



WELCOME

IT IS ALL ABOUT PASSION

Here at 'FIRE & SALT' we love our food. We keep things simple by doing our best to pick quality fresh ingredients, sourced from local producers who share our passion for the fruits of this land. From the seas off the west and east coast, the hills and glens of Galway and Mayo, the lush green fields of Meath and Kildare, the vales and glens of Tipperary, Kilkenny and Cork, the food we source has a proud heritage and a story to tell.

Our grass-fed native Irish bred beef is hand-picked by our master butcher and is dry aged in a temperature controlled, dehumidified environment for 28 – 36 days. We then add a sprinkling of fresh ground Himalayan rock salt and chargrilled in our custom-made charcoal oven, set at an intense 350°C. Using a special blend of wood to impart a unique flavour and texture from the radiant embers, the intense heat seals in the flavours and juiciness of the meat and creates a unique crisp caramelized coating. The finest Irish beef cooked to perfection...

And it's not only about the beef... The fishermen who trawl the depths of the wild Atlantic Ocean and Irish Sea for the fruits of their catch, we select the best that they offer; such as hand-picked blue mussels from Roaring Water Bay, Co. Cork, and monkfish from the depths of the Celtic Basin. Our free-range chickens come from the farm of Billy Grey, Rathangan, Co. Kildare where he runs a sustainable farm providing a stress-free environment for our chickens to feed and roam freely.

Our Wine Cellar contains an impressive collection of fine wines from around the world, and our Maitre d' will gladly pair a wine that will compliment your dining experience.

Enjoy and savour...

Val O'Kelly, Executive Chef and his team...

GRILLED WITH AN INTENSITY, SEASONED WITH PURITY...

*350 degrees of heat seals in the natural goodness,
while the purity of Himalayan rock salt compliments our food with refinement...*



STARTERS

ROARING BAY NATIVE BLUE MUSSELS	10.95
<i>White wine, shallots, butter, garlic, parsley and cherry tomato contains 2, 10</i>	
SMOKED BEEF TARTAR	12.95
<i>Fresh hand-cut Irish beef fillet, apple wood smoke, truffle flakes, quail egg yolks, toasted sourdough bread contains 1, 3, 5</i>	
BLUE BELL FALLS GOATS CHEESE WITH BEETROOT	9.95
<i>Pine nut crust, beetroot jelly, raspberry gel, roast baby beetroot and raisin toast contains 1, 2, 6</i>	
GRILLED CHICKEN CAESAR SALAD	10.95
<i>Crisp grilled cos leaves, fresh baked garlic focaccia, toasted pine nuts, parmesan shavings contains 1, 2, 5, 6, 9</i>	
DUBLIN BAY PRAWNS	12.50
<i>Lemon, garlic and coriander butter sauce, grilled croutons contains 1, 2, 8</i>	
TRIO OF CURED ATLANTIC SALMON	11.95
<i>Chef's selection of our own in-house pickles and brown soda bread contains 1, 2, 9</i>	

SOUPS

CHEF'S SOUP OF THE DAY	6.50
<i>Sourdough breads contains 1, 12</i>	
TOMATO AND CLAM CHOWDER	8.95
<i>Our in-house freshly baked brown soda bread contains 1, 2, 9, 10, 12</i>	
FRENCH ONION SOUP	7.95
<i>Toasted cheese sourdough crouton contains 1, 2</i>	

FISH DISHES

MARKET FISH OF THE DAY	Priced daily
<i>On the bone, roast red peppers, garlic, oregano, and charred lemon contains 2, 9</i>	
MONK FISH WRAPPED IN CURED HAM	27.50
<i>Blue mussels, ratatouille, balsamic baby leeks, and smooth lobster bisque contains 2, 8, 9</i>	

MEAT DISHES

MINT CRUSTED IRISH LAMB RACK	28.00
<i>Carrot and cumin puree, braised puy lentils, and port wine reduction contains 1, 2, 4</i>	
ROAST FREE RANGE CHICKEN SUPREME	22.95
<i>Pistachio and bacon farce, asparagus spears, cherry vine tomato and redcurrant jus contains 1, 2, 6</i>	

VEGETARIAN DISHES

TIAN OF AUBERGINE, CARAMELIZED ONION AND POLENTA	21.50
<i>Spinach, feta cheese crust, and spiced tomato fennel sauce contains 2, 4</i>	
PEARL BARLEY RISOTTO WITH WATERCRESS	22.95
<i>Charred asparagus spears, shaved Corleggy Irish hard cheese contains 1, 2</i>	

ALL MAIN COURSES SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND POTATOES



THE STEAKS

THE LARGE CUTS

Good if you are hungry or for two to share, and are dependent on what we have in stock.

