



**TALBOT'S**  
Seafood Bar

## MENU

FOOD SERVED ALL DAY

8.00AM-9PM



THERE IS NO LOVE SINCERER THAN THE LOVE OF FOOD.  
**GEORGE BERNARD SHAW (1856-1950) IRISH WRITER.**

## STARTERS

### HOMEMADE SOUP OF THE DAY © 4.70

SERVED WITH HOMEMADE BROWN BREAD PLEASE ASK YOUR SERVER FOR DETAILS  
ALLERGEN WILL DEPEND ON TODAY'S SOUP FLAVOUR

### WILD ATLANTIC WAY SEAFOOD CHOWDER © 7.90

WILD ATLANTIC ASSORTMENT OF FRESH FISH IN A RICH & CREAMY FISH SOUP, SERVED WITH FRESHLY BAKED HOMEMADE BROWN BREAD ALLERGEN: 2,3,5,7,8,14,

### LOCAL BLACKROCK CRAB CLAWS © 11.90

CAUGHT OFF BLACKROCK LIGHTHOUSE THESE CRAB CLAWS ARE SERVED IN THEIR SHELL FOR TRULY MAXIMUM FLAVOUR WITH GARLIC BUTTER, LEMON & CREST ALLERGEN: 3  
CRAB THAT TASTES LIKE CRAB ! BUT YOU'VE GOT TO WORK FOR IT.  
ASK YOUR WAITER TO SHOW YOU THE TRICKS OF THE TRADE!

### BLACKSOD BAY FISHCAKES 8.90

BLACKSOD BAY FISH BLENDED WITH SPRING ONION AND SEASONED POTATO CHAMP, ENCASED IN CRISPY SEASONAL CRUMB, MANGO YOGURT DRIZZLE.  
ALLERGEN: 1,3,4,5,7,12,14

### GRILLED NACHOS PRAWNS 9.90

LIGHT CRISPY NACHOS TOSSED WITH SEASONED PRAWNS, A SLIVER OF JALAPENO PEPPER AND SALSA.. ALLERGEN: 3,7,

### ACHILL ISLAND SMOKED SALMON © 11.90

WARM LOCAL SLIVER OF ACHILL SMOKED SALMON WITH CRUSHED BABY POTATO & HORSERADISH SALAD, ORGANIC BEETROOT & VODKA CRÈME FRAICHE. ALLERGEN: 4,5,7,9,

### LOUISIANA HOT WINGS 'THE BEST WINGS IN TOWN' 7.90

FRESH FIERY CHICKEN WINGS TOSSED IN 'OUR SECRET HOT SAUCE' SERVED WITH CELERY & CARROT STICKS AND A COOL BLUE CHEESE DIP. ALLERGEN: 1,2,7,

### BOURBON BBQ FRESH WINGS 'THE BEST WINGS IN TOWN' 7.90

FRESH SWEET CHICKEN WINGS TOSSED IN OUR DELICIOUS BOURBON SAUCE  
ALLERGEN: 1,2,7,

### TRIO OF CRUSTINI (© IF REQUESTED) 8.90

A LITTLE TAPAS SELECTION OF CRUSTINIS:

- TOLA GOATS CHEESE, HOMEMADE RED ONION MARMALADE & CLASSIC PESTO
- ACHILL ISLAND SMOKED SALMON WITH BEETROOT CRÈME FRAICHE
- PLUM TOMATO, ONION & TORN BASIL. ALLERGEN: 1,4,5,7,10,

### GARLIC MUSHROOMS 7.90

CRISPY COATED MUSHROOMS SWIRLED IN LAVISH AMOUNTS OF GARLIC BUTTER AND GARLIC AIOLI ALLERGEN: 1,2,4

## THE MAIN EVENT...

### TALBOT SEAFOOD PLATTER 22.90

THIS IS A REAL TREAT FOR SEAFOOD LOVERS WITH A SELECTION OF HOT AND COLD SEAFOOD CAUGHT OFF THE COAST. SERVED WITH OUR HOMEMADE BROWN BREAD

ALLERGEN: 1,3,4,5,7,8,9,12,14,

### BEER BATTERED COD (© GRILLED IF REQUESTED) 14.90

OUR FAMOUS BEER BATTERED CRISPY COD WITH MUSHY PEAS, HOMEMADE TARTAR SAUCE AND HOMEMADE CHIPS. ALLERGEN: 1,4,5,9,14,

### LOCAL BLACKROCK ISLAND CRAB CLAWS © 19.90

CAUGHT OFF BLACKROCK LIGHTHOUSE THESE CRAB CLAWS ARE SERVED IN THEIR SHELL FOR TRULY MAXIMUM FLAVOUR WITH GARLIC BUTTER, LEMON & CREST. ALLERGEN: 3

'CRAB THAT TASTES LIKE CRAB BUT YOU'VE GOT TO DO THE WORK'.

