Merry Christmas from Eala Bhán

Christmas Lunch Menu

Two Courses **€34.95**
Three Courses **€39.95**

~ STARTERS ~

Soup Du Jour
Homemade Soup of The Day

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

Kelly's of Newport
Panko crusted black and white pudding, red cabbage, caramelised onion, apple purée, cranberries

~ MAIN COURSE ~

When The Boat Comes In
Locally sourced market fish hand-picked by Anthony

Feeney's Slow Cooked Pork Belly
Crispy slow cooked pork belly, truffle 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

Mustard Herb Chicken
Marinated Irish chicken breast with mustard herb honey rosemary dressing
Creamy chive mash mustard sauce

Traditional Stuffed Turkey and Ham
Served with chive mash potato and red wine jus and cranberry sauce

Vegan & Vegetarian
Please ask your server

~ DESSERTS ~

Strawberry Raspberry Mini Baked Alaska
Vanilla ice cream, sponge cake with lightly browned meringue, served with berry coulis

Baked Créme Brûlée Cheesecake
Warm salted caramel topped with honeycomb dust

Apple and Pear Crumble
Warm apple & pear crumble with custard & fresh cream, fruit coulis

Christmas Rich Baileys Infused Sticky Toffee Pudding
Baileys Infused Sticky Toffee Pudding, Bailey's cream, Sea Salted Caramel Custard

Set Menu for Parties of 6 or more plus 10% service charge
We cannot split bills on parties of 6 or more

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 Ordanance 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