TALBOT'S

SEAFOOD BAR

TALBOT'S
Seafood Bar

FOOD SERVED ALL DAY

8.00AM-9PM ON THE WILD ATLANTIC WAY

MULTI AWARD WINNING

BARONY RESTAURANT

upstairs at THE TALBOT HOTEL

AWARDED THE PRESTIGIOUS AA ROSETTE

FOR CURLINARY EXCELLENCE

AA
FOR CULINARY EXCELLENCE

Open Thur. Fri. Sat & Sun

6.30-9.30pm

Booking Advisable!

097 20484

STARTERS

HOMEMADE SOUP OF THE DAY © €4.50

WITH FRESHLY BAKED BROWN SODA BREAD COELIAC BREAD AVAILABLE ON REQUEST PLEASE ASK YOUR SERVER FOR DETAILS

WILD ATLANTIC SEAFOOD CHOWDER © €7.90

WILD ATLANTIC ASSORTMENT OF FRESH FISH IN A RICH & CREAMY FISH SOUP WITH OUR HOMEMADE BROWN SODA LOAF

WILD ATLANTIC WAY BLACKROCK CRAB CLAWS © €10.90

CAUGHT OFF BLACKROCK LIGHTHOUSE THESE CRAB CLAWS ARE SERVED IN THEIR SHELL FOR MAXIMUM FAVOUR WITH GARLIC BUTTER AND FINISHED WITH LEMON & PARSLEY… ….CRAB THAT TASTES LIKE CRAB ! BUT YOU'VE GOT TO WORK FOR IT. ASK YOUR WAITER TO SHOW YOU THE TRICKS OF THE TRADE!

WILD ATLANTIC WAY LOCAL MUSSELS €9.90

HERB CRUSTED ERRIS MUSSELS BAKED UNTIL GOLDEN BROWN AND SERVED WITH SEASONAL SALAD

BLACKSOD BAY FISH CAKES

€8.90 BLACKSOD BAY FISH & POTATO CAKES IN SEASONED CRUMB WITH CRÈME FRAICHE

TALBOT STYLE PRAWNS © €8.90

PRAWN COCKTAIL SERVED ON A BED OF CRISPY LETTUCE, MASKED IN A TANGY MARIE ROSE SAUCE, DUSTED WITH SMOKED PAPARIKA

GARLIC BREAD V €4.50

CRUSTY BAGUETTE WITH LASHINGS OF GARLIC BUTTER +CHEESE €1.00

LOUISIANNA CHICKEN WINGS €7.90

FIERY CHICKEN WINGS TOSSED IN OUR SECRET INHOUSE HOT SAUCE, SERVED WITH A BLUE CHEESE DIP

GARLIC MUSHROOMS V €6.90

IN A GOLDEN CRUMB TOPPED WITH PESTO, MELTED CHEESE, GARLIC MAYONNAISE & FRESH SALAD LEAVES .

BRUSCHETTA €7.90

TALBOT STYLE BRUSCHETTA WITH TOMATO & CHICKEN TOPPED WITH MOZZARELLA CHEESE, GLAZED WITH PESTO.

GOATS CHEESE SALAD V €7.90

WARM GOATS CHEESE CUBES WITH CHOPPED WALNUT & BEETROOT GARDEN SALAD WITH FRESH MINT & PESTO GREEK YOGURT DRESSING

WE CATER FOR A VARIETY OF SPECIAL DIETS

© = CAN BE ADAPTED FOR COELIAC IF REQUESTED

PLEASE ADVISE YOUR SERVER IF YOU ARE CEOLIAC, TO ENSURE YOU RECEIVE GLUTEN FREE BREAD OR PASTA AS APPROPRIATE

MAIN COURSES CONTINUED

WARM ASIAN BEEF SALAD © €13.90

STRIPS OF QUICK FIRED FIERY BEEF, WOK TOSSED WITH ASIAN SPICES AND DROPPED OVER A BOWL OF FRESH GARDEN SALAD WITH SESAME SEEDS AND PARSLEY GARNISH

TEXAN CHICKEN BURGER €12.90

SOUTHERN FRIED CHICKEN FILLET BURGER WITH CAJUN DUSTED ONION RINGS AND TANGY GAUOLMOLE

SOUTHERN FRIED CHICKEN €14.90

CRISPY SOUTHERN COATED ESCALLOP OF CHICKEN SET ON CHAMP POTATO, SERVED WITH A TENESSESEE WHISKY & SWEETCORN SAUCE.