### KING PRAWN & CHORIZO PASTA 16.90

PRAWNS & CHORIZO PANFRIED IN A WHITE WINE SAUCE NETANGLED WITH A THICK CUT TAGLIATELLE ALLERGENS, 1,,3,4,7

### PAN SEARED HAKE © 16.90

PAN SEARED CRISPY SKINNED HAKE SET ON A SPRING ONION CHAMP, HOMEMADE TOASTED HAZELNUT CORIANDER & SUN DRIED TOMOATO TAPENADE. ALLERGEN: 5,7,10

### LOBSTER OF THE DAY © PRICE PER LB. ( JUST POP IT ON THE SCALES)

FRESH ERRIS LOBSTER FROM OUR TANK PICK YOUR OWN OR HAVE US FISH FOR YOU, THIS IS AS FRESH AS FRESH GETS.

### BLACKSOD BAY FISHCAKES 14.90

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

ALLERGEN: 1,3,4,5,7,12,14

FISH OR SHELLFISH MAY CONTAIN BONE OR SHELL

## SALAD'S

### MACKERAL SALAD WITH WARM BABY POTATO V© 13.90

ACHILL FLAKED SMOKED PEPPERED MACKEREL THROWN OVER A LARGE BOWL OF FRESH GARDEN SALAD WITH SLICED WARM BABY POTATOES. ALLERGEN : 4,5,9,10,13,14,

### TALBOT HOUSE SALAD V © 11.90

MIXED SALAD BOWL WITH LETTUCE, ONION, TOMATO, BLACK OLIVES , MARINATED SULTANAS, PINENUTS, WALNUTS AND DICED EGG ALLERGEN : 4,9,10,14,

### CAJUN CHICKEN SALAD © 12.90

CAJUN CHICKEN STRIPS WITH MIXED SALAD BOWL WITH LETTUCE, ONION, TOMATO, BLACK OLIVES , MARINATED SULTANAS, PINENUTS, WALNUTS AND DICED EGG ALLERGEN : 4,9,10,14,

### GOATS CHEESE SALAD V © 13.90

WARM GOATS CHEESE CUBES WITH CHOPPED WALNUT & BEETROOT ON A MIXED SALAD ALLERGEN : 1,4,7,9,10,14,

WITH LETTUCE, ONION, TOMATO, BLACK OLIVES , MARINATED SULTANAS, PINENUTS, AND DICED EGG

## MAINS

ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL,  
IF ONE HAS NOT DINED WELL.-VIRGINIA WOOLF

### 12oz SIRLOIN STEAK (© IF REQUESTED) 21.90

PRIME 21 DAY OLD CHARGRILLED SIRLOIN, COOKED TO YOUR LIKING WITH SLOW ROASTED CHERRY TOMATO, CRISPY HOMEMADE ONION RINGS & CRISPY GARLIC POTATO CUBES. PEPPER CORN SAUCE OR GARLIC BUTTER. ALLERGEN: 1,4,7,9,

### STEAK SANDWICH 14.50

STRIPS OF TENDERLOIN STEAK ON GARLIC SCENTED CIABATTA WITH SAUTÉ ONION & MUSHROOM, TOPPED WITH MELTED MATURE CHEDDAR CHEESE & PEPPERCORN SAUCE ON THE SIDE. ALLERGEN: 1,4,7,9,

### ULTIMATE BEEF BURGER 13.90

HOMEMADE BEEF PATTY ON SOURDOUGH BUN WITH RED ONION, CRISPY LETTUCE AND TOMATO TOPPED WITH SWEET REALISH, CRISPY BACON AND MELTED CHEDDAR. ALLERGEN: 1,4,7,12,14,

### TALBOT CHICKEN CURRY 14.90

STRIPS OF CHICKEN SAUTÉ WITH MIXED VEGETABLES SMOTHERED IN A MILDLY SPICED CURRY SAUCE SERVED WITH SOFT BOILED RICE ALLERGEN: 1,4,7,9,14,

### CHICKEN BURGER 13.50

TEXAN STYLE SOUTHERN FRIED CHICKEN FILLET BURGER SEARED ON A TOASTED FLOURY BAP WITH A CAJUN DUSTED HOMEMADE ONION RING & TANGY GUCAMOLE ALLERGEN: 1,4,7,12,14,

### SWEET CHILLI CHICKEN 14.90

TENDER COATED CHICKEN STRIPS WITH MARINATED ONIONS AND FRESH CHILLI IN OUR LIGHT SWEET CHILLI GLAZE... ..EQUALLY GOOD WITH RICE, CHIPS OR NOODLES YOU CHOOSE. ALLERGEN: 1,4,7,

### CHICKEN CARBONARA (© IF REQUESTED) 14.90

CLASSIC CHICKEN & SMOKED BACON IN A WHITE WINE SAUCE ENTANGLED IN A THICK CUT ORGANIC LOCAL TAGLIATELLE WITH CRISPY GARLIC BREAD. ALLERGEN: 1,4,7,

### TALBOT FRESH WINGS 'THE BEST WINGS IN TOWN' 13.90

FRESH SWEET CHICKEN WINGS AVAILABLE FIREY OR WITH OUR BBQ SAUCE BOTH RECOMMENDED WITH CHIPS AND COLESLAW INCLUDED.

