



Starters

Local Croagh Patrick Mussel's Marinière ©

Fresh local plump mussel's sautéed in olive oil, garlic, onions, white wine & cream sauce. €11

Fresh Croagh Patrick Pacific Oysters (Natural) ©

Half Dozen local oysters in half shell. €11

Or

Fresh Croagh Patrick Pacific Oysters Baked ©

Half dozen local oysters with herb butter, horseradish & parmesan cheese, baked in the oven. €12

Soup ©

Homemade soup of the evening. €5.50

Sol Rios Creamy Chowder ©

Homemade fish chowder. €6.50

Local Beetroot & Galway Goat's Cheese Salad ©

Local organic beetroot from Joe Kelly organic grower & Galway goat's cheese, cashew nuts and cherry tomatoes all tossed with sweet balsamic vinegar. €9

Spicy King Prawns

Eastern Atlantic king prawns sautéed with cherry tomatoes, white wine, garlic & chilli (spicy). €11

Caesar Salad © (no croutons)

Strips of chargrilled Irish chicken on cos lettuce tossed with parmesan cheese croutons & Sol Rio Caesar dressing. €9

Tempura of Prawns & Squid

Squid & eastern Atlantic king prawns, deep fried & served with lemon mayonnaise. €11

Grilled Aubergine (V) ©

Aubergine rolled with spinach, ricotta cheese, sundried tomatoes coated with a tomato sauce & parmesan cheese. €8.50

Coquille Saint Jacques Normand

Local Achill Queen Scallops in a cream & brandy sauce coated with bread crumbs & baked in the oven. €11

Bruschetta of Westport Black Pudding

Toasted French bread topped with mushrooms, McCormack's black pudding & apple compote with grilled cherry tomatoes. €8.50

Mains

Warm Chicken Salad (C)

Pan fried Irish chicken with mushroom & red onion, tossed with soya sauce & served on a bed of mixed leaves. €14

Risotto Vegetarian (V)(C)

Roasted julienne of vegetables sautéed with mushrooms, broccoli, fresh spinach, in a tomato & cream sauce, tossed with Arborio rice. €14

Arroz de Marisco (C)

Traditional Portuguese dish by Chef Jose Barroso with local mixed shellfish; prawns, mussels, Lobster, crab claws & clams tossed with Arborio rice. €23

Crespelle Vegetarian (v)

Rolled pancakes filled with spinach, ricotta cheese, topped with tomato & white sauce baked in the oven. €13

Lasagne

Layers of pasta with Bolognese sauce, white sauce & topped with mozzarella. €14

Side Orders

Garlic Bread €4

Garlic Bread & cheese €5

Mixed Salad – House Dressing €4

Green Salad – House Dressing €4

Rocket Salad – Balsamic dressing €5

Selection of Today's vegetables €4

Potatoes of the Day €4

Sautéed Potatoes €4

Fries €4

Sautéed Mushrooms €4

Sautéed Onions €4



Pasta Dishes

Gluten free pasta available upon request

Spaghetti Fruit Del Mare

Pan fried eastern Atlantic king prawns, clew bay mussels, calamari, garlic & white wine all tossed in a tomato sauce. €19

Spaghetti Carbonara

Bacon, cream, egg & parmesan. €14

Spaghetti Bolognese

Our own special recipe with minced beef, garlic & tomato sauce. €14

Penne Pollo Arrabiata

Sautéed Irish chicken pieces in a spicy tomato sauce. €14

Penne Primavera (V)

Julienne of roasted vegetables tossed in olive oil, garlic in a cream and tomato sauce. €13

Arrabiata Gamberoni

Pan fried Eastern Atlantic king prawns, Clew Bay crab claws, chilli garlic & white wine with tomato sauce all tossed with tagliatelle pasta. €19

Tagliatelle Pollo Formaggi

Pieces of chicken with blue cheese, garlic white wine, cream & fresh broccoli. €14

Tagliatelle Al Salmone

Smoked Connemara Salmon, Asparagus, garlic & white wine in a cream sauce. €15

Pappardella Duck

Beef Ragu & Duck pieces all tossed with Pappardella Pasta €18

Pizza

Our pizzas are 12" thin crust and our dough is made fresh every day, we have gluten free pizza dough

