

Smith & Wollensky and the type 1 diabetes research charity JDRF have teamed up to raise awareness about living with type 1 diabetes. As part of this campaign, we have created this carbohydrate counted menu. People with type 1 diabetes must carb count to know how much insulin to take before eating.

* Smith & Wollensky will be donating 50 pence to JDRF for every Seared Chilli & Garlic Shrimp dish sold.

Carbohydrate Counted Dinner Menu

STARTERS & SEAFOOD

Wollensky's Famous Split Pea Soup with Bacon (12.7g)	7
Ham Hock Terrine (8.6g)	8
Fillet of Beef Tartare, Chipotle Mayonnaise	9
Sea Bass Ceviche (0g)	8
Burrata & Tomato Salad (0g)	12
Seared Chilli & Garlic Shrimp* (0g)	14
Hand-Dived Scottish Scallops with Garlic & Parsley Butter (0g)	19
Yellowfin Tuna Tartare (0g)	18
Carlingford Oysters 1/2 Dozen / Dozen (0g)	18 / 34
Jumbo Lump Crabmeat (0g)	18
Cold Poached Lobster Half / Whole (0g)	14 / 28

SALADS

Wollensky Salad (12.7g)	10
<i>romaine, tomatoes, potato croutons, smoked bacon lardons, marinated mushrooms, dijon vinaigrette</i>	
Iceberg Wedge (0g)	12
<i>blue cheese, smoked bacon lardons, tomato</i>	
Classic Caesar (12.7g)	12
Marinated Heirloom Beetroot & Whipped Goat's Cheese balsamic dressing (not carbohydrate counted)	10
Chicken & Avocado Salad (0g)	13
<i>chicken supreme marinated in lemon & truffle oil with wilted heritage tomatoes & avocado</i>	

Shellfish Platters

Lobster, Jumbo Lump Crabmeat, Jumbo Shrimp, Carlingford Oysters & Amandes Clams paired with Classic Cocktail Sauce, Cognac Mustard Sauce, Ginger Sauce & Sherry Mignonette

Charlie Smith (2-4 people) 90 (0g)
Ralph Wollensky (4-6 people) 125 (0g)

MAIN COURSES

Free-Range 'Label Anglais' Chicken (not carbohydrate counted)	16
<i>fondant potatoes, roasted squash, bacon & lentil jus</i>	
Beetroot Wellington (not carbohydrate counted)	16
Wollensky's Butcher Burger (82g)	16
<i>smoked bacon, cheddar, french fries</i>	
Pan-Fried Stone Bass Fillet (not carbohydrate counted)	19
<i>fennel, pearl barley risotto & samphire</i>	
Seared Yellowfin Tuna Loin (0g)	27
<i>baby artichokes, piquillo peppers, tardivo & sherry vinaigrette</i>	

SIDES

POTATOES

French Fries (52g)	5
Cajun French Fries (52g)	5
Baked Potato (85g)	5
Whipped Potatoes (26.5g)	5

VEGETABLES

Sautéed or Steamed Spinach (0g)	5
Pan-Fried Mushrooms (0g)	5
Mixed Vegetables (0g)	5


CLASSICS

Hashed Brown Potatoes (70g)	8
Truffled Mac 'n' Cheese (41g)	10
Creamed Spinach (0g)	10
Onion Rings (not carbohydrate counted)	5
Creamy Manchego Corn (0g)	8

SIDE SALADS

Beetroot & Whipped (0g)	5
Goat Cheese	
Mixed Garden Salad (0g)	5
Sliced Tomato & Sweet Onion	5
Classic Caesar (6.35g)	6

PREMIUM IRISH STEAKS

Premium Irish Fillet Mignon Charbroiled 225g	39
or:	
<i>Au poivre (0g)</i>	add 4
<i>Cajun (0g)</i>	add 4
<i>Gorgonzola crusted (0g)</i>	add 6
<i>Oscar - jumbo lump crabmeat, asparagus & hollandaise(0g)</i>	add 9
<i>Hand Selected by John Stone Beef</i> 	
Rib-Eye 340g (0g)	39
Tomahawk 1kg (Perfect to Share) (0g)	82
Chateaubriand 600g (Perfect to Share) (0g)	80

Rare & Well Done

Hand-cut in our in-house butchery, our USDA Prime steaks are a rarity in the world of steakhouses; chosen from the top 2% and hand selected for rich even marbling. All our USDA Prime beef is enhanced through a careful dry-ageing process for 28 days, intensifying the flavour and tenderness.

USDA PRIME DRY-AGED STEAKS

Sirloin 320g (0g)	45
Kansas City Cut Bone-In Sirloin 595g (0g)	64
Signature Bone-In Rib-Eye 680g (0g)	72
T-Bone 700g (0g)	74

Enhancements & Sauces

Preparations and complements for steaks

Peppercorn Sauce (0g)	2	Lobster Tail (0g)	15
Béarnaise Sauce (0g)	2	Norwegian King Crab Leg	30
Hollandaise Sauce (0g)	2	Au Poivre Style (0g)	4
Cajun Oil (0g)	2	<i>peppercorn crust & sauce</i>	
Porcini Cream Sauce (0g)	3	Cajun (0g)	4
Garlic Butter (0g)	2	<i>dry-rub & cajun oil</i>	
Café de Paris Butter (0g)	2	Gorgonzola Crusted (0g)	6
Herb Crusted Bone Marrow	5	<i>gratinated cheese, bacon & scallions</i>	
Sautéed Foie Gras	5	Oscar Style (0g)	9
		<i>crab meat, asparagus, hollandaise</i>	

Before placing your order, please inform your server if anyone in your party has a food allergy. Items may be cooked to order. Weights are approximate.
*NOTE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. For information regarding allergens in our dishes please ask a member of staff. All steak weights are pre-cooked and approximate. An optional 12.5 % gratuity will be added to your bill. All prices are inclusive of VAT at 20%.