



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...

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

SPICED CONFIT CHICKEN <i>Avocado and yuzu, baby gem, pineapple, wasabi contains 2,5</i>	11.95
SALMON TARTAR <i>Rainbow beets, crème fraiche, blood orange, sea purslane contains 2,3,9</i>	11.95
SLOW BRAISED BEEF CHEEK <i>Artichoke puree, roast onion jus, pickled shallot, redcurrants contains 2,4</i>	11.95
SEARED SCALLOPS <i>Curry cauliflower, saffron cream, brown butter, caper and raisin 2,8</i>	13.95
RICOTTA AND GOATS CHEESE RAVIOLI <i>Rocket, aubergine, black olive and red pepper contains 1,2,5,6</i>	11.95
WILD ROQUETTE SALAD <i>Shaved 24mth parmesan, micro herb, toasted nuts, white balsamic, focaccia contains 1,2,5,6</i>	9.95
LOBSTER RISOTTO <i>Garden pea, tomato concasse, lemon and fennel contains 2,3,8</i>	14.95
ROAST COURGETTE AND BASIL SOUP <i>Served with freshly baked bread contains 1,2, 4</i>	7.95

MAIN COURSE

PAN FRIED FILLET OF SEABREAM <i>Gnocchi, glazed asparagus, tomato tartar, red pepper beurre blanc contains 1,2,5,9</i>	24.50
SEARED RUMP OF IRISH LAMB <i>Garden peas, baby carrots, minted new potatoes, red wine jus contains 2, 4</i>	25.95
28 DAY 8oz PRIME FILLET STEAK <i>Creamed watercress, caramelised onion, horseradish croquette contains 1,2,3,5</i>	32.50
ROAST FREE RANGE CHICKEN SUPREME <i>Gratin potato, wild mushroom, tenderstem broccoli, creamed bacon jus contains 2, 4</i>	22.95
ROAST FILLET OF COD <i>Butter beans, chorizo, smoked garlic and orange, tomato fondue, baby spinach contains 2, 4 2 9</i>	24.50
MARINATED PROVENCAL VEGETABLE TAGLIATELLE <i>Shaved parmesan, toasted pinenuts, slow roast tomato contains 2,5, 6</i>	21.50



FIRE & SALT

RESTAURANT

THE STEAKS

20OZ CHATEAUBRIAND STEAK	72.00
<i>The classic cut to share, lean and tender with a delicate flavour, next to the fillet</i>	
28 DAY DRY AGED 10OZ PRIME SIRLOIN STEAK	29.50
<i>Centre cut of sirloin, with a little marbling, tender, and juicy strip of fat</i>	
LADY'S STEAK – 6OZ PRIME FILLET STEAK	28.50
<i>Prime centre cut, lean and tender with a delicate flavour, cut into 2 x 3oz medallions</i>	

SURF AND TURF

ADD CHAR-GRILLED DUBLIN BAY PRAWNS	10.00
<i>Surf & turf option with any of our steaks, served with garlic butter contains 2, 8</i>	

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

SAUCES

GREEN PEPPERCORN AND BRANDY SAUCE <i>contains 2</i>
WHISKEY, MUSHROOM AND PANCETTA SAUCE <i>contains 2</i>
CAFÉ DE PARIS BUTTER <i>contains 2</i>
GARLIC AND CHIVE BUTTER <i>contains 2</i>

SIDES DISHES

SKIN ON FRENCH FRIES <i>contains 12</i>	3.50
POMME PUREE <i>contains 2, 12</i>	3.50
PARMESAN CRUSTED DAUPHINOISE POTATO <i>contains 2</i>	3.50
GLAZED ASPARAGUS, BLACK OLIVE AND GOATS CHEESE BUTTER <i>contains 2</i>	3.50
TENDERSTEM BROCCOLI, WHOLEGRAIN MUSTARD, TOASTED ALMONDS <i>contains 2</i>	3.50
THYME ROASTED HONEY GLAZED CARROTS <i>contains 2</i>	3.50
3.95	



SOMETHING SWEET

ASSIETTE OF RHUBARB	7.50
<i>Poached rhubarb mousse, rhubarb jelly, dehydrated rhubarb powder, dark chocolate pound cake, sugar tuile, raspberry contains 1, 2, 5, 6</i>	
VANILLA CREAM BAKED CUSTARD	7.50
<i>Crispy lime meringue, blackcurrant sorbet, sable biscuit, strawberry cream, lemon gel contains 1, 2, 5, 6</i>	
“POPCORN” CHOCOLATE BAR	7.50
<i>White chocolate cremeux, salted caramel, beetroot gel, toffee popcorn, chocolate sauce contains 1, 2, 5, 6</i>	
GOLDEN DELICIOUS APPLE	7.50
<i>Apple jelly, white chocolate, vanilla mousse, cardamom anglaise contains 1, 2, 5, 6</i>	
TASTING OF HAZELNUT	7.50
<i>Chocolate hazelnut ganache, hazelnut sponge, soft caramel, white chocolate snow, hazelnut mousse</i>	
SELECTION OF ICE CREAM AND SORBETS	6.95
<i>Crushed meringue, raspberry gel and mint syrup contains 2, 5, 6</i>	
IRISH FARMHOUSE CHEESE PLATE	12.50
<i>Selection of Irish artisan country cheeses with crackers and chutney contains 1, 2, 4, 6</i>	

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

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