

Tara Hotel Mission Statement

The Tara Hotel is situated at the heart of Ireland's largest Fishing Port, Killybegs. At the Tara Hotel we seek to promote and utilize west of Ireland produce along the Wild Atlantic Way and the Causeway Coastal Drive. Our aim is to source locally grown, high quality, artisan products to create the perfect menu.

My inspiration for food has come from having being born & brought up in Killybegs, going to sea with my father, holidays in the Rosses with my grandparents & from being at sea myself. This is where I learned to use ingredients from the sea, land & air to combine a depth of flavours and textures. I have used these traditions and experience to showcase my culinary adventure.

The Tara Hotel menus offer dishes that my team are passionate about. We thrive on excellence, good presentation and the quality of the product. Our list of Allergen keys are below should you have any dietary requirements and our team are happy to assist you should you have any questions.

We hope you enjoy our culinary adventure.

Head Chef

Gary Boyle

We are proud to be working with so many small, local artisan food producers from the West of Ireland & North Coast; from Gallgher Meats in Castlefinn for our beef; Glenside Bacon Company in Glenties; Donegal Bees in Glencolmcille for our honey; Shines Wild Irish Albacore Tuna; Murrins Fish Ltd & Starcrest Seafoods for our fresh fish; Atlantic Treasure for their award winning smoked fish; AlgAran seaweed harvesters; Glenborin free range eggs; McGettigans Butchers award winning sausages; Donegal Creameries; Gallaghers Bakery; Donegal Rapeseed Oil; Frylite Oils; Season Harvest for fruit & vegetables; Glin Valley Poultry, west Cork; Yeats Country Dairy, Convoy; Pallas Foods; Lynas Foods; Jordans Sea Salt, Magheraarty.



ALLERGEN KEY

- 1 = Cereals Containing Gluten;
- 2 = Crustaceans & Products Thereof;
- 3 = Eggs & Products Thereof;
- 4 = Fish & Products Thereof;
- 5 = Peanuts & Products Thereof;
- 6 = Soybeans & Products Thereof;
- 7 = Milk & Products Thereof;
- 8 = Nuts;
- 9 = Celery & Products Thereof;
- 10 = Mustard & Products Thereof;
- 11 = Sesame Seeds & Products Thereof;
- 12 = Sulphur Dioxide & Sulphites;
- 13 = Lupin & Products Thereof;
- 14 = Molluscs & Products Thereof;

All our Beef is of Irish Origin

Please Note: All our meals are produced in an atmosphere which uses all of these ingredients (Excluding Lupin).

Appetizers

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Monk & Prawn Gratin 2 4 7

9

Greencastle monkfish pieces, local prawns, homemade garlic butter, gratinated with mozzarella cheese.

Lower Calorie Option

Atlantic Prawn Cocktail 2 3 10

8½

Seasonal leaves, tomato concasse, piquant marie rose sauce.

Goats Cheese Bon Bons 1 3 6 7

8

Fivemiletown goats cheese boilie in a crisp crumb, diced beets, carmelised red onion gel & beetroot glaze.

Salt & Chilli Squid 1 6 7 12 14

8

Squid, dusted in our chilli seasoning, flash fried & drizzled with aged malted vinegar & lime oil.

Glin Valley Chicken Wings 1 4 6 7 10

8

Choose from our signature sauces; Smoky BBQ or Hot & Spicy Buffalo, served with our homemade Cashel blue cheese dip.

Atlantic Seafood Chowder 4 7 9 10 12 14

7½

A rich creamy homemade chowder with fruits & flavours of the Atlantic;

(Cod, Smoked Coley, Haddock, Salmon & Mussels).

Lower Calorie Option

Chicken Caesar Salad 1 3 4 7

7½

Glin Valley chicken strips, Glenside bacon, croutons, Patton's free range egg & parmesan shavings.

Prawn Twisters 1 2 6

7

Black tiger prawns wrapped in a crisp filo pastry with chives, served with our homemade tomato & chilli jam.

Homemade Beef Nachos 1 3 6 7 10

7

A mildly spiced ground beef, topped with grilled mozzarella cheese, seasoned homemade tortilla chips & sour cream dipping sauce

Garlic Ciabatta Bread with Cheese v 1 7

5½

Crisp ciabatta bread smothered in a full flavour garlic butter & toasted under the grill with Irish mozzarella cheese.

Garlic Ciabatta Bread v 1 7

5

Crisp ciabatta bread smothered in a full flavour garlic butter & toasted under the grill.

Lower Calorie Option

Chef's Soup of the Day 7 9 10

5

Freshly prepared with the finest ingredients served with homemade soda bread or crusty roll.

