

Eala Bhán

List of Suppliers to Eala Bhán

Dathi O'Dowd, Mullaghmore
Albatross, Donegal - Fish and Shellfish
Sherlocks Tubbercurry - Beef & Lamb
Sligo Farmers Market - at the IT Sligo
Benbulbin Craft & Food Market
BD Foods

Kelly's of Newport, Co. Mayo
Brendan Feeney - JBC Meats, Rosses Point
Kevin Cosgrove, Market Cross,
Sligo Le Fournil, Sligo - French Bakery
Lets Organic Centre, Sligo

Eala Bhán Restaurant is situated in the heart of Sligo town, The Land of Hearts Desire.
Eala Bhán offers the best in fine dining, specialising in fresh produce.

Our menu features dishes which are made with the finest local fresh ingredients. Our offerings are based entirely on market availability, and we focus on simplicity, seasonal preparations and regionally inspired dishes. Eala Bhán offers a menu that lives and breathes right along with our seafood, meat and vegetarian dishes. All of our local seafood is hand-selected and artistically prepared to perfection.

All of our steak cuts stand tall with the superb flavour of aged beef that is cooked to your liking.
So... Relax... and enjoy all that Eala Bhán Restaurant has to offer.

The name Eala Bhán is gaelic for "White Swan". These beautiful birds can often be seen from the two main windows of the restaurant and often frequent the beautiful stretch of the Garavogue river that runs alongside the restaurant.

Sligo's Irish name Sligeach - meaning shelly place - allegedly originates from the abundance of shellfish found in the river and its estuary and from the extensive 'shell middens' or Stone Age food preparation areas in the vicinity. The river (now known as the Garavogue 'rough river') was also called The Sligeach. The Ordnance Survey letters of 1836 state that "cart loads of shells were found underground in many places within the town and indeed underneath this restaurant.

This whole area, from the river estuary at Sligo, around the coast to the river at Ballysadare Bay, is rich in marine resources which were utilised as far back as the Mesolithic period.

The county of Sligo is also known as Yeats County. The poet and Nobel laureate William Butler Yeats spent much of his childhood in northern Sligo and the county inspired much of his poetry. Yeats said, "the place that has really influenced my life most is Sligo".

On a summers evening it's a joy to watch the sun set while strolling along the river which has an abundance of wildlife. On a winter's night, cosy up to a loved one and listen to the wind whistle down over the river as the moon light bounces and reflects off the torrents.



Gift Vouchers available
All major Credit, Debit & Laser cards accepted

A La Carte

~ STARTERS ~

Soup du Jour

Homemade Soup of the Day
€7.95

Taste of the Wild Atlantic Way

Pan seared Lemon Buttered Scallop, Kattaifi Prawn, Mullaghmore Fish Cake Bon Bon,
Streedagh beach Fried Carrigeen Moss and Saffron Aioli Lemon Foam
€17.95

Crispy Sticky Fillet Beef Strips

Sherlock's of Tubbercurry marinated strips of beef fillets in a crispy batter tossed in lime, fresh chilli ginger,
drizzled sticky sauce sesame seed with crisp stir fried veg and fresh noodles
€15.95

Lemon Buttered Scallops

North Atlantic scallops in lemon butter with Kelly's of Newport black pudding disc, cauliflower puree,
honey glazed walnuts, pomegranate seeds
€18.95

Trio of Smoked Duck

In house duck liver pâté, Sliced smoked duck breast, duck and plum bon bon served with red onion marmalade,
dried figs, rolled ciabatta, mini Cashel blue cheese icecream cone
€15.95

Vegan Vertical Pear Salad

Lemon brushed Vertical pear stuffed with local beets, warm butternut squash square, rocket, pistachio crumb,
on a bed of vinaigrette dressed salad
€15.95

Mullaghmore Crab and Apple Fish Cake

Hake, Sea trout Smoked Salmon, black sesame mullaghmore fish cake, dill and saffron aioli, topped with crab,
celeriac and apple salsa, micro greens, pomegranate seeds
€16.95

Land and Sea

White Chocolate Pan Seared Scallop, wrapped parma ham stuffed Apricot Pork Fillet,
Streedagh beach fried carageen moss, celeriac puree, pistachio dust and micro greens
€15.95

Bluebell falls Goats Cheese & Peach Bon Bons

Bluebell falls honey, garlic & thyme warm goats cheese bon bons, microgreens,
pan seared peaches, carpaccio beetroot ,drizzled with local honey
€14.95

~ MAINS ~

Sherlock's of Tubbercurry Loin of Sligo Lamb

Loin of Sligo lamb, Wholegrain mustard breaded herb crust with red wine reduction, mint pea courgette purée, leek mash and confit lamb shoulder mint Bon Bon on celeriac purée
€37.95

Irish Chicken Supreme

Supreme of Irish Chicken, creamy chive buttery mash, Kellys of Newport white pudding crumb, Athru whiskey mushroom reduction, parsnip crisp
€27.95

~ STEAKS ~

Eala Bhán Restaurant prides itself on buying fresh, local produce. Our steaks are all sourced from Sherlock's of Tubbercurry and are of 100% Irish origin. They are aged to ensure pure tenderness when serving. They are all cooked to your liking; blue, rare, medium to rare, medium, medium to well, well done and cremated if you wish!!
Please ask our waiting staff to explain more...

10oz Fillet Steak

The most prized cut of beef, gruyere & creamy buttered leek mash, finely chopped sauteed chorizo topped with pearl onions, red wine jus
€42.95

Braised Featherblade of Beef

Slow cooked braised featherblade, creamy chive buttery mash, roast carrot, wholegrain glazed shallots, rich beef demi glace
€34.95

Lets Reef the Beef - Add fresh tempura battered king prawn skewer to all the above steaks for €8.00

All of the above steaks are char grilled.

Our Beef is 100% Irish

Side Orders

Twice cooked fat chips €5.50

Chive buttered mash €5.50

Sauteed Mushrooms €5.50

Tenderstem sesame & toasted almond broccoli €5.50

Gratin potatoe €6.95

House salad €4.95

Fresh Irish Vegetables €5.50

~ SEAFOOD ~

All our Fish is locally sourced and we pride ourselves on serving the freshest catch of the day.
Our menu may vary from time to time due to freshness and seasons.

When The Boat Comes In (Price Varies)

Locally sourced seasonal market fish hand picked by Anthony.
Please ask Server

~ VEGAN & VEGETARIAN ~

All
€23.95

Vegan

Baked stuffed Courgette, spiced Chickpeas Carpaccio of Local Beets, Pesto drizzle

Vegetarian

Glazed shallots, roast Carrots, Creamy Asparagus Beetroot risotto

Vegan

Wild Mushroom Risotto tenderstem broccoli baby leaf rocket salad burnt peach

Vegetarian

Mushroom, Spinach and Blue Cheese Lasagne Layered sheets of fresh pasta with creamy Cashel blue cheese,
seasoned mushrooms, wilted spinach, dressed baby leaf salad