

Set Dinner Menu - 2

~ STARTERS ~

Soup du Jour

Homemade Soup of The Day

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

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

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

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, rosemary and garlic pave square, confit lamb shoulder croquette on mint and pea puree, baby burnt leeks

8oz Beef Medallion

Beef Medallion, 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

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

When the Boat Comes In

Locally sourced market fish hand picked by Anthony

Please ask server

Vegan & Vegetarian

Please ask 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

The Apple Doesn't Fall Far From The Tree

Milk chocolate tree, candy floss, dusting of honeycomb, with luxury apple, creamy apple whip, caramelised cinnamon, apple tatin, moist corn financier, enriched with seed creme, finished with white chocolate

Strawberry Raspberry Mini Baked Alaska

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

Assiette of Strawberries with Balsamic Vinegar

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

Apple and Pear crumble

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

€69.95



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

