

A La Carte

~ STARTERS ~

Soup du Jour

Homemade Soup of the Day

€8.95

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 ~

Sligo Surf & Turf

Sligo 12 hour Feeney's slow cooked pork belly, truffle bacon mash,
lemon buttered scallops, petites pommes plum port jus
€35.95

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
€28.95

~ 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
€42.95

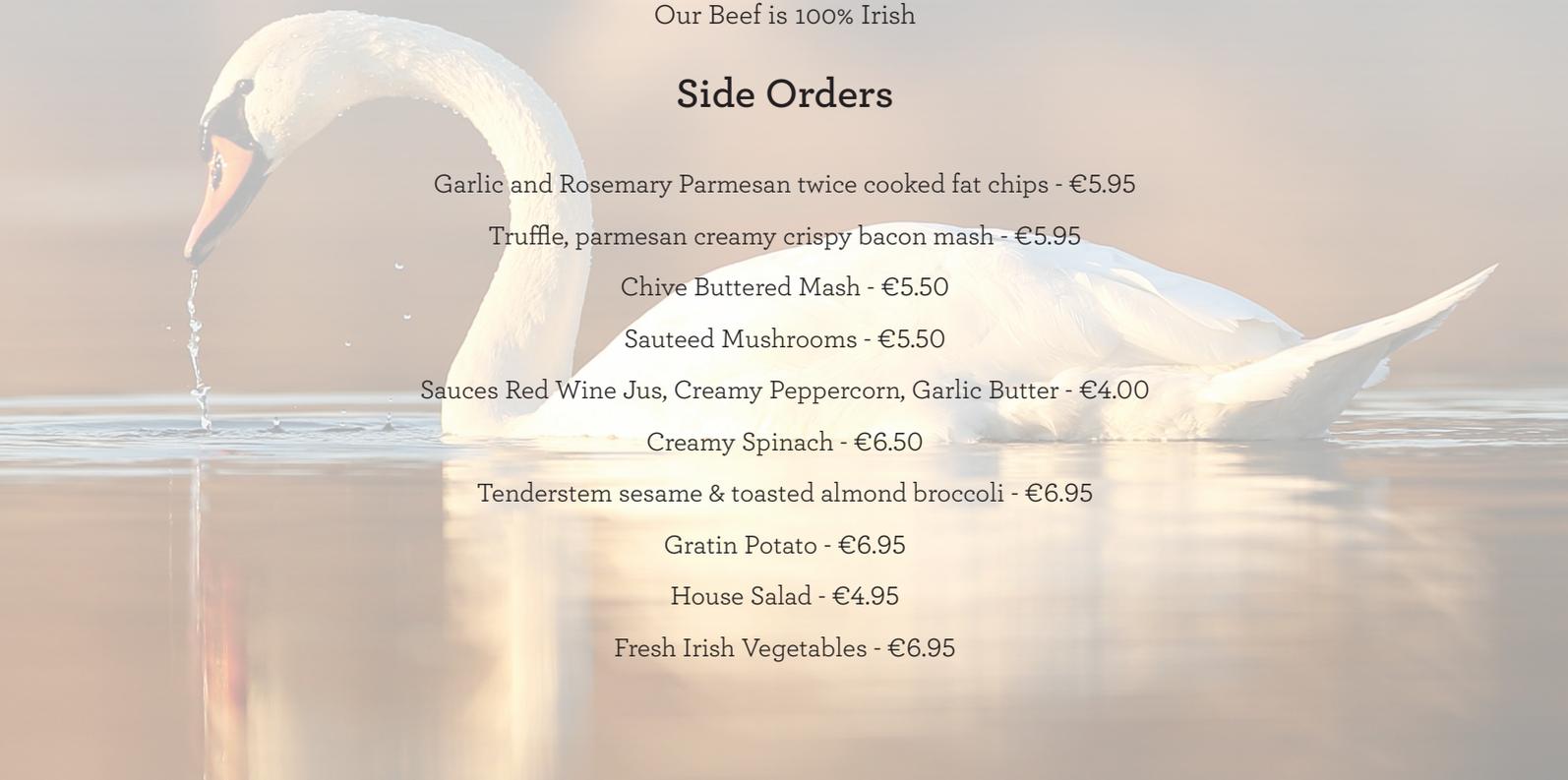
Braised Featherblade of Beef

Slow cooked braised featherblade, creamy chive buttery mash, garlic mixed herb pearl onions,
tenderstem broccoli, red wine jus
€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

- Garlic and Rosemary Parmesan twice cooked fat chips - €5.95
- Truffle, parmesan creamy crispy bacon mash - €5.95
- Chive Buttered Mash - €5.50
- Sauteed Mushrooms - €5.50
- Sauces Red Wine Jus, Creamy Peppercorn, Garlic Butter - €4.00
- 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
€24.95

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