CHICKEN CURRY © €13.90

DICED CHICKEN PIECES, WOK TOSSED WITH VEGETABLES AND COVERED WITH A MILDLY SPICED CURRY SAUCE, SERVED WITH SOFT BOILED RICE

CHICKEN CARBONARA €14.90

CLASSIC CHICKEN AND SMOKED BACON IN A WHITE WINE SAUCE ENTANGLED IN A THICK CUT ORGANIC LOCAL TAGLIATELLE WITH GARLIC BREAD

CHICKEN ENCHILADA €13.90

MEXICAN FLAVOURED VEGETABLES IN A MILDLY SPICY TOMATO SAUCE WITH CHICKEN SERVED WITH WARM FLOUR TORTILLA TOPPED WITH MELTED CHEESE

BEEF ENCHILADA €14.90

VEGETARIAN ENCHILADA V €12.90

CHICKEN STIRFRY €13.90

ORIENTAL SCENTED VEGETABLES WOK TOSSED IN CHINESE SPICES WITH CHICKEN AND FINISHED WITH A ZESTY HONEY & GINGER SAUCE SERVED WITH SOFT BOILED RICE OR EGG NOODLES

VETETARIAN STIRFRY V €12.90

SALAD'S

TALBOT HOUSE SALAD V © €11.90

MIXED SALAD BOWL WITH LETTUCE, ONION, TOMATO, BLACK OLIVES , MARINATED SULTANAS, PINENUTS, WALNUTS AND DICED EGG

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

GOATS CHEESE SALAD V © €13.90

WARM GOATS CHEESE CUBES WITH CHOPPED WALNUT & BEETROOT ON A MIXED SALAD WITH LETTUCE, ONION, TOMATO, BLACK OLIVES , MARINATED SULTANAS, PINENUTS, AND DICED EGG

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

COMBINATION 1/2 AND 1/2 = €1.50 EXTRA

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

1/2 CHIPS & 1/2 SALAD

1/2 RICE & 1/2 CHIPS

FISH OR SHELLFISH MAY CONTAIN BONE OR SHELL

ALL OUR BEEF IS 100% IRISH

MAIN COURSES

WILD ATLANTIC WAY

FOR ALL YOU FISHY FISHY LOVERS ...

TALBOT SEAFOOD PLATTER €20.90

THIS IS A REAL TREAT FOR SEAFOOD LOVERS WITH A SELECTION OF HOT AND COLD SEAFOOD AND OUR HOMEMADE BROWN BREAD

BEER BATTERED COD €14.90

OUR FAMOUS BEER BATTERED CRISPY COD FILLETS WITH MUSHY PEAS AND HOMEMADE TARTARE SAUCE.

BLACKROCK CRAB CLAWS © €18.90

CAUGHT OFF BLACKROCK LIGHTHOUSE THESE CRAB CLAWS ARE SERVED IN THEIR SHELL FOR MAXIMUM FAVOUR WITH GARLIC BUTTER AND FINISHED WITH LEMON & PARSLEY... ....CRAB THAT TASTES LIKE CRAB ! BUT YOU'VE GOT TO WORK FOR IT.

ASK YOUR WAITER TO SHOW YOU THE TRICKS OF THE TRADE!

SERVED WITH HOMEMADE BROWN BREAD

GRILLED FILLET OF HADDOCK © €15.90

GRILLED FILLET OF FRESH HADDOCK SERVED WITH FRESH DILL & GARLIC HERB BUTTER

SALMON © €15.90

GRILLED FILLET OF SALMON SET ON A CREAMY MASH POTATO WITH A WHITE WINE , DILL CREAM AND BABY PRAWN SAUCE.

SEAFOOD NADURTHA PASTA MEDLEY €14.90

SMOKED SALMON AND COD FLAKED ENFUSED IN OUR WHITE WINE SAUCE ENTANGLED IN A THICK CUT LOCAL ORGANIC TAGLIATELLE PASTA & GARLIC BREAD.

HAKE © €16.90

PANSEARED CRISPY HAKE SET ON A SPRING ONION MASH, TOPPED WITH A HOMEMADE TANGY TOMATO AND TARRAGON RELISH

CALAMARI RINGS €14.90

CRISPY CALAMARI RINGS ARRANGED ON A FRESH GARDEN SALAD BOWL DRIZZLED WITH A SWEET CHILLI SAUCE.