ALLERGEN: 1,2,7,

## VEGETARIAN

### VEGETARIAN CHICKPEA CURRY 13.90

SAUTED CHICKPEA WITH MIXED VEGETABLES SMOTHERED IN MILDLY SPICED CURRY SAUCE SERVED WITH SOFT BOILED RICE ALLERGEN: 1,4,7,9,14

### MEDITERRANEAN TOFU BURGER 13.90

SWEET CHARGRILLED TOFU TOPPED WITH LETTUCE TOMATO ONION MELTED CHEDDAR & SRIRACHA AIOLI ALLERGENS 1,7,13

## SANDWICHES

**BREAD CHOICE** : BAGUETTE SEEDED PANINI FLOUR TORTILLA WRAP

**CAJUN CHICKEN** 5.90 WITH CHIPS 7.90 CHICKEN STRIPS WITH  
LETTUCE, ONION AND CAJUN MAYO ALLERGEN: 1,4,6,9,12,

**BACON & BRIE** €5.90 WITH CHIPS €7.90

SOFT FRENCH BRIE PIECES WITH STRIPS OF CRISPY BACON ON A BREAD OF YOUR  
CHOICE WITH CRANBERRY JAM. ALLERGEN: 1,4,6,7,9,12,

**GOATS CHEESE** €5.90 WITH CHIPS €7.90

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

ALLERGEN: 1,4,6,7,9,12

**BLT** €5.90 WITH CHIPS €7.90

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

ALLERGEN: 1,4,7,9,14,

**CLT** €5.90 WITH CHIPS €7.90

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

ALLERGEN: 1,4,7,9,14,

**TALBOTS CLUB** €7.50 WITH CHIPS €9.50

THREE LAYERS OF TOASTED BREAD WITH CHICKEN, HAM, TOMATO, LETTUCE, CHEESE,  
ONION & MAYONNAISE ALLERGEN: 1,4,7,9,14,

**TOASTED ITALIAN TUNA MELT** €8.90

TOASTED HOMEMADE BROWN BREAD WITH OUR UNIQUE RED ONION MARMALADE, SEMI  
SUN BUSHED TOMATO TOPPED WITH TUNA AND COVERED IN CHEDDAR CHEESE UNTIL  
MELTED. ALLERGEN: 1,4,5,7,9,14,

**OPEN SMOKED SALMON SANDWICH** €11.90

SLICED OAKED SMOKED SALMON ON OUR HOMEMADE BROWN BREAD WITH CAPERS, RED  
ONION AND CREAM CHEESE ALLERGEN: 1,4,5,7,9,14,

## YOUR SANDWICH YOUR WAY !

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 3,50 EXTRA TOPPINGS +,50 TOASTED +1.00

FOOD IS COOKED FRESH TO ORDER PLEASE ALLOW **20** MINUTES FOR  
MAIN COURSE (STEAK 30) & LONGER DURING BUSIER TIMES.

**ALL OUR BEEF IS 100% IRISH**

MAIN DISHES ARE SERVED WITH  
HOMEMADE CHUNKY CHIPS OR POT & VEG OR SALAD UNLESS OTHERWISE STATED

COMBINATION 1/2 & 1/2 = €1.50 EXTRA

1/2 POT./VEG & 1/2 CHIPS

1/2 CHIPS & 1/2 SALAD

1/2 RICE & 1/2 CHIPS

## SIDE ORDERS

GARLIC CUBED POTATOES €3.90 HOMEMADE CHIPS €3.50

FRESH MARKET VEGETABLES €3.90 DRESSED SIDE SALAD €3.90

SAUTEED ONIONS €2.00 SAUTEED MUSHROOMS €2.50

## DELIGHTFUL DESSERTS!

### DEEP FILLED APPLE PIE 5.90

DELICIOUS HOMEMADE DEEP FILLED APPLE PIE WITH ICE CREAM **ALLERGEN:** 1,4,7,

### BELGIAN CHOCOLATE WAFFLE 6.90

WARM WAFFLE TOPPED WITH LUSH BELGIAN CHOCOLATE, CARAMEL SAUCE, FRESH BANANAS, SERVED WITH VANILLA ICE-CREAM AND FRESH DAIRY CREAM ...ENOUGH TO SHARE IF YOUR FEELING GENEROUS.**ALLERGEN:** 1,4,7,