Pizza Margherita (V)

Mozzarella, tomato & herbs. €11

Pizza Quarto Stagione

Mozzarella, tomato, ham, pepperoni, mushroom & pineapple. €14

Pizza Vegetarian (V)

Mozzarella, tomato, mushroom, olive, spinach, red pepper & onion. €14

Pizza American Hot

Mozzarella, tomato, pepperoni & chopped chilli (spicy). €14

Pizza Mexican

Mozzarella, tomato, minced beef, avocado, sweetcorn & jalapeno peppers (spicy) €14

Pizza Della Casa

Mozzarella, tomato, grilled chicken, fresh spinach & sun dried tomato. €14

Pizza Sol Rio

Mozzarella, tomato, McCormack's black pudding, rocket leaves & gorgonzola cheese. €14

Calzone Picante

Folded pizza filled with Bolognese sauce, chilli, ham & crispy bacon (spicy). €14

Pizza goats Cheese

Mozzarella, tomato, goats cheese, pepperoni & onion. €14

Extra Toppings or Make Your Own Pizza

Mushroom, Spinach, Egg, Pepperoni, Pineapple, Mixed Peppers, Sun Dried Tomato, Blue Cheese, Ham, Olives. €1.50

Char Grilled Chicken Strips, King Prawns. €2
Parma Ham. €2



From the Land....

Prime Irish Char Grilled Sirloin Steak ©

Irish sirloin steak cooked to your liking & served with a sauce of your choice. €25

Prime Irish Char Grilled Fillet Steak ©

Irish fillet steak cooked to your liking & served with a sauce of your choice. €27

Melody of roast duck breast & lamb rack ©

Roast duck breast & mayo lamb rack with rosemary & red wine jus €25

Belly of Pork & Scallops ©

Slow cooked local belly of pork with Westport scallops with apple & foie gras sauce €25

Choice of Sauces:

Peppercorn, Garlic Butter, Gaelic Sauce, Red Wine Jus, Blue Cheese Sauce.

(Please allow a 30 min cooking time on well done meats)

Our Beef is 100% Irish from Ardarl farm claremorris

Chicken Cassiatore ©

A tender breast of chargrilled Irish chicken cooked in white wine, onions, sweet peppers, mushrooms & herbs. €18

Chicken Cordon Bleu

Rolled Irish chicken breast stuffed with mozzarella cheese & ham, deep fried with breadcrumbs & coated in a gorgonzola sauce. €19

From the Sea....

Monkfish Provencal ©

Poached Connemara monkfish with freshly chopped tomatoes, black olives, garlic, ginger & red onions. €24

Cajun Cod ©

Fillets of Cod rolled in Chinese five spices on a bed of roasted mixed vegetables.

€22

Catch of the Day ©

Please ask about our fish of the evening.

Scallops Parizana ©

Local fresh pan fired Clew Bay scallops & crab claws in a bacon, leek & cream sauce. €28

Organic Clare Island Salmon ©

Local fillet of grilled salmon on a bed of spinach with mousseline sauce. €23

© – Celiac (V) – Vegetarian

We cater for vegans

The food allergens used in the preparation of our food can be viewed in a separate menu. Please ask a member of staff for the information folder.



Jose Barroso proprietor and head chef is committed to a philosophy of quality food sourcing with an emphasis on seasonal, local and artisan ingredients.

Sol Rio Restaurant Suppliers June 2021

Padraic Gannon, Croagh Patrick Seafood Newport: Mussels and Oysters

Dave & Diane Andarl farm, Claremorris Pork, Lamb, Beef

Garvin's Seafood's Ballina: Fish

Wines Direct Mullingar

Mc Cormack's Westport: Meat & Pork

Galway Goats Farm Larry Maguire, goats Cheese

Joe Kelly Organic vegetables; Carrandine Balla

Michael Carr Foods; Ballina

Costello & McDermott Ballinrobe: Irish Chicken Fillets

Connemara Brewery Cong; craft beer

Total Produce Galway; Fresh vegetables