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.

MEATY LOVERS...

GRILLED 10OZ SIRLOIN STEAK © €21.90

COOKED TO YOUR LIKING, SERVED WITH ONION RINGS AND A CHOICE OF PEPPER SAUCE OR GARLIC BUTTER (PLEASE ALLOW TIME TO COOK)

8OZ CHARGRILLED BEEF BURGER €12.90

SERVED IN A FLOURY BAP TOPPED WITH CRISPY LETTUCE, TOMATO, ONION & BALLYMALOE RELISH(PLEASE ALLOW TIME TO COOK)

STEAK SANDWICH © €13.90

STRIPS OF TENDERLOIN ON GARLICKY CIABATTA WITH SAUTÉED ONIONS AND MUSHROOMS TOPPED WITH MELTED CHEDDAR AND PEPPER SAUCE ON THE SIDE

DELIGHTFUL DESSERTS!

WARM CHOCOLATE BROWNIE €5.90
SERVED WITH VANILLA ICE CREAM & CHOCOLATE GNACHE

BANOFFI PIE €5.90
A FIRM FAVOURITE ; THIS CARAMEL AND CREAM DESSERT ON A BISCUIT BASE IS TOPPED WITH FRESHLY SLICED BANANA AND STRAWBERRY COULIS.

CHEESECAKE OF THE DAY €5.90
PLEASE ASK SERVER WHAT DELIGHTS WE HAVE ON OFFER TODAY.

WARM APPLE PIE €5.90
SERVED WITH ICE-CREAM

SUMMER BERRY MESS €5.90
A SELECTION OF BERRIES ENTWINED IN CREAM AND FRUIT PUREE...HEAVENLY

DESSERT OF THE DAY €5.90
PLEASE ASK YOUR SERVER FOR TODAY'S DELIGHT'S!

HOT BEVERAGES

AMERICANO	€2.20	ESPRESSO	€2.20
TEA	€2.00	DECAF.COFFEE	€2.20
CAPPUCCINO	€2.90	MOCHA	€2.90
LATTE	€2.90	HOT CHOCOLATE	€2.90

SELECTION OF HERBAL TEAS €2.20

FLAVOURED COFFEE ADDITIONAL CHARGE €0.20
(HAZELNUT, CARAMEL, IRISH CREAM & VANILLA)

IRISH COFFEE	€6.90	BAILEY'S COFFEE	€6.90
FRENCH COFFEE	€6.90	KALYPSO COFFEE	€6.90

SIDE ORDERS

GARLIC CUBED POTATOES	€3.50	HOMEMADE CHIPS	€3.50
FRESH MARKET VEGETABLES	€3.50	DRESSED SIDE SALAD	€3.50
SAUTEED ONIONS	€2.00	SAUTEED MUSHROOMS	€2.50
HOMEMADE ONION RINGS	€4.00	COLESLAW	€2.50

♥ HAPPY HEART dishes designed for you to be healthier, they may be modified to have reduced fat or sugar, simply cooked or made with a light mayonnaise

ALL STAR CAST

BREAD CHOICE : BAGUETTE SEEDED PANINI FLOUR TORTILLA WRAP

CAJUN CHICKEN
€5.90 WITH CHIPS €7.90

CHICKEN STRIPS WITH LETTUCE, ONION AND CAJUN MAYO

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.

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

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 3.00 COMBINATION 4.50 TOASTED +1.00

BLT
€5.90 WITH CHIPS €7.90

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

CLT
€5.90 WITH CHIPS €7.90

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

TALBOTS CLUB
€6.90 WITH CHIPS €8.90

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

THE ULTIMATE INDULGENCE!

TOASTED ITALIAN TUNA MELT
€8.90

TOASTED HOMEMADE BROWN BREAD WITH OUR UNIQUE RED ONION MARMALADE, SEMI SUN BLUSHED TOMATO TOPPED WITH TUNA AND COVERED IN CHEDDAR CHEESE UNTIL MELTED.

