

Eala Bhán

List Of Suppliers:

Kelly's of Newport, Co. Mayo / Sligo Bay Lobster
Sherlocks Of Tubbercurry Meat / ATU Sligo Farmers Market
Brendan Feeney Pork & Bacon, Rosses Point, Sligo
Lets Organic Centre, Sligo / Bluebell Falls Cheese, Cork
Dozios Cheese, Mayo / Achill Sea Salt, Mayo
Albatross Fish, Killybegs / BD Foods, Monaghan
Barry John, Cavan

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



Eala Bhan

Pre Theatre Dinner Menu

~STARTERS~

Soup du Jour

Homemade soup of the day

3 course set menu only €44.95

5 till 6.20pm

Last orders for Pre- Theatre Menu
strictly 6.20pm

Fish Croquette

Mixed fish golden croquette, white sesame, warm cauliflower puree,
topped with celery and dill salsa, microgreens, pomegranate seeds, pesto oil

Crispy Sticky Fillet Beef Strips

Sherlocks 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

Fritters of Bluebell falls Goats Cheese

Bluebell falls honey, garlic & thyme fritters of goats cheese,
beetroot cubes, microgreens, figs, drizzled with local honey, pistachio dust

Duck Duo

Duck liver pate, shredded duck leg cigar, red onion marmalade,
poached pear pieces, red cabbage and beetroot puree, toasted brioche, microgreens

~MAINS~

When The Boat Comes In

Locally sourced market fish hand-picked by Anthony

Grilled Irish Chicken Breast

Crispy grilled Irish chicken breast, creamy chive buttery mash,
Kellys of Newport white pudding crumb, whisky wholegrain mustard sauce

Duo of Feeney's Slow Cooked Pork Belly

Crispy slow cooked pork belly, shredded Feeney's 12 hour slow cooked pork belly terrine,
stuffed with dry figs, Kellys of Newport white pudding, wrapped in parma ham, truffle with
parmesan creamy crispy bacon mash, microgreens, plum port jus

Braised Featherblade of Beef

Slow cooked braised featherblade of beef, creamy chive buttery mash,
garlic mixed herb pearl onions, tenderstem broccoli, rich beef demi glacee

~VEGAN & VEGETARIAN~

Please ask Server

~DESSERTS~

Strawberry Raspberry Mini Baked Alaska

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

Honeycomb Milk Chocolate Mousse

Light milk chocolate mousse, pistachio crumb, homemade honeycomb

Baked Crème Brûlée Cheesecake

Warm salted caramel topped with honeycomb dust

Apple and Pear crumble

Warm apple & pear crumble with vanilla almond crumb, custard and fresh cream, fruit coulis

Assiette of Strawberries with Balsamic Vinegar

Strawberry and vanilla Panna Cotta, strawberry mousse,
with white chocolate crumb, strawberry mint balsamic cubes



A 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 langoustine Prawn, Fish Cake Bon Bon, Streedagh beach fried Carrigeen Moss and saffron aioli, basil oil

€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 Surf & Turf

North Atlantic Scallops in lemon butter, Feeneys pork belly bite, Barry John black pudding disc, celeriac puree, honey glazed walnuts, apple gel, microgreens and tuile.

€19.95

Duck Trio

Duck liver pate, sliced smoked duck breast, shredded duck leg cigar, red onion marmalade, poached pear pieces, red cabbage and beetroot puree, toasted brioche, pistachio basil ice cream cone

€17.95

Roasted Pear and Blue Cheese

Warm roasted honey and lemon pear, blue cheese crumb, sesame toasted flaked almonds, beetroot and vegetable crisps, beetroot puree, rocket, vinaigrette dressed salad.

€16.95

Fish Croquette Tempura Prawn

Mixed fish golden croquette, white sesame, warm cauliflower puree, topped with tempura prawn, celery and dill salsa, microgreens, rainbow trout Goatsbridge caviar

€16.95

Feeney's Warm Pork Terrine

Shredded Feeney's 12 hour slow cooked pork belly terrine, stuffed with dry figs, Kellys of Newport white pudding, wrapped in parma ham, hoisin plum aioli, baby apple, microgreens.

€16.95

Whipped Bluebell falls Goats Cheese

Bluebell falls honey, garlic & thyme whipped goats cheese, beetroot cubes, microgreens, figs, pesto ciabatta crisp, drizzled with local honey, pistachio dust

€16.95

~ MAINS ~

Sherlocks of Tubbercurry Loin of Sligo Lamb

Loin of Sligo lamb, wholegrain mustard breaded herb crust with red wine reduction, rosemary and garlic pave square, confit lamb shoulder croquette on mint and pea puree, baby burnt leeks

€38.95

Irish Chicken Roulade

Irish Chicken Roulade, stuffed with wild mushrooms and spinach, creamy chive buttery mash, Kellys of Newport white pudding crumb, crispy tortellini spinach and ricotta, whisky wholegrain mustard sauce

€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...

8oz Fillet Steak

The most prized cut of beef, truffle, parmesan creamy crispy bacon mash, flat cap mushroom filled with Bluebell Falls goats cheese, baby spinach, sauteed chorizo topped with caramelised grilled onion, red wine jus

€42.95

Braised Featherblade of Beef

Slow cooked braised featherblade, creamy chive buttery mash, garlic mixed herb pearl onions, tenderstem broccoli, rich beef demi glacee

€38.95

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

Truffle Parmesan twice cooked fat chips - €5.95

Truffle, parmesan creamy crispy bacon mash - €5.95

Chive Buttered Mash - €5.50

Sauteed Mushrooms - €5.50

Creamy Spinach - €6.50

Tenderstem sesame & toasted almond broccoli - €6.95

Gratin Potato - €6.95

House Salad - €4.95

Fresh Irish Vegetables - €6.95



~ 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 handpicked by Anthony.
Please ask Server

~ VEGAN & VEGETARIAN ~

All
€23.95

Vegan

Baked stuffed aubergine, Chickpeas, Local Beets, roasted cherry tomato, pesto drizzle

Vegetarian

Honey glazed pearl onions, broccoli, beetroot cubes, asparagus creamy risotto, microgreens

Vegan

Wild Mushroom Risotto tenderstem broccoli baby leaf rocket salad poached pear

Vegetarian

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

