

## WELCOME TO TALBOT'S SEAFOOD BAR

DON'T PANIC WE OFFER MUCH MORE THAN SEAFOOD BUT AS REGISTERED FISH BUYERS WE BUY THE FRESHEST CATCH DIRECT FROM LOCAL FISHERMEN TO BRING YOU THE FINEST QUALITY. NOT ONLY ARE YOU SUPPORTING OUR FISHERMEN BUT ALSO OUR 50 STAFF AND THEIR FAMILIES SO A BIG THANK YOU FROM US ALL.  
TOMMY, ORLA AND THE GIRLS



### MEET OUR SUPPLIERS

CRAB :DECLAN LAVELLE, BLACKSOD  
FISH : MARTIN O'DONNELL, PORTURLIN  
CATHAL REILLY GLENLARA  
MEAT & GROCERY: MICHAEL CARR, BALLINA  
BAKERY: BACUS UI DONNACHA, BELMULLET  
FRUIT & VEG. LAVIN'S FRUIT & VEG. CASTLEBAR  
ACHILL SEASALT, ACHILL ISLAND  
PALLAS FOOD'S, LIMERICK  
CUFFE'S CENTRA, BELMULLET,

TRUE TO REGION; TRUE TO SEASON!

### ALLERGENS

All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking.



## STARTER'S

HOMEMADE SOUP OF THE DAY 4.90

SERVED WITH OUR FRESHLY BAKED BROWN WHOLEMEAL BREAD

WILD ATLANTIC SEAFOOD CHOWDER 8.50

HEARTY ASSORTMENT OF FRESH FISH & SHELLFISH IN OUR RICH CREAMY FISH SOUP, SERVED WITH FRESHLY BAKED DILLISK & LEMON BROWN BREAD

BLACKSOD FISHCAKES 9.50

BLACKSOD BAY FISH BLENDED WITH SPRING ONION, SEASONED POTATO CHAMP, ENCASED IN A CRISPY CRUMB WITH A MANGO YOGURT DRIZZLE

BLACKROCK CRAB CLAWS 13.50

CAUGHT OFF BLACKROCK LIGHTHOUSE THESE CRAB CLAWS ARE SERVED IN THEIR SHELL FOR TRULY MAXIMUM FLAVOUR WITH GARLIC & LEMON BUTTER. "CRAB THAT TASTES LIKE CRAB BUT YOU'VE GOT TO WORK FOR IT"

AVAILABILITY IS DEPENDENT ON FISHING CONDITIONS LOCALLY

HALLOUMI, POMEGRANATE & BEETROOT MOUSSE 8.50

A MIX OF GOAT AND SHEEP CHEESE ENCASED IN GOLDEN BREADCRUMB ON A BED OF DRESSED SPINACH LEAVES

ORGANIC OAK SMOKED SALMON WITH BOXTY 12.90

BOXTY A TRADITIONAL BELMULLET POTATO BREAD IS A MUST TRY WHILE IN THE WEST TEAMED WITH OAK SMOKED SALMON, SOUR CREAM, CAPERS AND BEETROOT IT'S A REAL TREAT!

LOADED POTATO WEDGES 8.50

FRIED WEDGES TOPPED WITH BACON LARDONS AND MELTED MOZZARELLA WITH CHILLI GARLIC MAYONNAISE

CAESAR SALAD 9.50

SMOKED CHICKEN & BACON LARDONS WITH COS LETTUCE PARMESAN SHAVINGS GARLIC CROUTONS AND DRIZZLED WITH ANCHOVY DRESSING

### TALBOT HOUSE SPECIAL FRESH CHICKEN WINGS

LOUISIANA HOT WINGS "THE BEST WINGS IN TOWN" 8.50

FIERY FRESH WINGS TOSSED IN OUR SECRET HOT SAUCE SERVED WITH A COOLING BLUE CHEESE DIP

NEW DRY HOT & SPICY CHICKEN WINGS 8.50

COOKED IN OUR DRY SPICE MIX THESE ARE NOT AS HOT AS THE FIERY WINGS BUT EVERY BIT AS TASTY SERVED WITH SWEET CHILLI MAYONNAISE