OPEN SMOKED SALMON SANDWICH
€11.90

SLICED OAKED SMOKED SALMON ON OUR HOMEMADE BROWN BREAD WITH CAPERS, RED ONION AND CHIVE CRÈME FRAICHE

OPEN PRAWN SANDWICH
€10.90

CHILLED PRAWNS SET ON OUR HOMEMADE BROWN BREAD DRIZZLED WITH TANGY MARIE ROSE SAUCE

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

QUARTER BOTTLE SELECTION

RED

Santa Luz	Merlot	Chile	€5.50
Santa Luz	Cabernet Sauvignon	Chile	€5.50
Takun Reserva	Merlot	by the glass	€5.50

WHITE

Santa Luz	Sauvignon Blanc	Chile	€5.50
Yellow Tail	Pinot Grigio	Australia	€5.80
Domaine Peiriere	Chardonnay	France	€5.70
Takun Reserva	Sauvignon Blanc	by the glass	€5.50
Rocca Ventosa	Pinot Grigio	by the glass	€5.50

ROSE

Blossomhill	White Zinfandel	California	€5.50

RED WINE SELECTION

Takun Reserva **Merlot** **Chile** **€22.00**
By the glass €5.50

Very deep bright red colour. It offers good varietal expression on the nose, with aromas of fresh fruit and some spicy notes, rounded with a touch of coffee.

Man Vintners **Pinotage** **South Africa €27.50**

Red berries and sweet oak, aromas leap from the glass alongside a twist of peppery spice.

Rocca Ventosa Mountepulciano d'Abruzzo Italy €25.50

Ruby red colour with purple highlights. Bouquet of small red fruit, violets and liquorice. Full bodied with well intergrated soft tannins.

Benchmark **Shiraz** **Australia €23.00**

Deep purple in colour with a highly perfumed nose. Aromas are dominated by red berry fruits, subtle blueberry and milk chocolate with a touch of sweet vanilla.

One cannot think well, love well, sleep well,
if one has not dined well.-Virginia Woolf

WHITE WINE SELECTION

TAKUN RESERVA **SAUVIGNON BLANC** **CHILE** **€22.00**
BY THE GLASS **€5.50**

STRAWBERRY FRUIT NOSE, GOOD DEPTH AND WEIGHT OF SWEET FRUIT WITH A BALANCE OF RIPE TANNINS

DOMAINE LA CHATELAIN CHABLIS **FRANCE** **€36.50**

CLEAR AND BRIGHT WITH A PALE LEMON COLOUR AND GREEN TINTS

ROCCA VENTOSA **PINOT GRIGIO** **FRANCE** **€24.00**
BY THE GLASS **€5.80**

GOLDEN STRAW YELLOW WITH GREEN HIGHLIGHTS. FRUITY WITH A DELICATE FLOWERY TOUCH. FULL BODIED, WELL BALANCED AND WELL STRUCTURED.

BENCHMARK **CHARDONNAY** **AUSTRALIA** **€23.00**

PLEASING AROMAS OF FRESH MELON AND ALLURING ORANGE BLOSSOM; IT IS FRESH, CRISP AND MEDIUM-BODIED, SHOWING DELICIOUS RICHNESS OF FRUIT AND GOOD ACID BALANCE.

MON VINTERS **CHENIN BLANC** **SOUTH AFRICA** **€27.50**

LIVELY TROPICAL FRUIT SUCH A GUAVA AND MELON. ASSERTIVE FRESH CITRUS AND TROPICAL FRUIT WITH A LOVELY MINERAL CHARTER.

FOOD IS COOKED FRESH TO ORDER PLEASE ALLOW 20 MINUTES

FOR MAIN COURSE (STEAK 30) & LONGER DURING BUSIER TIMES.

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

FISHMONGERS:	CATHAL REILLY ,GLENLARA, BELMULLET
	LOCAL FISHERMAN
PASTA	NÁDÚRTHA, BAURHAVE, BELMULLET
MEAT:	MICHAEL CARR'S, BALLINA
	PALLAS FOOD ,LIMERICK
BAKERY:	BACUS UÍ DONNACHA BELMULLET
FRUIT & VEG:	LAVIN'S FRUIT AND VEGETABLES, CASTLEBAR
WHOLESALERS:	MANGAN'S CASH AND CARRY, CASTLEBAR
	CUFFES CENTRA, BELMULLET

Slán& Beannacht

THANK YOU FOR CHOOSING TO DINE WITH US ….YOU HAVE HELPED SUPPORT 50 HARDWORKING LOCAL STAFF & THEIR FAMILIES Mise le méas, TOMMY & ORLA TALBOT