

## TARA HOTEL

*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.*

### 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

\*Please note that all our meals are produced in an atmosphere which uses all of these ingredients (excluding Lupin).

GF = Gluten free    V = Vegetarian



# STARTERS

## **MONK & PRAWN GRATIN €9.50 (1, 2, 4, 7)**

Baked in garlic butter, gratinated with mozzarella cheese, served with wheaten bread.

## **CRISPY FRIED TORPEDO KING PRAWNS €8.50 (1, 2, 3, 4, 10, 11, 14)**

Tempura battered king prawns served with Asian slaw and a sweet chilli dipping sauce.

## **KILLYBEGS SEAFOOD CHOWDER €8.50 (1, 4, 7, 9, 10, 12, 14)**

A rich creamy homemade chowder with fruits and flavours of the Atlantic, served with wheaten bread.

## **CHEF'S SOUP OF THE DAY (PLEASE SEE SERVER) €6.00 (1, 7, 9, 10)**

Served with crusty rolls or brown bread.

## **LOADED BACON AND CHEESE POTATO SKINS €7.95 (3, 7, 12)**

Served with a chive cream sauce.

## **TEMPURA FRIED CHICKEN WINGS €9.00 (1, 4, 6, 7, 10)**

Coated in a crispy tempura batter. Choose from our signature sauces; Smoky BBQ or Hot & Spicy Buffalo, served with our homemade Cashel blue cheese dip.

## **TARA HOTEL CHICKEN CAESAR SALAD €7.95 (1, 3, 7)**

Cos lettuce, succulent chicken strips, bacon lardons, croutons, Caesar dressing, topped with parmesan shavings.

## **CHEESY GARLIC BREAD €5.50 (1, 7)**

Crisp ciabatta bread smothered in our homemade garlic butter & gently toasted under the grill with Irish mozzarella cheese.

## **GARLIC CIABATTA BREAD €5.00 (1, 7)**

Crisp ciabatta bread smothered in our homemade garlic butter & gently toasted under the grill.

# MAIN COURSES

## **10oz MATURE SIRLOIN STEAK €29.00 (6, 7, 12)**

Cooked to your liking served with sautéed onions, vine cherry tomatoes & a choice of either pepper sauce or garlic butter.

**\*\*Surf N' Turf\*\* +€5.00 (2, 7)**

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

## **6oz SIRLOIN STEAK SANDWICH €17.50 (1, 6, 12)**

Prime sirloin steak cooked to your liking topped with sautéed onions & mushrooms, served onto a toasted garlic ciabatta with chips and pepper sauce or garlic butter.

## **THE TARA BURGER €15.95 (1, 3, 6, 7, 10, 12)**

8oz of prime 100% Irish ground steak burger, topped with melted cheese, smoked bacon and served onto a toasted brioche bun with lettuce & tomato.

## **PAN FRIED BACON CUTLETS €15.50 (7, 10)**

Pan fried bacon cutlets drizzled with a light mustard cream, served with colcannon mashed potato.

## **LEMON PEPPER COD €24.00 (2, 4, 7, 12)**

Baked Atlantic cod dusted with lemon pepper, served with a shrimp risotto and white wine beurre blanc.

## **BAKED ATLANTIC SALMON €22.50 (4, 7, 9, 10, 11)**

Prime fillet of Atlantic salmon served on a bed of creamy mashed potato accompanied by a lemon and dill sauce.

## **KILLYBEGS BEER BATTERED COD & CHIPS €17.50 (1, 3, 4, 6, 10)**

Fillets of fresh Killybegs cod cooked in a crisp beer batter served with mushy peas, homemade tartare sauce, lemon wedge and chips.

## **TARA HOTEL SEAFOOD PIE €16.00 (4, 7, 9, 12, 14)**

Fruits & flavours of the wild Atlantic cooked in a creamy white wine sauce topped with creamy mashed potato.

## **SMOKED SALMON SALAD €18.50 (1, 4)**

Atlantic Treasures' smoked salmon served with mixed seasonal leaves, tomato, cucumber, red onion, mixed carrot salad, coleslaw and wheaten bread.

# MAIN COURSES

## **WARM CHICKEN AND BACON SALAD €17.00 (3, 10)**

House marinated chicken strips, crisp bacon and sautéed baby new potatoes, served onto seasonal salad with a drizzle of chef's secret recipe house dressing.

## **OVEN BAKED CHICKEN SUPREME €18.50 (12)**

Chicken supreme served with a rich red wine reduction, creamy mashed potato and seasonal vegetables.

## **GOATS CHEESE CHICKEN BURGER €16.50 (1, 7)**

Pan fried chicken fillet smothered with creamy goats cheese & caramelised red onion, topped with onion rings and served onto a toasted brioche bun with lettuce & tomato.

## **TARA HOTEL STIR FRY**

Choose your filling from the following options;

- *Beef* €17.50 (1, 6, 9)
- *Chicken* €16.50 (1, 3, 6, 9)
- *King Prawns* €17.50 (1, 2, 3, 6, 9)
- *Vegetable* €13.50 (1, 3, 6, 9)

All of the above are cooked in a house marinade with crunchy vegetables and served with a choice of either stir fried noodles or savoury rice.

## **CHINESE STYLE CHICKEN CURRY €16.50 (1, 9, 10)**

With chicken breast pieces and crunchy vegetables. Served with savoury rice or chips and prawn crackers.

## **CHEF'S VEGETABLE CURRY €13.50 (1, 9, 10)**

Chef's homemade curry with crunchy vegetables served with savoury rice/chips.  
Make your curry ½ chips ½ rice for an additional €1.00.

## **CHICKEN AND BACON CARBONARA €16.50 (1, 7)**

Served with fresh penne pasta and homemade garlic bread.

## **ROAST VEGETABLE PENNE PASTA €13.50 (1, 3)**

Fresh roasted vegetables, tossed in a rustic tomato and basil sauce, served with garlic bread.



## SIDE ORDERS €4.00

Chips (6, 12)

Mashed Potatoes (7, 12)

Baby Boiled Potatoes

Garlic Baby Boiled Potatoes (7)

Vegetables of the Day

Sautéed Onions

Sautéed Mushrooms (7)

Onion Rings (1)

Green Salad (10)

Side Salad (3, 10)

Prawn Crackers (€2.00)

## DIPS €1.50

Marie Rose (3, 10)

Blue Cheese (7)

Pepper Sauce (7)

Garlic (3, 10)

BBQ (10)

Caesar (3, 10)

Sweet Chilli

Buffalo (7)

Garlic Butter (7)



## DESSERTS €7.50

### APPLE PIE TARTLET (1, 7)

Served with warm custard & vanilla ice cream.

### CHOCOLATE BROWNIE (1, 3, 7, 8)

Homemade chocolate brownie served with vanilla ice cream & chocolate sauce.

### VANILLA CRÈME BRULEE (3, 7)

Served with fresh cream.

### HOMEMADE TRIFLE (3, 7)

Gluten free lemon sponge, mixed fresh fruit salad, strawberry jelly, custard and fresh cream.

### STRAWBERRY CHEESECAKE (1, 7)

Served with fresh cream.

### STICKY TOFFEE PUDDING (1, 3, 7)

Served with warm toffee sauce & vanilla ice cream.

### SPECIALALITY COFFEES

Irish coffee | Baileys Coffee | Calypso coffee | Café Royal | Russian Coffee