

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



Lunch Menu

Soup du Jour

Homemade Soup of the Day

€7.95

Crispy Sticky Fillet Beef Strips

Sherlocks 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

Grilled Irish Chicken Breast

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

€24.95

Duo of Feeney's Slow Cooked Pork Belly

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

€24.95

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

€26.95

Prawn Linguini

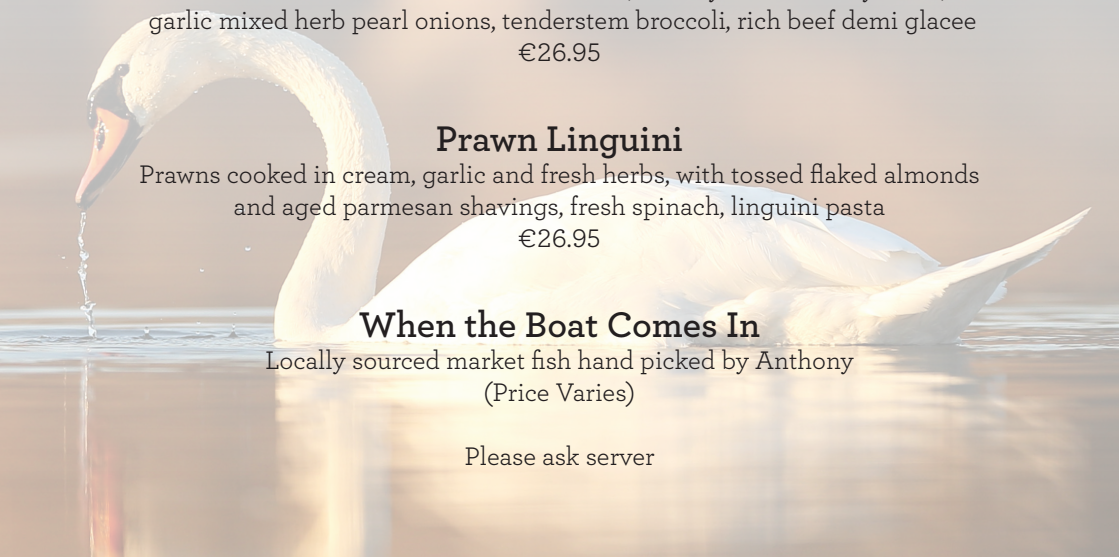
Prawns cooked in cream, garlic and fresh herbs, with tossed flaked almonds and aged parmesan shavings, fresh spinach, linguini pasta

€26.95

When the Boat Comes In

Locally sourced market fish hand picked by Anthony
(Price Varies)

Please ask server



~ VEGAN & VEGETARIAN ~

Vegan:

Baked stuffed aubergine, Chickpeas, Local Beets, roasted cherry tomato, pesto drizzle
€17.00

Vegan:

Wild Mushroom Risotto tenderstem broccoli baby leaf rocket salad poached pear
€17.00

Vegetarian:

Braised Leek, Spinach and Blue Cheese Lasagna layered sheets of fresh pasta with
creamy Cashel blue cheese, seasoned mushrooms, wilted spinach, dressed baby
leaf salad
€17.00

Afternoon Tea (Booking Essential)

€29.95 pp

~ SIDE DISHES ~

Garlic Bread €5.95

Truffle Parmesan twice cooked fat chips - €5.95

Truffle, parmesan creamy crispy bacon mash - €5.95

Chive Buttered Mash - €5.50

Gratin Potato - €6.95

House Salad - €4.95

Fresh Irish Vegetables - €6.95



~ DRINKS ~

House Wine by the Glass €9.50

Drinks menu available

~ DESSERTS ~

Strawberry Raspberry Mini Baked Alaska

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

€13.95

Honeycomb Milk Chocolate Mousse

Light milk chocolate mousse, pistachio crumb, homemade honeycomb

€13.95

Crème Brûlée Baked Cheesecake

Warm salted caramel topped with honeycomb dust

€12.95

Apple & Pear Crumble

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

€12.95

Chocolate and Hazelnut Dome

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

€11.95

~ TEAS & COFFEES ~



Tea	€3.20
Herbal Teas	€3.30
Espresso	€3.90
Double Espresso	€4.30
Macchiato	€4.30
Flat White	€4.30
Americano	€3.90
Cappuccino	€4.30
Café Latté	€4.30
Hot Chocolate	€4.95
Lough Gill Paddy Irish Coffee	€10.95
French Coffee	€10.95
Baileys Coffee	€10.95
Calypso Coffee	€10.95