

À La Carte

~ STARTERS ~

Soup du Jour

Homemade Soup of the Day
€8.50

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
€18.95

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
€16.95

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
€16.95

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
€16.95

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
€16.95

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
€38.95

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
€36.95

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 €6.50

Gratin potatoe €7.95

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