

Set Dinner Menu 1

~ STARTERS ~

Soup De Jour

Homemade Soup of The Day

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

Crispy Sticky Fillet Beef Strips

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

Bluebell falls Goats Cheese & Peach Bon Bons

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

Trio of Duck

Homemade duck liver pate, carpaccio of smoked duck breast, duck & orange croquette, served with red onion marmalade, crispy bread, cashel blue cheese ice cream

~ MAIN COURSE ~

When the Boat comes in

Locally sourced market fish hand picked by Anthony
Please ask server

Irish Chicken Supreme

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

12 hour slow cooked pork belly

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

Braised featherblade of beef

Slow cooked braised featherblade, creamy chive buttery mash, roast carrot, wholegrain mustard burnt shallots, rich beef demi glace

Vegan & Vegetarian

Please ask your server

~ DESSERTS ~

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 fresh sumptuous Baileys vanilla panna cotta, fresh cream and dusting of honeycomb

Key Lime Tart

Delicate Tart filled with coconut ganache and mini meringues with Mammy Johnston's lemon sorbet

Apple and Pear crumble

Warm apple & pear crumble with custard & fresh cream, fruit coulis

€59.95



Eala Bhán

List of Suppliers to Eala Bhán

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

