

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.

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 & Poult is of Irish Origin and locally sourced.



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

Appetizers

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Glin Valley Chicken Wings 1 4 6 7 10

8½

Seasoned chicken wings, coated in tempura batter served with one 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

Lightly seasoned chicken pieces tossed with Glenside back bacon, crispy croutons on seasonal salad leafs, free range egg & topped with our rich caesar dressing & parmesan shavings.

Garlic Ciabatta Bread V 1 7

5

Crisp ciabatta bread smothered in our own garlic butter, gently toasted under the grill.

Garlic Ciabatta Bread with Cheese

5½

Soup of the Day (please see server) 7 9 10

6

Hot & Hearty homemade soup prepared freshly every day served with crusty roll or brown bread.

Monk & Prawn Gratin 2 4 7

9

Killybegs landed Monkfish, Atlantic Prawn, baked in garlic butter, topped with mozzarella cheese, served with wheaten bread.

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

8½

Rich creamy chowder with fruits and flavours of the Atlantic, served with wheaten bread.

À La Carte – Seafood Plates

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Grilled Atlantic Salmon 4 7 9 10 11

20½

Prime fillet of Atlantic Salmon, served on a bed of creamy mash potato, drizzled with creamy lemon sauce.

Lemon Pepper Cod Shrimp Risotto 1 3 4 7 12

22½

Fillet of fresh Killybegs cod oven baked with a lemon cream seasoning, served with shrimp risotto and a gentle white wine buerre blanc.

Killybegs Beer Battered Cod & Chips 1 3 4 6 10

16

Fresh from the pier, fillets of Cod in our own beer batter recipe, served with a peas puree, mushy peas, homemade tartar sauce, lemon wedge and chips.

Greencastle Monkfish Goujons 1 3 4 6 10

18½

Quick fried in our own five spice crumb, served onto crisp seasonal salad with a honey & mustard dressing.

Grilled Atlantic Treasure Mackerel 4 7 10

16

Mackerel fillets with a light wholegrain mustard and garlic butter dressing served onto seasonal salad.

À La Carte – Meat, Chicken and Pork

10oz Castlefinn Sirloin Steak 6 7 12

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25½

Gallagher Butchers tender sirloin steak, cooked to your liking. Served with sauté onions, vine cherry tomato and a choice of pepper or garlic sauce.

Surf 'N' Turf 2 7

+7

10oz sirloin to enhance with succulent king prawns cooked in a garlic cream reduction.

Castlefinn 6oz Steak Sandwich 1 6 12

17½

Our trusted Castlefinn Sirloin served onto a toasted garlic ciabatta, cooked to your liking with sauté onions & with a choice of pepper sauce or garlic butter.

Warm Chicken & Bacon Salad

15½

A refreshing warm salad of marinate pieces of chicken, bacon & sliced baby potatoes served on crisp seasonal salad served with our very own duo of dressings.

Southern Fried Chicken Burger 1 3 6 7 10

15½

Tender fresh chicken fillet soaked in buttermilk for taste & flavour coated in our own southern fried seasoning served on a floured bap with a choice of dip & salad garnish.

(Add toppings for €1.50 per topping)

The Famous Tara Burger - Build Your Own 1 3 6 10

15½

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

(Extra Toppings €1.50, extra dip €0.80)

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
<i>Grilled Donegal ham, two free range eggs, served with chips & salad garnish.</i>	
Southern Fried Chicken Goujons 1 3 6 7 10	15½
<i>Fresh tender chicken goujons soaked in buttermilk for taste and flavour in our southern fried seasoning & served with a dip of your choice & salad garnish.</i>	
Chinese Style Chicken Curry 1 9 10	16
<i>With chicken breast pieces. Served with a saffron rice & prawn crackers</i>	
<i>½Rice & ½Chip</i> 6	17½
Sizzling Chicken Fajitas 1 3 6 9 10 11	16½
<i>Succulent pieces of chicken in a house marinade with crunchy vegetable and served on a sizzler. Served with tortillas, sour cream and guacamole.</i>	
Sizzling Chicken Stir Fry 1 3 6 9 11	16½
<i>Succulent pieces of chicken in a house marinade with crunchy vegetable and served on a sizzler. Served with stir fry noodles</i>	
<u>Vegetarian Options</u>	
Chefs Vegetable Curry 1 9 10 Rice/Chips Only 6	14½
<i>Chef's homemade curry with crunchy vegetables,</i>	
<i>Served with savoury rice /chips. ½Rice & ½Chips</i> 6	16
Sizzling Vegetable Fajitas 1 3 6 9 10 11	16½
<i>Crunchy vegetables in a house marinade served on a sizzler. Served with tortillas, sour cream and guacamole</i>	
Sizzling Vegetable Stir Fry 1 3 6 9 11	16½
<i>Crunchy vegetables in a house marinade and served on a sizzler; Served with stir fry noodles</i>	

House Salads 1 3 10

Chicken	16
Ham 1 12	16
Prawn 2	19
Smoked Salmon 4	18
Smoked Salmon & Prawn 2 4	18
Seafood Medley (Smoked Salmon, Smoked Mackerel, Prawns) 2 4	20½

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

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 a nutella chocolate sauce & hazelnut crumb.

1 7 8

Ice-cream Filled Donut

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

1 6 7

Cheesecake of the Day

Please see server

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

Jelly & Ice Cream