BURBON BBQ FRESH WINGS 8.50

TASTY SWEET WINGS TOSSED IN OUR BBQ SAUCE WITH A DROP OF THE GOOD STUFF FOR FULLER FLAVOURS

ALL OUR DISHES ARE COOKED FRESH FOR YOU SO PLEASE ALLOW TIME FOR SERVICE

FÁILTE ISTEAICH

"GOOD THINGS COME TO THOSE WHO WAIT BUT BETTER THINGS COME TO THOSE WHO ARE PATIENT"

DEAR COELIAC'S MANY OF OUR DISHES CAN BE MADE SUITABLE FOR COELIAC. WE HAVE GLUTEN FREE PASTA, BREAD AND BURGER BUNS AVAILABLE. ALTHOUGH PLEASE NOTE COELIAC PASTA IS SLOWER TO COOK, PLEASE ASK YOUR SERVER IF YOU HAVE ANY SPECIAL REQUEST.



ERRIS SEAFOOD PIE 15.50

A MIXTURE OF ERRIS FISH IN A CREAMY SAUCE PACKED WITH FLAVOUR TOPPED WITH A LAYER OF MASHED POTATOES...SERVED WITH SALAD COMFORT FOOD AT IT'S BEST!

CRAB AND HERB CRUSTED PORTURLIN POLLACK 15.50

LOCAL PORTURLIN POLLACK WITH A CRAB AND HERB CRUST, ROASTED RED PEPPER AND VINE TOMATO COULIS, POTATO & VEG. OF THE DAY

BEER BATTERED COD & CHIPS 15.50

OUR FAMOUS BEER BATTERED CRISPY COD WITH LEMON INFUSED ACHILL SEA SALT, MUSHY PEAS, HOMEMADE TARTAR SAUCE & CHIPS

KING PRAWN AND CHORIZO PASTA 17.50

PRAWNS AND CHORIZO PANFRIED IN A WHITE WINE SAUCE ENTANGLED WITH WILTED SPINACH AND THICK CUT LINGUINE

BLACKROCK CRAB CLAWS 20.90

CAUGHT BY LAVELLES OFF BLACKROCK LIGHTHOUSE OUR CRAB CLAWS ARE IN THEIR SHELL FOR TRULY MAXIMUM FLAVOUR WITH GARLIC, LEMON & CUINNIOG BUTTER AND HOME BAKED DILLISK BROWN BREAD

"CRAB THAT TASTES LIKE CRAB BUT YOU'VE GOT TO WORK FOR IT"

AVAILABILITY IS DEPENDENT ON FISHING CONDITIONS LOCALLY

BLACKSOD BAY FISHCAKES 15.50

BLACKSOD BAY FISH BLENDED WITH SPRING ONION AND SEASONED POTATOE CHAMP, ENCASED IN CRISPY SEASONED CRUMB, MANGO YOGURT DRIZZLE SALAD & CHIPS

HOT & COLD SEAFOOD PLATTER 24.90

OUR HOUSE SPECIALITY IS A REAL TREAT FOR SEAFOOD LOVERS WITH A SELECTION OF HOT AND COLD SEAFOOD CAUGHT OFF THE ERRIS COAST, SERVED WITH DILLISK & LEMON BROWN BREAD

ATLANTIC SALMON SUPREME 17.90

SERVED WITH PARSLEY BUTTERED BABY POTATOES, BRAISED BEETROOT MOUSSE, WILTED SPINACH, SAUTEED GREENS & WHITE WINE VELOUTE

SMOKED SALMON HOUSE SALAD 16.90

MIXED SALAD BOWL WITH LETTUCE, ONION, TOMATO, BLACK OLIVES, MARINATED SULTANAS, TOASTED PINENUTS DICED EGG TOPPED WITH SMOKED SALMON SERVED WITH DILLISK & LEMON BROWN BREAD

REMEMBER ALL OUR DISHES ARE COOKED FRESH SO PLEASE ALLOW TIME FOR SERVICE

### BEEF DISHES

ALL OUR BEEF IS 100% IRISH

STEAK SANDWICH & CHIPS 15.50

STRIPS OF TENDERLOIN STEAK ON GARLIC MAYO SMOTHERED CIABATTA WITH SAUTE ONIONS & MUSHROOMS, TOPPED WITH MELTED MATURE CHEDDAR CHEESE & PEPPERCORN SAUCE ON THE SIDE

