

Welcome to Sol y Sombra. Our food comes in **tapas** (small dishes) and **raciones** (larger dishes). Typically guests order 3 tapas per person or 1 tapa & 1 racion. Feel free to do as the Spanish do – experiment over a number of courses. If it's your first time, allow us to give some guidance.

Nibbles

Taste Kerry Cured Meats & Cheese Selection(c*) 12.90
Serrano Ham & Manchego Cheese with Romesco Dip(c*) 11.90
Salted Almonds (c) (v) 3.90
Hummus & Crackers (c*) (v) 3.90/6.90
Marinated Anchovies (c) 3.90
Bread – Small/Large (v) (c*) 2.00/2.50

Tostadas

Tostada de Morcilla (c*) 7.90 Tapa
Annascaul Black Pudding Tostadas with Carmelised Apple & Blueberry Marmalade

Tostada de Champiñones (v)(c*) 7.90 Tapa
Wild Mushroom & Gratinated Manchego Cheese Tostadas

Tostada de Brandada (c*) 8.90 Tapa
Cod & Potato Brandade Tostadas with Manchego Cheese, Piquillo Pepper & Rocket

Tostada de Queso de Cabra (v)(c*) 6.90 Tapa
Trio of Goat Cheese Tostadas with Carmelised Onion, Apple and Homemade Strawberry Marmalade

From the Wild Atlantic & Beyond

Calamares a la Andaluza 7.90 Tapa
Panko fried Squid Rings served with Lime Mayo

Samosas de Gambas 8.90 Tapa
Prawn & Sauté Vegetable Filo Parcels, Sweet Chilli Dip

Mar en Gabardina 7.90 Tapa / 12.50 Racion
Fillet of Hake and Prawns fried in Beer Batter, with Garlic Mayonnaise

Gambas Al Ajillo (c) 12.90 Tapa
Prawns in our special Garlic Chilli Oil

Mejillones Estilo Oriental (c) 10.90 Racion
Glenbeigh Mussels steamed in Coconut Milk, Lemon Grass, Ginger & Lime

Brocheta de Rape con Vieiras (c) 15.90 Racion
Skewer of Monkfish & Bacon with Scallops on Potato Cake

Sol y Sombra Salads

Ensalada de Queso de Cabra (c) (v) 8.90 Tapa
Baby Leaves with warm Goats Cheese, caramelized Apple, Walnuts, mixed Berries and sweet Honey Vinaigrette

Ensalada Templada de Pollo (c*) 9.90 Tapa
Warm Chicken Salad with Apple, Green Beans, Cherry Tomatoes, Mixed Leaves & Crunchy Fried Onions

Kerry & Iberian Meats

Tabla Mixta (c*) 12.90 Racion
Taste Kerry Cured Meats Selection & Local Cheese

Chorizo Ibérico a la Sidra (c) 8.90 Tapa
Spicy Chorizo Sausage cooked in Bulmers Cider with Mashed Potato & Carmelised Onion

Pollito de Cádiz (c) 8.90 Tapa
Chicken cooked in a creamy Almond Sauce

Pinchos Morunos de Pollo (c) 8.90 Tapa
Skewers of Chicken Marinated in Moorish Spices, Yoghurt Drizzle

Osadía de Ternera (c) 8.90 Tapa/ 14.90 Racion
Tender Killorglin Beef Cheek in Red Wine Jus with Red Pepper Relish, served with Mashed Potato

Albóndigas de Cordero 7.90 Tapa /13.90 Racion
Kerry Lamb Meatballs cooked in traditional Tomato Sauce

Carne Al Toro (c*) 8.90 Tapa /14.90 Racion
Slow cooked Killorglin Beef in a Southern Spanish sauce with cubes of home-cut Potatoes

Tocino al Horno (c) 8.90 Tapa /14.90 Racion
Slow Roasted, Honey Glazed Pork Belly, Steamed Veg & Mash

Corte Ribeye (c*) 22.90 Racion
Grilled 10oz Killorglin Rib Eye Steak, home-cut potato cubes and Pepper Sauce or Garlic Butter

Vegetarian Heaven

Jalapeños Verdes Fritos (v) 7.90 Tapa
Panko fried Jalapeño Peppers with Brie & Honey Mayo Dip

Patatas Bravas (v) 6.90 Tapa
Deep-fried Potatoes with Spicy Tomato Sauce & Alioli

Parrillada de Verduras (c) (v) 10.90 Racion
Grilled marinated vegetables: Peppers, Asparagus, Courgette, Red Onion, Sweet Potato with Basil Pesto

Espárragos Crujientes (v) 12.90 Racion
Asparagus Spears in crunchy Filo Pasty, Romesco Sauce

A bit on the Side!

Home-cut Sweet Potato Wedges (v) 4.50
Selection of steamed vegetables (c) (v) 4.90
Mashed Potato (c) (v) 3.90
Side Salad (c) (v) 3.90
French Fries (v) 3.90

Our Irish Food Heros

We are proud to support our local artisan food producers and suppliers – Annascaul Black Pudding, Olivier Beaujouan (On The Wild Side), Beaufort Eggs, Wilma's Killorglin Farmhouse Cheese, The Real Olive Co, Spillane Seafood, Cahillanes Killorglin Butchers & The Crafty Divils

(c) Gluten Free
(c*) can be adapted for Gluten Free
(v) Vegetarian