

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 ordered.

## Carbohydrate Counted Lunch Menu

### STARTERS & SEAFOOD

Wollensky's Famous Split Pea Soup with Bacon (0g)	7
Sea Bass Ceviche (0g)	8
Fillet of Beef Tartare, Chipotle Mayonnaise (not carbohydrate counted)	9
Ham Hock Terrine (8.6g)	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
Jumbo Lump Crab Meat (0g)	18
Carlingford Oysters ½ Dozen / Dozen (0g)	18 / 34
Cold Poached Lobster Half / Whole (0g)	14 / 28

### SALADS

Wollensky Salad (12.7g) <i>romaine, tomatoes, potato croutons, smoked bacon lardons, marinated mushrooms, dijon vinaigrette</i>	10
Iceberg Wedge (0g) <i>blue cheese, smoked bacon lardons, tomato</i>	12
Classic Caesar (12.7g)	12
Lobster Mango Salad (19.6g) <i>layered salad with chunks of lobster, spinach &amp; rocket, avocado aioli, mango chutney, chipotle mayonnaise, onion, bacon &amp; red pepper</i>	12
Chicken & Avocado Salad (0g) <i>chicken supreme marinated in lemon &amp; truffle oil with wilted heritage tomatoes &amp; avocado</i>	13
Marinated Heirloom Beetroot & Whipped Goat's Cheese balsamic dressing (not carbohydrate counted)	10

### BURGERS & SANDWICHES

Wollensky's Butcher Burger (82g) <i>smoked bacon, cheddar &amp; french fries</i>	16
Lobster Roll (not carbohydrate counted) <i>bacon, lettuce, tomato, avocado</i>	24
Signature Steak Sandwich (30g) <i>white cheddar, bacon jam, horseradish aioli, angry onions &amp; french fries</i>	16
Club Sandwich (not carbohydrate counted) <i>cajun spiced chicken, smoked bacon, egg &amp; french fries</i>	14

### MAIN COURSES

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

### SIDES

<b>POTATOES</b>		<b>VEGETABLES</b>	
French Fries (52g)	5	Sautéed or Steamed Spinach (0g)	5
Cajun French Fries (52g)	5	Pan-Fried Mushrooms (0g)	5
Baked Potato (85g)	5	Mixed Vegetables (0g)	5
Whipped Potatoes (26.5g)	5		


### Dish of the Day

*A daily changing main course, always available at a fixed price of £10. Designed to be at your table within 15 minutes. Perfect for those short on time.*

*Please ask your waiter for details of today's dish.*

### PREMIUM IRISH STEAKS

Premium Irish Fillet Mignon Charbroiled 225g (0g)	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 &amp; hollandaise (0g)</i>	add 9

<i>Hand Selected by John Stone Beef</i> 	
Chimichurri Marinated Rump Steak 270g (0g)	19
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

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

<b>CLASSICS</b>		<b>SIDE SALADS</b>	
Hashed Brown Potatoes (70g)	8	Beetroot & Whipped Goat Cheese	5
Truffled Mac 'n' Cheese (41g)	10	Mixed Garden Salad (0g)	5
Creamed Spinach (0g)	10	Sliced Tomato & Sweet Onion	5
Onion Rings	5	Classic Caesar (6.35g)	6
Creamy Manchego Corn (0g)	8		

\*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. An optional 12.5 % Gratuity will be added to your bill. All steak weights are pre-cooked and approximate. All prices are inclusive of VAT at 20%.