OUR ULTIMATE BEEF BURGER 14.50

HOMEMADE BEEF PATTY ON A BRIOCHE BUN WITH SMOKED PEPPER RELISH AND MACROOM BUFFALO MOZZARELLA AND SEASONED CHIPS

12oz SIRLOIN STEAK 24.90

PRIME 21 DAY AGED SIRLOIN, COOKED TO YOUR LIKING, LYONAISE POTATOES WITH BACON LARDONS AND PEPPERED SAUCE OR GARLIC BUTTER & VEG. OF THE DAY

## CHICKEN DISHES

FRAGRANT CHICKEN CURRY 15.50

STRIPS OF CHICKEN SAUTIED WITH JARRED VEGETABLES SMOTHERED IN OUR MILD, YET HOT CURRY SAUCE SERVED WITH 150G BOILED RICE & GARLIC NAAN

OUTSTANDING CRISP CHICKEN SANDWICH 17.50

TEXAN STYLE SOUTHERN FRIED CHICKEN FILET BURGER SEARED ON A TOASTED BUN WITH BACON, PARSLEY, CHILLI & MILD KETCHUP

NEW TO TRY TANDOORI CHICKEN SALAD BOWL 12.90

GRILLED TANDOORI CHICKEN WITH CRISPY SALAD IN A PAPPADUM BOWL DRIZZLED IN A LIGHT CORIANDER PASTE.

TALBOT'S CHICKEN WINGS 14.50

CHICKEN WINGS COOKED IN OUR SECRET HOT SAUCE SERVED WITH A COOLING BLUE CHEESE DIP

CHICKEN DRY HOT & SPICY 14.50

BREADED CHICKEN COLOURED WITH GARLIC BUTTER AND FRESH CHILLI SERVED WITH A SIDE OF CURRY SAUCE...LOCALLY GROWN WITH RICE OR CHIPS YOU CHOOSE

CAESAR SALAD 14.50

SMOKED CHICKEN & BACON LARDONS WITH COS LETTUCE PARMESAN SHAVINGS GARLIC CROUTONS AND DRIZZLED WITH ANCHOVY DRESSING

SPICE BOWL 15.50

BREADED CHICKEN COLOURED WITH GARLIC BUTTER AND FRESH CHILLI SERVED WITH A SIDE OF CURRY SAUCE...LOCALLY GROWN WITH RICE OR CHIPS YOU CHOOSE

CAJUN CHICKEN SALAD 13.50

CAJUN CHICKEN WITH FRESH SALAD, BLACK OLIVES, PINENUTS AND TOASTED EGGS

## VEGETARIAN DISHES

CHICKPEA & COURGETTE CURRY 14.50

SAUTEED CHICKPEAS WITH MIXED VEGETABLES SMOTHERED IN MILDLY SPICED CURRY SAUCE SERVED WITH BOILED RICE & GARLIC NAAN

MEDITERRANEAN TOFU BURGER & CHIPS 11.50

CRISPY TOFU BURGER WITH MILDLY SPICED CURRY SAUCE, TOMATO, LETTUCE, ONION, TOMATO, MASHED POTATOES & SPRING SALAD

GOAT'S CHEESE SALAD 14.50

MIXED SALAD WITH FRESH SALAD, BLACK OLIVES, PINENUTS AND TOASTED EGGS

TALBOT HOUSE SALAD 13.50

MIXED SALAD BOWL WITH LETTUCE, ONION, TOMATO, BLACK OLIVES, MARINATED SULTANAS, TOASTED PINENUTS AND MILD KETCHUP

VEGAN FALGREL SUPER SALAD 12.50

DRESSED GREENS WITH SPRING VEG, BOILED POTATOE, BRAISED CHICKEN, CRISPY VEG, TOMATOES, BEETROOT, HUMMUS & WARM DALLA PASTA

## SANDWICHES

SANDWICHES SERVED FROM 12-6PM ONLY ... AT PEAK TIMES!