30OZ DRY-AGED COTE DE BOEUF 56.00

On-the bone rib steak, cut from the fore-rib with the entire rib bone left on, dry aged for 28 days

20OZ CHATEAUBRIAND STEAK 72.00

The classic cut to share, taken from the centre tenderloin, next to the fillet

STEAKS

28 DAY 14oz PORTERHOUSE STEAK 38.00

Two steaks cuts in one: fillet and sirloin separated by the T-Bone

28 DAY DRY AGED 12OZ RIB-EYE STEAK 31.50

You get the best of both worlds with our rib-eye, contains a seam of fat that bastes the meat as it cooks

28 DAY DRY AGED 10OZ PRIME SIRLOIN STEAK 29.50

Centre cut of sirloin, with a little marbling, tender, and juicy strip of fat

28 DAY 8oz PRIME FILLET STEAK 32.50

Prime centre cut, lean and tender with a delicate flavour

LADY'S STEAK – 6oz PRIME FILLET STEAK 28.50

Prime centre cut, lean and tender with a delicate flavour, cut into 2 x 3oz medallions

SURF AND TURF

ADD CHAR-GRILLED DUBLIN BAY PRAWNS 10.00

Surf & turf option with any of our steaks, served with garlic butter contains 2, 8

ALL STEAKS ARE SERVED WITH SEASONAL VEGETABLES, POTATOES, TOBACCO ONIONS AND YOUR CHOICE OF SAUCE contains 1, 2

SAUCES

GREEN PEPPERCORN AND BRANDY SAUCE *contains 2*

WHISKEY, MUSHROOM AND PANCETTA SAUCE *contains 2*

CLASSIC BEARNAISE SAUCE *contains 2, 5*

SIDES DISHES

HAND CUT TRIPLE COOKED CHIPS *contains 12* 3.95

DAUPHINOISE POTATOES *contains 2, 12* 3.95

SPRING ONION POMME PUREE *contains 2, 12* 3.95

SAUTÉED ONIONS AND MUSHROOMS 3.95

CREAMED SPINACH WITH NUTMEG *contains 2* 3.95



SOMETHING SWEET

CARAMELISED APPLE CREAM TART <i>Blackberry gel, green apple puree, raspberry sorbet contains 1, 2, 5, 6</i>	7.50
FIVE TEXTURE CHOCOLATE GATEAU <i>Salted caramel, warm chocolate sauce, genoise sponge contains 1, 2, 5, 6</i>	7.50
COCONUT MOUSSE WITH PINEAPPLE AND PASSIONFRUIT CONFITURE <i>Coconut shortbread, mango gel contains 1, 2, 5, 6</i>	7.50
CHERRY AND PISTACHIO BROWNIE <i>Red cherry gel, blackberry sorbet contains 1, 2, 5, 6</i>	7.50
ORANGE AND PECAN NUT PUDDING <i>Orange syrup, crème anglaise, cinnamon and vanilla ice cream contains 1, 2, 5, 6</i>	7.50
TRIO OF ICE CREAM <i>Mint syrup, cinnamon flavoured parsnip crisps, Crushed meringue contains 2, 5, 6</i>	7.50
IRISH FARMHOUSE CHEESE PLATE <i>Selection of Irish artisan country cheeses with crackers and chutney contains 1, 2, 4, 6</i> <i>Choose 4 types – Cavanbert, Creeny Sheep's, Oak Smoked Gubbeen, Cashel Blue, Wicklow Baun, Cooleeny and Durrus</i>	12.50
OFFLEY TAWNY PORTO	7.10

DESSERT WINE

Seifried NELSON 'SWEET AGNES' Late Harvested Reisling <i>contains 12</i>	7.90/71ml
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LIQUEUR COFFEES

IRISH COFFEE (JAMESON WHISKEY) <i>contains 2</i>	7.70
IRISH CREAM COFFEE (BAILEY'S) <i>contains 2</i>	7.70
GAELIC COFFEE (SCOTCH WHISKY) <i>contains 2</i>	7.70
CALYPSO COFFEE (TIA MARIA) <i>contains 2</i>	7.70
FRENCH COFFEE (COGNAC) <i>contains 2</i>	7.70
RUSSIAN COFFEE (VODKA) <i>contains 2</i>	7.70
ITALIAN COFFEE (AMARETTO) <i>contains 2</i>	7.70

Please note that our chefs prepare all dishes to order, using fresh ingredients. If you prefer your meal without certain ingredients, please feel free to ask and we will do our utmost to facilitate your request.

Please inform us of any food allergies you may have...

Allergens: 1 = Wheat 2 = Milk 3 = Mustard 4 = Celery 5 = Eggs 6 = Nuts 7 = Soybean 8 = Crustacean 9 = Fish 10 = Mollusc 11 = Sesame Seeds
12 = Sulphur Dioxide and Sulphites 13 = Peanuts 14 = Lupin