

TARA HOTEL

& ATLANTIS SPA

Lunch Menu

Available - Monday - Saturday 12.30 – 4.00pm

Brunch

Burrata & Rocket Salad €13

Burrata, rocket, cherry tomatoes, toasted pine nut basil pesto, balsamic glaze, olive oil.

Allergens: [7] Milk, [8] Nuts

Smashed Avocado & Poached Eggs €15

Toasted sourdough, smashed avocado, chilli peanut rayu, dukka spiced seeds.

Allergens: [1] Gluten, [3] Eggs, [8] Nuts [11] Sesame (V)

Donegal Smoked Salmon & Scrambled Eggs €15

Served on toasted homemade seaweed bread.

Allergens: [1] Gluten, [3] Eggs, [4] Fish, [7] Milk, [14] Molluscs

Small Dishes

Soup of the Day €8.90

Homemade seaweed bread.

Allergens: Ask your server

Tara's Seafood Chowder €13.90

Creamy chowder with locally landed cod, coley, salmon & haddock, seaweed bread.

Allergens: [1] Gluten, [4] Fish, [7] Milk, [14] Molluscs, [9] Celery

Crispy Squid €13.50

Crispy squid, chilli, garlic, lime, sriracha mayo.

Allergens: [1] Gluten, [3] Eggs, [14] Molluscs

Tara Crispy Chilli Chicken €13.50

Crispy chicken, sticky chilli glaze, pickled vegetables, sesame, herbs.

Allergens: [1] Gluten, [6] Soy, [11] Sesame, [12] Sulphites

make it a meal?

Crispy Chilli Chicken Bowl €17

Crispy chicken, sticky chilli glaze, rice, pickled vegetables, avocado, sesame, herbs.

Allergens: 1, 6, 11

Tara's Signature Fish Tacos (2 pcs) €13

Beer-battered haddock, Pico de Gallo, pickles, sriracha mayo, coriander & lime.

Allergens: [1] Gluten, [3] Eggs, [4] Fish, [7] Milk, [10] Mustard, [12] Sulphite

Large Plates

Tara Beef & Guinness Stew €22.50

Slow-braised beef, rich Guinness gravy, root vegetables, buttery mash, Yorkshire pudding.

Allergens: [1] Gluten, [3] Eggs, [7] Milk, [12] Sulphites

Killybegs Fish Pie €23.50

Atlantic cod, smoked haddock, salmon in creamy white wine dill & leek sauce, buttery mash.

Allergens: [1] Gluten, [4] Fish, [7] Milk [10] Mustard, [12] Sulphites

Crispy Squid €19.50

Crispy squid, chilli, garlic, lime, sriracha mayo, skinny fries, dressed leaves.

Allergens: [1] Gluten, [3] Eggs, [14] Molluscs

Fish & Chips €23.50

Beer-battered Killybegs haddock, mushy peas, tartare sauce, hand cut chips.

Allergens: [1] Gluten, [3] Eggs, [4] Fish, [10] Mustard, [12] Sulphites

Tara's Signature Burger €23.50

Aged Irish beef, smoked bacon, mature cheddar, pickles, Silkie whiskey onion jam, crispy onions, toasted brioche.

Swap fries → loaded fries +€3

Allergens: [1] Gluten, [3] Eggs, [7] Milk, [10] Mustard [12] Sulphites

Hot Honey Fried Chicken Burger €23.50

Buttermilk fried chicken, hot honey glaze, burnt scallion ranch, pickled slaw, crispy onions, toasted brioche, skinny fries.

Add bacon +€2

Add cheese +€2

Swap fries → loaded bacon cheese fries +€3

Allergens: [1] Gluten, [3] Eggs, [7] Milk, [10] Mustard, [12] Sulphites

Turkey & Glenties Ham €21.50

Roast turkey, Glenties cured ham, stuffing, roast potato, mash & seasonal vegetables.

Allergens: [1] Gluten, [7] Milk, [9] Celery, [12] Sulphites

Tara Butter Masala

Slow-cooked spiced tomato butter curry, basmati rice, cooling yoghurt, crispy onions, coriander, toasted flatbread.

Vegetable – €19

Chicken – €21

Prawn – €23

Allergens: [1] Gluten, [7] Milk, [12] Sulphites

Chicken, Chorizo & 'Nduja Rigatoni €23

Roast chicken, crispy chorizo, spicy 'nduja tomato sauce, parmesan, herbs, garlic bread.

Lunch Menu

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Sandwiches

Tara Steak Sandwich € 19

Grilled sirloin, caramelised onions, rocket, black garlic aioli, crispy onions, toasted ciabatta, skinny fries.

Allergens: [1] Gluten, [3] Eggs, [7] Milk

Ham & Cheese Toastie € 13

Donegal baked ham, cheddar cheese, tomato relish on toasted sourdough.

Allergens: [1] Gluten, [7] Milk, [10] Mustard, [12] Sulphites

The Tara's Club Sandwich € 16

Triple-decker with chicken, smoked bacon, mayo, baby gem & tomato on toasted bread.

Allergens: [1] Gluten, [3] Eggs, [7] Milk, [10] Mustard

Add: Soup of the Day € 5

Add: Beef fat chips or skinny fries € 4.50

All sandwiches served with crisps

Sides

Hand cut chips (1,7) € 4.50

Skinny fries (1) € 4.50

Garlic parmesan fries (1,7) € 6.50

Loaded bacon cheese fries (1,7) € 6.50

Truffle parmesan fries (1,7) € 6.50

Mash potato (7) € 4.50

Rocket and tomato salad (12) € 4.50

Seasonal vegetables (7,9) € 4.50

Beer-battered onion rings (1) € 4.50



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