

## ***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 Coastal Drive. Our aim is to source locally grown, high quality, artisan products to create the perfect menu.*

*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 Allergen keys are below should you have any dietary requirements and our team happy to assist you should have any questions.*

### **The Team**

*Head Chef – Gary Byrne*

### **Kitchen Statement**

*We are proud to be working with so many local suppliers and we'd like to thank them for their hard work – Glenside Bacon Company, Gallaghers Meats, Shines Irish Tuna, Murrins Fish Ltd, Starcrest Seafoods, Atlantic Treasure, Glenborin, Donegal Creameries, Gallaghers Bakery, Donegal Rapeseed Oil, Frylite Oils, Season harvest, Glin Valley Poultry, Pallas Foods, Lynas Foods, Yeats Country Dairy.*

**All our Beef, Pork & Poultry is of Irish Origin and locally sourced.**



### **ALLERGEN KEY**

- = Cereals Containing Gluten;
- = Crustaceans & Products Thereof;
- = Eggs & Products Thereof;
- = Fish & Products Thereof;
- = Peanuts & Products Thereof;
- = Soybeans & Products Thereof;
- = Milk & Products Thereof;
- = Nuts;
- = Celery & Products Thereof;
- = Mustard & Products Thereof;
- = Sesame Seeds & Products Thereof;
- = Sulphur Dioxide & Sulphites;
- = Lupin & Products Thereof;
- = Molluscs & Products Thereof;

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

## Appetizers

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8

### **Goats Cheese Bon Bons** 1 3 6 7

*Fivemiletown goats cheese boilie in a crisp crumb, served with textures of beetroot, caramelised red onion.*

### **Glin Valley Chicken Wings** 1 4 6 7 10

8½

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

### **Chicken Caesar Salad** 1 3 4 7

8

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

### **Homemade Beef Nachos** 1 3 6 7 10

7

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

### **Garlic Ciabatta Bread** V 1 7

5

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

### **Garlic Ciabatta Bread with Cheese**

5½

### **Cream of Vegetable Soup** 7 9 10

5

*Hot & Hearty vegetable soup prepared freshly every day.*

### **Monk & Prawn Gratin** 2 4 7

9

*Greencastle monk, Atlantic prawns baked with garlic butter, topped with grilled mozzarella cheese.*

### **Atlantic Prawn Cocktail** 2 3 10

8½

*Atlantic prawns in Marie Rose sauce served with tomato concasse, seasonal leaves.*

### **Prawn Twisters** 1 2 6

8½

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

### **Salt & Chilli Squid** 1 6 7 12 14

8

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

### **Killybeg's Fisherman's "Seafood Chowder"** 4 7 9 10 12 14

8½

*A rich creamy chowder with fruits and flavours of the Atlantic*

À La Carte – Seafood Plates

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

35

*A taste of Killybegs with locally sourced seafood including monkfish, smoked mackerel, organic smoked salmon, prawns, grilled mackerel, cod, salmon, seabass.*

**Greencastle Monkfish and Bacon** 4 7 12

25½

*Succulent fillet of Monkfish wrapped in bacon, served with a roasted red pepper sauce, speckled with a chorizo mash.*

**Atlantic Cajun Salmon** 3 4 6 7 10

20½

*Baked fillet of Atlantic salmon coated in Cajun spice served on a bed of stir fry vegetables, with a tarragon butter sauce*

**Fillets of Seabass** 2 4 7 10 12

24½

*Pan fried fillet, served with champ mash & a light chilli & mint drizzle*

**Lemon Pepper Cod** 2 4 7 12

22½

*Baked fillet of cod coated in lemon pepper served with shrimp risotto, buerre blanc & Donegal lemon rapeseed oil.*

**Killybegs Beer Battered Cod & Chips** 1 3 4 6 10 **Small 11 Regular 16**

*Fillets of fresh Killybegs Cod cooked in a beer batter, with tartar sauce chips & mushy peas.*

**Greencastle Monkfish Goujons** 1 3 4 6 10 **Small 13 Regular 18½**

*Cooked in a mild Chinese five spice & Scraggy Bay beer batter, served onto crisp seasonal salad, caper & lemon dressing & chips.*

**Tempura King Prawns** 1 2 3 6 10

**Small 14 Regular 19**

*Atlantic landed king prawns cooked in a tempura batter, served with caper mayo, tomato and chilli jam, and salad.*

**Grilled Atlantic Treasure Mackerel** 4 7 10

16

*Grilled with wholegrain mustard and garlic butter served onto seasonal salad*

## À La Carte – Meat, Chicken and Pork

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

€  
25½

*Tender cut of steak, that gives that real melt in the mouth feeling, cooked to your liking. Served with roast shallots, vine cherry tomato and a choice of pepper or garlic sauce.*

**Surf 'N' Turf** 2 7

+7

*Choose from our 8oz fillet or 10oz sirloin to enhance with succulent king prawns cooked in a garlic cream reduction.*