### SUMMER BERRY MESS © 5.90

BERRIES ENTWINED WITH MERINGUE NUGGETS AND FRESH DAIRY CREAM **ALLERGEN:** 4,7,

### CHEESECAKE OF THE DAY 5.90

PLEASE ASK SERVER WHAT DELIGHTS WE HAVE ON OFFER TODAY. **ALLERGEN:** 1,4,7,

### BANOFFI PIE 5.90

A REAL FAVOURITE, CRUMBLY BASE LAYERED WITH SOFT TOFFEE CREAM AND BANANAS WITH STRAWBERRY COULIS. **ALLERGEN:** 1,4,7,

### STICKY TOFFEE PUDDING HOMEMADE GLUTEN FREE ©5.90

RICH HOMEMADE GLUTEN FREE WARM TOFFEE PUDDING & ICE CREAM **ALLERGEN:** 4,10,

### DESSERT OF THE DAY 5.90

PLEASE ASK YOUR SERVER FOR TODAY'S TASTY TREAT!  
**ALLERGEN WILL DEPEND ON TODAY'S CHOICE**

## HOT BEVERAGES

AMERICANO	2.20	ESPRESSO	2.20
TEA	2.00	DECAF.COFFEE	2.40
CAPPUCCINO	2.90	MOCHA	2.90
LATTE	2.90	HOT CHOCOLATE	2.90
SELECTION OF HERBAL TEAS			2.40
<b>FLAVOURED COFFEE</b> ADDITIONAL CHARGE (HAZELNUT, CARAMEL, IRISH CREAM & VANILLA )			0.50
IRISH COFFEE (WHISKEY)6.90		BAILEY'S COFFEE	6.90
FRENCH COFFEE (BRANDY)6.90		KALYPSO COFFEE (TIA MARIA)	6.90

## ALLERGENS

ALL 14 ALLERGENS ARE OPENLY USED THROUGHOUT OUR KITCHEN.

TRACE AMOUNTS MAY BE PRESENT AT ALL STAGES OF COOKING.

OUR ALLERGEN GUIDE IS LISTED BELOW AND EACH DISH IS

NUMBERED ACCORDING TO ALLERGENS PRESENT.

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|---|---|
| 1. CEREALS—1. BARLEY 2. BRAN 3. OATMEAL 4. OATS 5. RYE 6. WHEAT 7. WHOLEGRAIN | 2. CELERY/CELERIAC  |
| 3. CRUSTACEANS—CRAB, CRAYFISH, LOBSTER, PRAWN, SHRIMP                         | 4. EGGS   |
| 5. FISH   | 6. LUPIN  |
| 7. MILK / CREAM   | 8. MOLLUSCS—CLAMS, COCKLES, MUSSEL, OCTOPUS, OYSTER, SCALLOP, SNAIL, SQUID                    |
| 9. MUSTARD<br>CHIO 8. WALNUT  | 10. NUTS—1. ALMOND 2. BRAZIL NUT 3. CASHEW 4. HAZELNUT 5. MACADAMIA 6. PECAN NUT 7. PISTACHIO |
| 11. PEANUTS   | 12. SEASAME SEEDS   |



LIST OF SUPPLIERS **TRUE TO REGION, TRUE TO SEASON!**

<b>FISHMONGERS:</b>	LOCAL FISHERMAN CATHAL REILLY ,GLENLARA, BELMULLET KEEM BAYFISH PRODUCE, ACHILL ACHILL SEASALT, ACHILL
<b>PASTA</b>	NÁDÚRTHA, BARHAVE, BELMULLET
<b>MEAT:</b>	MICHAEL CARR'S, BALLINA PALLAS FOOD ,LIMERICK
<b>BAKERY:</b>	BACUS UÍ DONNACHA BELMULLET
<b>FRUIT &amp; VEG:</b>	LAVIN'S FRUIT AND VEGETABLES, CASTLEBAR
<b>WHOLESALEERS:</b>	MANGAN'S CASH AND CARRY, CASTLEBAR CUFFES CENTRA, BELMULLET INISCOE ORGANIC GARDENS, CROSSMOLINA

SUNSET AT BLACKSOD LIGHTHOUSE  
One of 2 square lighthouses in the world!

**Slán & Beannacht**

THANK YOU FOR CHOOSING TO DINE WITH US ....  
NOT ONLY HAVE YOU SUPPORT 50 HARDWORKING LOCAL STAFF &  
THEIR FAMILIES BUT WE HOPE YOU GOT TO  
EXPERIENCE A TASTE OF THE BEAUTY OF ERRIS  
ITS FRIENDLY PEOPLE & GREAT FOOD.

**THE BARONY RESTAURANT**

upstairs at THE TALBOT HOTEL



for Culinary Excellence

**BOOKING ESSENTIAL**