIO 9**

Thinly sliced beetroot with pickled walnuts, honey goats cheese and dots of avocado mousse (7, 8 walnut)

**TOONSBRIDGE MOZZARELLA 10**

Served with juicy Heirloom tomatoes and fresh Basil (7)

**SIDES**

**Creamy Mash 4 (7)**

**Chunky Chips 4**

**Sweet Potato Fries & Chipotle Mayo 4 (3)**

**Garlic & Lemon roasted Romanesco 4**

**Heirloom tomato & Cilantro Salad 5**

**Garlic Bread Fingers 4 (1 wheat, 7)**

**Sesame green beans & tender stem broccoli 5 (11)**

**MAINS · LAND**

**10oz SIRLOIN 28**

Chargrilled 28 day aged Irish beef, packed full of flavour with chunky chips, Portobello mushroom

**8oz FILLET STEAK 32**

Finest Hereford Beef, tender and smooth, spinach and wild mushroom ragu, gratin potato, béarnaise (7)

**DUCK BREAST 26**

Pan-fried and oven-baked with a light pink centre, sweet potato fries, wilted greens, hoisin jus

**CHICKEN 22**

Corn-fed chicken supreme on a carrot rosti, with textures of carrot and dashes of red wine jus (1 wheat, 3)

**LAMB RUMP 26**

Wicklow rump of lamb, served pink with fondant potato, butternut squash puree and mint gel (7)

**MAINS · LEGUME**

**GRILLED TOFU 16**

Baby potato cake, rainbow carrots, balsamic reduction (6)

**HALLOUMI SALAD 14**

Chargrilled halloumi cheese, roasted butternut squash and toasted pumpkin seeds (7)

**GNOCCHI 17**

Potato dumplings with smoked almonds, spinach, blue cheese, Romanesco (1 wheat, 3, 7, 8 almond)

**MAINS · SEA**

**TUNA STEAK 27**

Delicious marinated lime and coriander Yellowfin Tuna steak with fresh dressed leaves (4 tuna)

**SALMON 23**

Roasted darne of salmon with roasted red peppers, capers and heavenly creamy mash (4 salmon, 7)

**SEABASS 24**

Pan-fried fillet of seabass on a bed of tomato couscous with cherry tomato and cilantro salsa (4 seabass)

**LEMON SOLE 25**

Pan-fried fillet of lemon sole, tender stem broccoli, baby potatoes (4 sole, 7)

**BLACKENED COD 25**

Charred chunky fillet of cod in a chorizo bean cassoulet (4 cod, 7)

**SEAFOOD LINGUINI 22**

Mussels, prawn, clams, rocket and chilli, bound in linguini pasta with sprinkles of parmesan (1 wheat, 2 prawn, 7, 14 clams)

**DESSERT**

**ETON MESS 7**

Mashed meringue, raspberries, cream, marshmallows (3, 7)

**CHOCOLATE FONDANT 7**

Delicious warm chocolates served with vanilla ice cream (1 wheat, 3, 7)

**STICKY TOFFEE 7**

Salted caramel ice cream (1 wheat, 3, 7)

**VEGAN RAPTURE 7**

Homemade dark chocolate, coconut and strawberry tartlet (1 wheat)

**LEMON PANNA COTTA 7**

Blueberry compote (7)

**CHEESE SELECTION 12**

Crackers, fresh grapes, relish (1 wheat, 7)