CAJUN CHICKEN WRAP 6.50 WITH CHIPS 8.50

CHICKEN STRIPS WITH LETTUCE, ONION AND CAJUN MAYO

GOATS CHEESE PANINI 6.50 WITH CHIPS 8.50

CREAMY GOATS CHEESE WITH SUN-BLUSHED TOMATO, BASIL PESTO AND BLACK OLIVES ON A BREAD OF YOUR CHOICE WITH RED ONION MARMALADE

BLT 6.50 WITH CHIPS 8.50

TWO LAYERS OF TOASTED BREAD WITH BACON, TOMATO, LETTUCE & MAYO

CLT 6.50 WITH CHIPS 8.50

TWO LAYERS OF TOASTED BREAD WITH CHICKEN, TOMATO, LETTUCE & MAYO

TALBOTS CLUB 7.90 WITH CHIPS 9.90

THREE LAYERS OF TOASTED BREAD WITH CHICKEN, HAM, TOMATO, LETTUCE, CHEESE, ONION & MAYONNAISE

### CHICKEN PESTO PANINI

CHICKEN STRIPS WITH PESTO MAYONNAISE, RED ONION, TOPPED WITH MELTED CHEDDAR 6.90 WITH CHIPS 8.90

### YOUR SANDWICH YOUR WAY !!

ALLERGENS 1, OTHER ALLERGENS WILL VARY WITH YOUR CHOICE OF FILLING

DESIGN YOUR OWN OR CHOOSE FROM OUR LIST BELOW

ON BROWN, WHITE OR BROWN SODA BREAD.

CHICKEN, HAM, EGG, TUNA, CHEESE, SALAD,

PESTO, SWEET CHILLI MAYONNAISE

PLAIN 4.00 EXTRA TOPPINGS +5.00 TOASTED +1.00

DESIGNER \* PANINI 6.90 \* WRAP 6.90 \* CIABATTA 6.90

### SIDE ORDERS

SWEET POTATO FRIES 4.50

FRESH MARKET VEGETABLES 4.50

SAUTEED ONIONS 2.50

HOMEMADE ONION RINGS 4.50

POTATO WEDGES 4.50

HOMEMADE CHIPS 3.90

DRESSED SIDE SALAD 4.50

SAUTEED MUSHROOMS 2.50

COLESLAW 3.50

FOOD IS COOKED FRESH TO ORDER PLEASE ALLOW AT LEAST 20 MINUTES FOR MAIN

COURSE (STEAK 30) & LONGER DURING BUSIER TIMES

ALL OUR BEEF IS 100% IRISH

FISH OR SHELLFISH MAY CONTAIN BONE OR SHELL

Dessert Makes  
-EVERYTHING- better

LEMON MERINGUE PIE 6.50

PASTRY CRUST FILLED WITH LEMON CURD TOPPED WITH ITALIAN MERINGUE AND FRESH DAIRY CREAM

WARM BRAMLEY APPLE AND CINNAMON CRUMBLE 6.50

WITH A VANILLA BEAN ANGLAISE

TALBOT'S BANOFFI PIE 6.50

A FIRM FAVOURITE WITH A BUTTERY BISCUIT BASE, LAYERED WITH TOFFEE, CREAM AND BANANAS WITH ACHILL SALTED CARAMEL SAUCE.

WARM CHOCOLATE FUDGE CAKE 6.50

MOIST CAKE WITH CHOCOLATE GNACHE AND VANILLA ICE-CREAM.

SUMMER BERRY MESS (coeliac friendly) 6.50

TANGY BERRIES ENTWINED WITH SWEET MERINGUE NUGGETS AND FRESH DAIRY CREAM

CHEESECAKE 6.50

WHATEVER THE FLAVOUR YOU ARE IN FOR A TREAT WITH OUR CREAMY INDULGENT CHEESECAKE PLEASE CHECK WITH SERVER WHICH FLAVOUR IS ON OFFER TODAY

CHOCOLATE AND ORANGE CAKE 6.50

(VEGAN IF REQUESTED)

MOIST AND RICH CHOCOLATE SPONGE WITH A TANGY ORANGE TASTE...IMAGINE TERRYS CHOCOLATE ORANGE MEETS CAKE...YUMMY!

BAILEY'S COFFEE  
IRISH COFFEE  
FRENCH COFFEE  
KALYPSO COFFEE  
7.50