À La Carte

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Killybegs Seafood Platter **2****3****4****7****10**

32

A selection of locally sourced seafood including monkfish, smoked mackerel, organic oak smoked salmon, prawns, grilled mackerel, cod, salmon, & crab claws.

8oz Castlefinn Fillet Steak **6****7****12**

27½

The most tender cut of steak that gives that real melt in the mouth feeling, with chef's secret seasoning, cooked to your liking served with roast shallots, vine cherry tomatoes & a choice of either pepper sauce or garlic butter.

Surf 'N' Turf **2****7**

+6 ½

Enhance your fillet steak with our succulent king prawns in garlic sauce served over your steak

Lower Calorie Option

Greencastle Monktail & Bacon **4****7****12**

25½

Monktail wrapped in dry aged Glenside maple smoked streaky bacon on a bed of champ mash with a tomato, onion & garlic confit.

10oz Castlefinn Sirloin Steak **6****7****12**

25½

The most popular cut of steak that is lightly marbled and has a richer flavour, with chef's secret seasoning, cooked to your liking served with roast shallots, vine cherry tomatoes & a choice of either pepper sauce or garlic butter.

Surf 'N' Turf **2****7**

+6½

Enhance your sirloin steak with our succulent king prawns in garlic sauce served over your steak

Seared Donegal Mountain Lamb Cutlets **4****7****9****12**

22½

Prime Donegal mountain lamb cooked pink, served with ratatouille, salsa verde gel and a rosemary jus.

Lower Calorie Option

Atlantic Salmon with wild Mushrooms **1****3****4****6****7****10**

20

Salmon fillet with a light wild mushroom & herb crumb, wild mushroom puree & tarragon beurre blanc.

Lemon Pepper Cod with AlGaran Seaweed **2****4****7****12**

20

Baked Atlantic Cod, dusted with local AlGaran seaweed & lemon pepper, served with a shrimp risotto, beurre blanc & Donegal lemon rapeseed oil.

Crispy Glenties Pork Belly **4****6****7****12**

19

Slow braised pork belly with herbs, finished on the pan, braised red cabbage & apple, red wine & juniper berry jus.

All of the above are served with one side order of your choice.

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Tempura King Prawns 1 2 3 6 10	Small 13	Large 19	
<i>Tempura battered king prawns(8), caper mayonnaise, tomato & chilli jam, salad & twice cooked chips.</i>			
Greencastle Monkfish Goujons 1 3 4 6 10	Small 13	Large 18½	
<i>Cooked in a mild Chinese five spice & Scraggy Bay beer batter, served onto crisp seasonal salad, caper & lemon dressing & chips</i>			
Chicken Fettuccine 1 3 7			17½
<i>Fresh fettuccine pasta with marinated chicken pieces in a rustic tomato, parmesan & basil cream sauce, served with garlic bread.</i>			
Castlefinn Sirloin Steak Sandwich 1 6 12			17
<i>Prime Castlefinn Sirloin strips served onto a toasted garlic ciabatta, topped with sautéed onions & served with pepper sauce or garlic butter and chips</i>			
Roast Vegetable Fettuccine v 1 3 7			16
<i>Fresh roast vegetables, tossed in a rustic tomato, parmesan & basil cream sauce, served with garlic bread.</i>			
Killybegs Beer Battered Cod & Chips 1 3 4 6 10	Small 11	Large 16	
<i>Fillets of fresh Killybegs Cod cooked in a crisp Scraggy Bay beer batter, with tomato ketchup, tartar sauce, crushed peas & twice cooked chips.</i>			
Half Roast Chicken 1 3 6 7 9 12			16
<i>Half Roast Glin Valley chicken served with a stuffing croquette, rich pan gravy, creamed potatoes & seasonal vegetables.</i>			
Warm Goats Cheese & Beetroot Salad 1 3 7 8 10			16
<i>Fivemiletown goats cheese bon bons, toasted pine nuts, fresh beetroot, basil, honey & mustard dressing.</i>			
			<i>Lower Calorie Option</i>
Grilled Atlantic Treasure Mackerel 4 7 10			16
<i>Grilled with a wholegrain mustard & garlic butter, served onto seasonal salad.</i>			

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Chinese Style Chicken Curry 1 9 10	Rice/Chips Only 6	Small	11	Large	16
<i>With chicken breast pieces, sliced onions.</i>					
<i>served with a saffron rice & prawn crackers.</i>					
	½Rice & ½Chip 6	Small	13	Large	17½

