

Café Sol, Kilkenny 056-776 4987  
Sol Bistro, Thomastown 056-775 4945

\_\_\_\_\_ **Early Bird Menu** \_\_\_\_\_

Daily 5.30pm to 7.30pm  
3 courses 24.95  
2 courses 20.95

\_\_\_\_\_ **Starters** \_\_\_\_\_

**Seasonal soup of the evening**

**Roast plum tomato & garlic bruschetta**

red onion, basil, parmesan shavings

**Crumbled goat's cheese salad,**

roast bell pepper, confit tomato, toasted pumpkin seeds,  
olives, basil leaves, split port dressing

**Goatsbridge smoked trout**

baby potato, wholegrain mustard, roquette leaves,  
bitter cream dressing

\_\_\_\_\_ **Main Courses** \_\_\_\_\_

**Seared breast of Irish chicken**

parsnip and rosemary dauphinoise,  
wild mushroom cream, parmesan crisps

**This evening's pasta**

**Char-grilled Irish 7oz rib-eye steak,**

button mushrooms, roasted potato wedges,  
chimmichurri salsa, pepper sauce (*€3 supplement*)

**Pan seared fillets of sea bass**

braised fennel, balsamic cherry tomatoes,  
mashed potato, caper butter sauce

\_\_\_\_\_ **Desserts** \_\_\_\_\_

Baked vanilla cheesecake  
raspberry coulis and cream

Warm mixed berry and apple crumble  
with whipped cream

Trio of ice cream  
with a home made shortbread biscuit

Yoghurt fru fru, fresh fruits with natural yoghurt,  
drizzled with honey and sprinkled with crushed nuts