

Set Dinner Menu - 2

~ STARTERS ~

Soup De Jour

Homemade Soup of The Day

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

Taste of the Wild Atlantic Way

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

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

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

~ MAIN COURSE ~

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

8oz Beef Medallion

Beef Medallion gruyere & creamy buttered leek mash, finely chopped sauteed chorizo topped with pearl onions, red wine jus

Irish Chicken Supreme

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

When the Boat comes in

Locally sourced market fish hand picked by Anthony

Please ask server

Vegan & Vegetarian

Please ask your server!

~ DESSERTS ~

Chocolate Surprise

Magical melting Eala Bhan chocolate sphere with hollow centre, pour the hot milk chocolate all over to reveal the surprise within

Baileys cream pana cotta

Baileys vanilla pana cotta with milk chocolate tree, pink candy floss, dusting of honeycomb

Mini baked Alaska

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

Chocolate & Hazelnut dome

Chocolate hazelnut dome with vanilla coconut ganache, fresh sponge & salted caramel

Apple and Pear crumble

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

€69.95



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

