

# 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



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

GF = Gluten free    V = Vegetarian    VE= Vegan



# STARTERS

## **MONK & PRAWN GRATIN 9.75**

Baked in garlic butter, mozzarella cheese, served with wheaten bread. (1, 2, 4, 7,)  
*Gluten free on request.*

## **KILLYBEGS SEAFOOD TASTING PLATE 11.95**

Smoked mackerel, smoked salmon, prawn cocktail, crab claws, dressed salad leaves & wheaten bread. (1,2,3,10,14, GF)

## **WARM IRISH SMOKED CHICKEN & BACON SALAD 10:95**

Served on a bed of dressed salad leaves with parsnip crisp & balsamic dressing. (10, GF)

## **THE TARA CREAMY SEAFOOD CHOWDER 8.95**

A rich creamy homemade chowder with flavours of the Atlantic, served with wheaten bread.  
(1, 4, 7, 9, 14)  
*Gluten free on request.*

## **CHEF'S SOUP OF THE DAY (PLEASE SEE SERVER) 6.00**

Served with crusty rolls or wheaten bread. (3, 5, 8, 9)  
*Gluten free on request.*

## **GOATS CHEESE CROUTON 10.20**

Red onion marmalade, sundried tomatoes & basil pesto on a bed of dressed leaves. (1,7,8,10)  
*Gluten free on request.*

## **FRIED CHICKEN WINGS 9.50**

Served with barbeque sauce & blue cheese dip. (1, 4, 7, 10 GF)

## **GARLIC CIABATTA BREAD 5.00 (ADD CHEESE 1.00)**

Crisp ciabatta bread smothered in homemade garlic butter & gently toasted under the grill. (1, 7)

## MAIN COURSES - FISH

### **PAN ROASTED FILLET OF HAKE 17.95**

Served with smoked salmon, vegetables, creamed potatoes, lemon & white wine sauce.  
(4, 7, 9, GF)

### **OVEN-BAKED FILLET OF SEA TROUT 16.95**

Served on a bed of salad leaves, baby potatoes, toasted almonds & nut butter.  
(5, 8, GF)

### **GRILLED FILLET OF SPICY MACKEREL 15.70**

Served with baby potatoes, red onion, tomatoes, lime & mint salsa. (5, 8, GF)

### **TRADITIONAL FISH OF THE DAY 17.50**

Fillet of fresh Killybegs fish of the day in a crispy beer batter served with mushy peas, tartar sauce, dressed salad leaves, lemon wedge & chips. (1, 3, 4, 10)  
*Gluten free on request.*

## VEGETARIAN/VEGAN/PLANT BASED

### **CHEF'S SOUP OF THE DAY (PLEASE SEE SERVER) 6.00**

Served with a crusty roll. (VE, GF)

### **VEGAN BURGER ON A TOASTED BRIOCHE BUN 14.95**

With relish, vegan cheddar cheese, baby gem lettuce, coleslaw, red onion, pickles & chips.  
(1, 6, VE)

### **OVEN BAKED PORTABELLO MUSHROOM 13.75 (8.15 STARTER)**

Filled with ratatouille, herb crust & basil oil dressing. (VE, 1)

### **CHARGRILLED SPICY TOFU 14.75 (8.20 STARTER)**

Served with black bean stir fried vegetables & turmeric rice. (6, GF, VE)

## MAIN COURSES – BEEF

### **10oz MATURE IRISH SIRLOIN STEAK 29.00**

Cooked to your liking served with sautéed onions, mushrooms, served with a brandy black pepper sauce & chips. (7, 10, GF)

### **ADD SURF N' TURF 5.00**

Enhance your sirloin with succulent king prawns in garlic sauce served over your steak. (2, 7)

### **OPEN GARLIC IRISH STEAK SANDWICH 18.70**

Prime sirloin steak cooked to your liking topped with sautéed onions, mushrooms, served on a toasted garlic ciabatta, served with a brandy black pepper sauce & chips. (1, 7, 10)