Sizzling Fajitas 1 3 6 9 10 11Tortillas, Sour Cream & Guacamole

Chicken	Small	11	Large	16½
Vegetable	Small	11	Large	15

*In a house marinade, stir fried with crunchy vegetables and served on a sizzler.***Stir Fry's** 1 6 9 11Stir Fried Noodles**Chefs Vegetable Curry** V 1 9 10

*Chef's homemade curry with crunchy vegetables,
served with savoury rice/chips.*

Rice/Chips Only 6	Small	11	Large	14½
½Rice & ½Chips 6	Small	11	Large	16

*Lower Calorie Option***Warm Chicken & Bacon Salad** 3 7 10

*House marinated chicken strips, crisp bacon & baby new potatoes, served onto seasonal salad
with a drizzle of house dressing.*

Small	11	Large	15½
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Tara Burger - Build Your Own 1 3 6 10

*8oz of Prime Castelfinn 100% ground steak patty served onto a floured bap with twice cooked chips,
lettuce, tomato & coleslaw, two toppings & a dip of your choice. (Extra Toppings €1.50)*

15½

Southern Fried Chicken Goujons 1 3 6 7 10*Cooked in our secret southern fried seasoning, with twice cooked chips, dip of your choice & salad garnish.*

15½

Southern Fried Chicken Burger 1 3 6 7 10

*8oz butterfly chicken breast with our southern fried coating, served on a floured bap,
twice cooked chips, lettuce, tomato & coleslaw, and a choice of dip. (Add toppings for €1.50 per topping)*

15½

Tempura Fish Burger 1 3 4 6 7 10

*Mini sole fillets in a light crisp tempura batter, served on a floured bap,
with lettuce, tomato & tangy salsa, lemon & caper mayonnaise dip.*

15½

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Donegal Ham, Egg & Chips 3 6 10 12

15

*Griddled Donegal ham, two Patton's free range eggs, served with twice cooked chips & salad garnish.**Lower Calorie Option***Shines Irish Albacore Tuna Taco** 1 3 4 6 7 10 11

14

*Crisp homemade taco shell filled with Shines Irish Albacore tuna flakes, with guacamole, beef tomato, cucumber, red onion & chilli salsa and finished with creme fraiche.**Lower Calorie Option***House Salads** 1 3 10

Chicken	Small	8½	Large	16
Ham 1 12	Small	8½	Large	16
Prawn 2	Small	11	Large	19
Smoked Salmon 4	Small	10½	Large	18
Smoked Salmon & Prawn 2 4	Small	10½	Large	18
Seafood Medley (Smoked Salmon, Smoked Mackerel, Prawns & Crab Claws) 2 4	Small	13	Large	20½
Farmhouse (Chicken, Ham, Turkey, Beef) (When available)	Small	10½	Large	18

*All the above salads served with mixed seasonal leaves, tomato, cucumber, red onion, mixed carrot salad, beetroot, egg, coleslaw, potato salad & lentils.***Burger Toppings**

1½

Cheese 7	Bacon 12	Pineapple	Sautéed Onions
Sautéed Mushrooms 7	Onion Rings 6	Goats Cheese 7	Cashel Blue Cheese 7

Dips

1½

Tomato Relish	Sweet Chilli	Garlic 3 10	Marie-Rose 3 10
Buffalo 7	BBQ 10	Blue Cheese 7	Tomato & Chilli Jam

Side Orders

3½

Potatoes 7 12	Side Salad 3 10	Garlic Baby Boiled 7	Baby Boiled 7
Chips 6 12	Green Salad 10	Sautéed Onions	Baked Beans
Sautéed Mushrooms 7	Vegetables of the Day	Onion Rings 1	Crushed Peas 7
	Additional Dips €1.50	Prawn Crackers €1.50	

Desserts

Sticky Toffee Pudding 1 3 7 12

with a whiskey, honey & oatmeal ice cream and a Jordans sea salted Silkie whiskey caramel sauce.

Peach Melba Parfait with Carrageen Moss 1 3 7 8 12

Glencolmille Bees honey parfait with carrageen moss & poached peaches in a raspberry syrup.

Nutty Caramel Chocolate Ice Cream Sundae 3 5 7

Homemade vanilla & chocolate ice cream topped with fresh cream, our Jordan's sea salted caramel, chocolate sauce & chopped peanuts.

Stewed Apple & Rhubarb Crumble 3 7

Lightly stewed apples with rhubarb, a gluten free crumble topping served with an orange custard & vanilla ice cream.

Nutella Ice Cream Donut 1 3 7

A fresh donut fillet with a hazelnut ice cream and glazed with a Nutella chocolate fudge sauce.