**Braised Lamb Shank** 4 7 9 12

19

*Slow braised lamb shank cooked in red wine, rosemary & seasonal vegetable, served on a bed of mash potato with a juniper scented gravy.*

**Castlefinn Steak Sandwich** 1 6 12

17½

*Prime Castlefinn Sirloin strips served onto a toasted garlic ciabatta, topped with caramelized red onions & served with pepper sauce or garlic butter.*

**Half Roast Chicken** 1 3 6 7 9 12

16½

*Half roast glen valley chicken served with a stuffing croquette, pan gravy, creamed potato.*

**Warm Chicken & Bacon Salad** 3 7 10

Small 11 Regular 15½

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

**Southern Fried Chicken Burger** 1 3 6 7 10

15½

*8oz butterfly chicken breast with our southern fried coating, served on a floured bap, lettuce, tomato & coleslaw, and a choice of dip.*

*(Add toppings for €1.50 per topping)*

**Tara Burger - Build Your Own** 1 3 6 10

15½

*8oz of Prime Castlefinn 100% ground steak patty served onto a floured bap with lettuce, tomato & coleslaw, two toppings & a dip of your choice.*

*(Extra Toppings €1.50)*

**Burger Toppings**

1½

**Cheese** 7

**Bacon** 12

**Cashel Blue Cheese** 7

**Sautéed Mushrooms** 7

**Onion Rings** 6

**Goats Cheese** 7

**Sautéed Onions**

**Pineapple**

**Donegal Ham, Egg & Chips** 15  
*Griddled Donegal ham, two Patton's free range eggs, served with chips & salad garnish.*

**Southern Fried Chicken Goujons** 1 3 6 7 10 15½  
*Cooked in our secret southern fried seasoning, dip of your choice & salad garnish.*

**Chinese Style Chicken Curry** 1 9 10 **Rice/Chips Only** 6 **Small 11 Regular 16**  
*With chicken breast pieces.*  
*Served with a saffron rice. ½Rice & ½Chip 6 **Small 13 Regular 17½***

**Sizzling Chicken Fajitas** 1 3 6 9 10 11 **Small 13 Regular 16½**  
*Succulent pieces of chicken in a house marinade with crunchy vegetable and served on a sizzler.*  
*Served with tortillas, sour cream and guacamole.*

**Sizzling Chicken Stir Fry** 1 3 6 9 11 **Small 13 Regular 16½**  
*Succulent pieces of chicken in a house marinade with crunchy vegetable and served on a sizzler.*  
*Served with stir fry noodles*

**Chicken Fettuccine** 1 3 7 17½  
*Fresh fettuccine pasta with marinated chicken pieces in a rustic tomato, parmesan & basil cream sauce, served with garlic bread.*

### Vegetarian Options

**Chefs Vegetable Curry** 1 9 10 **Rice/Chips Only** 6 **Small 13 Regular 14½**  
*Chef's homemade curry with crunchy vegetables,*  
*Served with savoury rice /chips. ½Rice & ½Chips 6 **Small 13 Regular 16***

**Sizzling Vegetable Fajitas** 1 3 6 9 10 11 **Small 13 Regular 16½**  
*Crunchy vegetables in a house marinade served on a sizzler.*  
*Served with tortillas, sour cream and guacamole*

**Sizzling Vegetable Stir Fry** 1 3 6 9 11 **Small 13 Regular 16½**  
*Crunchy vegetables in a house marinade and served on a sizzler,*  
*Served with stir fry noodles*

### 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) 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.

### 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	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

## Dessert Menu

€6½

### **Rich Chocolate Brownie**

*A fresh homemade chocolate brownie topped with vanilla ice-cream & finished with chocolate sauce.*

1 7 8

### **Chocolate Fudge Fixation**

*Three layers of moist chocolate cake, layered with caramel, chocolate fudge & butter cream, drizzled with chocolate sauce & served with a scoop of vanilla ice-cream.*

1 3 7

### **Red Velvet Cake**

*A red vanilla sponge cake with a hint of chocolate, filled & topped with a vanilla cream cheese icing, sprinkled with red sponge crumb.*

1 3 7

### **Carrot Cake**

*A lightly spiced moist cake, coated in sweet frosting, and topped with walnuts served with freshly whipped cream.*

3 4 7 8

### **Ice-cream Filled Donut**

*A deliciously light & airy artisanal doughnut, filled with honeycomb ice-cream & drizzled with caramel sauce.*

1 6 7

### **Cheesecake of the Day**

3 7

### **Traditional Apple Pie**

*Stewed Irish apples encased in a butter rich short crust pastry, served with custard & ice-cream.*

1 7 12

### **Nutty Caramel Chocolate Ice-cream Sundae**

*Vanilla & chocolate ice-cream, topped with fresh cream, homemade salted peanuts, chopped peanuts & chocolate sauce.*

3 5 7 8