*Gluten free on request.*

### **THE CLASSIC BURGER 15.95**

Served on a toasted bun with relish, bacon, cheese, baby gem lettuce, coleslaw, tomato, red onion, pickles & chips. (1, 6, 7, 10, 12) *Gluten free on request.*

## MAIN COURSES - CHICKEN

### **WARM CHICKEN & CHORIZO SALAD 17.00**

Marinated chicken strips with sautéed baby potatoes, chorizo sausage on a bed of dressed salad leaves & garlic mayo. (3, 10, GF)

### **PAN FRIED CHICKEN SCALLOP 15.95**

Served on a pool of spicy tomato sauce topped with buffalo sauce, mozzarella cheese, smoked streaky bacon & savoury turmeric rice. (7, GF)

### **BREADED CHICKEN STRIPS 15.75**

Juicy chicken strips coated in a seasoned panko breadcrumb, served with chips, fresh salad leaves & garlic mayonnaise. (1, 3, 7, 10)

### **CLASSIC CHICKEN CURRY, MEDIUM HEAT 16.75 (ADD ½ CHIPS ½ RICE 2.00)**

Chef's homemade curry with chicken breast pieces, crunchy vegetables, mango chutney, poppadom & turmeric rice.

(1, 6, 7, 9, 10) *Gluten free without the poppadom.*

## MAIN COURSES – TARA SPECIALS

### MONKFISH AND PRAWNS 29.95

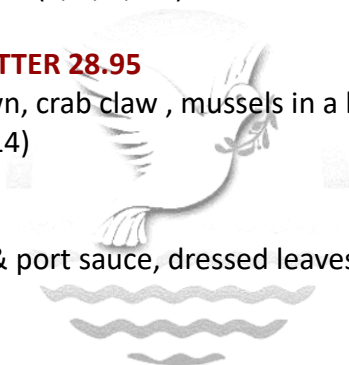
Cooked in a creamy white wine sauce topped with parmesan cheese, garnished with a crab claw, langoustine, mussels & turmeric rice. (2, 3, 4, GF)

### THE TARA FISH AND SHELFISH PLATTER 28.95

Trio of grilled fish served with prawn, crab claw, mussels in a lemon & herb butter & served with baby boiled potatoes. (2, 4, 7, 13, 14)

### HONEY ROAST HALF DUCK 26.75

Served with an orange, cranberry & port sauce, dressed leaves, mashed potato & vegetables. (7 GF)



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## **SIDE ORDERS 4.00**

Chips. (6, 12)

Mashed Potatoes. (7, 12)

Baby Boiled Potatoes.

Vegetables of the Day.

Sautéed Mushrooms. (7)

Onion Rings. (1)

Side Salad. (3, 10)



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# DESSERTS

## HOMEMADE CRUMBLE OF THE DAY

Served with warm custard, fresh cream & vanilla ice cream. (1, 7)

## HOMEMADE CHOCOLATE BROWNIE

Chocolate brownie with fresh cream, vanilla ice cream & chocolate sauce. (1, 3, 7, 8)

## VANILLA CRÈME BRULEE (GF)

Served with fresh cream & ice cream. (3, 7)

## CHEESECAKE OF THE DAY

Served with fresh cream & ice cream. (1, 7)

## STICKY TOFFEE PUDDING

Served with warm toffee sauce, fresh cream & vanilla ice cream. (1, 3, 7)

## SELECTION OF ICE-CREAM

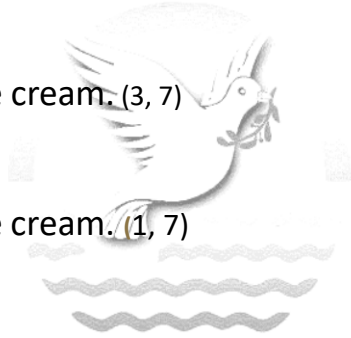
Three scoops topped with a crispy wafer.

Choose from - Vanilla, Chocolate, Strawberry & Mint. (1, 3, 7)

Gluten free & Vegan desserts are available on request.

## SPECIALALITY COFFEE 7.00

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



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