

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



Lunch Menu

Soup du Jour

Homemade Soup of the Day
€6.95

Crispy Sticky Fillet Beef Stripsy

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
€17.95

Irish Chicken Supreme

Supreme of Irish Chicken, creamy chive buttery mash, Kellys of Newport white pudding crumb, Athru whiskey mushroom reduction
€21.95

Prawn Linguini

Prawns cooked in cream, garlic and fresh herbs, with tossed flaked almonds and aged parmesan shavings, fresh spinach, linguini pasta
€22.95

12 Hour Slow Cooked Pork Belly

Feeney's of Sligo pork belly cooked in orange and star anise, roast garlic buttered mash, black pudding disc, cherry sauce
€17.95

Braised Featherblade of Beef

Slow cooked braised featherblade, creamy chive buttery mash, roast carrot, glazed shallot, rich beef demi glace
€24.95

When the Boat comes in (prices varies)

Locally sourced market fish hand picked by Anthony

Please ask server

~ VEGAN & VEGETARIAN ~

Vegan: Baked stuffed courgetti, spiced chickpea, carpaccio of local beets, pesto drizzle

€17.00

Vegetarian: Glazed shallots, roast carrots, creamy asparagus beetroot risotto

€17.00

Mushroom, Spinach and Blue cheese Lasagne

Layered sheets of fresh pasta with creamy Cashel blue cheese, seasoned mushrooms,
wilted spinach, dressed baby leaf salad

€17.00

Afternoon Tea (Booking Essential)

€39.95 pp

~ SIDE DISHES ~

Garlic Bread €5.95

Twice cooked Fat Chips €4.95

Selection of Vegetables €4.95

Dauphinoise Potatoes €6.95

Sauteed Mushrooms & Onions €4.95

~ DRINKS ~

House Wine by the Glass €8.50

Drinks menu available

~ DESSERTS ~

All our desserts are homemade

€9.95

Mini Baked Alaska

Vanilla ice cream, sponge cake with lightly browned meringue, served with coulis fresh fruit

Honeycomb milk chocolate mousse

Light milk chocolate mousse, pistachio crumb, homemade honeycomb

Baileys Cream Panna Cotta

Perfectly blended Baileys vanilla panna cotta

Caramel hazelnut chocolate tart

Delicate chocolate tart filled with hazelnut caramel with mammy johnsons vanilla ice cream

Apple & Pear Crumble

Warm apple & pear crumble with custard & fresh cream

~ TEAS & COFFEES~

Tea	€2.85
Herbal Teas	€2.95
Espresso	€3.40
Double Espresso	€3.80
Macchiato	€3.95
Flat White	€3.95
Americano	€3.60
Cappuccino	€3.95
Café Latté	€3.95
Hot Chocolate	€4.95
Lough Gill Paddy Irish Coffee	€9.95
French Coffee	€9.95
Baileys Coffee	€9.95
Calypso Coffee	€9.95