

## STARTERS –Cúrsa Tosaigh

### HOMEMADE VEGETABLE SOUP 5.90 *COELIAC FRIENDLY*

SERVED WITH OUR FRESHLY BAKED BROWN BREAD  
*SOUP IS GLUTEN FREE... BREAD CAN BE CHANGED BY REQUEST*

### WILD COAST SEAFOOD CHOWDER 11.50 *COELIAC FRIENDLY*

HEARTY ASSORTMENT SALMON, COD, SMOKED HADDOCK IN OUR RICH CREAMY FISH SOUP, SERVED WITH OUR BAKED BROWN BREAD  
*CHOWDER IS GLUTEN FREE....BREAD CAN BE CHANGED BY REQUEST*

### BLACKSOD FISHCAKES 12.90

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

### PRAWN COCKTAIL 13.90 *COELIAC FRIENDLY*

BABY PRAWNS ON A BED OF MIXED LEAVES WITH SPICED MARY ROSE DIP

### ORGANIC OAK SMOKED SALMON WITH BOXTY 13.90

A TRADITIONAL BELMULLET POTATO BREAD A *MUST TRY* WHILE IN THE WEST, WITH OAK SMOKED SALMON, SOUR CREAM, CAPERS & BEETROOT

### CHILLI BEEF NACHO SKILLET 10.90

NACHOS LOADED WITH CHILLI BEEF, MELTED CHEESE, SOUR CREAM & GUACAMOLE ON THE SIDE

### CHICKEN & BACON CAESAR SALAD 11.90 *COELIAC ADAPTABLE*

CHICKEN, BACON, PARMESAN CHEESE, CRISPY COS LETTUCE, CROUTONS AND CAESAR DRESSING

### BREADED MOZZARELLA STICKS 8.90

GREEN SALAD LEAVES WITH SWEET CHILLI AND LIME AOILI

### GOAT'S CHEESE & BEETROOT SALAD 12.90

*COELIAC FRIENDLY VEGAN ADAPTABLE (Vegan Cheese)*

BITTER LEAVES, BEETROOT, STRAWBERRIES & ELDERFLOWER DRESSING WITH ROASTED HAZELNUT GRANOLA

### FIERY LOUISIANA HOT WINGS 10.90 *COELIAC FRIENDLY*

SERVED WITH CELERY STICKS AND BLUE CHEESE LEMON & CHIVE DIP

### BOURBON BBQ FRESH WINGS 10.90 *COELIAC FRIENDLY*

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

### BRUSCHETTA 10.90 *COELIAC ADAPTABLE*

CIABATTA LOADED WITH A BLEND OF TOMATOES, ONION, GARLIC AND PESTO DRIZZLED WITH BALSAMIC DRESSING...DELICIOUS

### CHILLI BEAN NACHO SKILLET 11.50 *VEGAN*

NACHOS LOADED WITH OUR 5 BEAN CHILLI SAUCE , MELTED VEGAN CHEESE, & GUACAMOLE ON THE SIDE

**ALL FOOD IS COOKED FRESH TO ORDER**

**PLEASE ALLOW TIME FOR SERVICE**

20 MINUTES + DEPENDING ON ORDERS & MORE AT PEAK  
TIMES....SO IF ITS BUSY & YOUR STARVING ...ORDER THAT STARTER!!!

**ALL OUR BEEF IS 100% IRISH**

CAUTION: FISH & SHELLFISH MAY CONTAIN BONE OR SHELL

## **SANDWICHES -Ceapairí**

SERVED FROM 12-6PM

Add chips +4.50

COELIAC ADAPTABLE ON REQUEST

### **GOAT'S CHEESE PANINI 8.90**

CREAMY GOAT'S CHEESE WITH SUN-BLUSHED TOMATO, BASIL PESTO,  
BLACK OLIVES WITH RED ONION MARMALADE

### **CAJUN MELT ON SOURDOUGH 8.90**

CAJUN CHICKEN ON SOURDOUGH, RED ONION,  
MELTED CHEESE & CAJUN MAYO

### **OPEN PRAWN & SMOKED SALMON SANDWICH 13.90**

PRAWNS IN MARIE ROSE SAUCE AND SMOKED SALMON WITH  
CREAM CHEESE ON OUR TALBOT BROWN BREAD

### **CHICKEN PESTO PANINI 8.90**

CHICKEN STRIPS WITH PESTO MAYONNAISE, RED ONION.  
TOPPED WITH MELTED CHEDDAR

### **BLT 7.90**

TOASTED BREAD (2 LAYERS) WITH BACON,  
LETTUCE, TOMATO & MAYO

## **SIDE ORDER ...ar an taobh**

DRESSED SIDE SALAD 4.50

COLESLAW 3.90

HOMEMADE CHIPS 4.90

SAUTEED ONIONS 3.90

POTATO WEDGES 4.90

½ & ½ EXTRA 2.00

MUSHROOMS 3.90.

SWEET POTATO FRIES 4.90

PEPPERED SAUCE 2.00

GARLIC MAYONNAISE 2.00

CURRY SAUCE 2.00

GRAVY 2.00

## SEAFOOD...Ón Fharrage

### BEER BATTERED COD & CHIPS 19.90

*COELIAC ADAPTABLE can be grilled*

OUR FAMOUS BEER BATTERED COD WITH LEMON INFUSED ACHILL  
SEA SALT, MUSHY PEAS, DILLISK INFUSED TARTAR SAUCE

### POACHED DARNE OF SALMON 22.90 *COELIAC FRIENDLY*

SALMON ON A BED OF CHAMP MASHED POTATO WITH A  
HORSERADISH & CELERIAC CREAM

### BLACKSOD FISHCAKES WITH CHIPS 17.90

OUR FAMILY RECIPE CONSISTS OF A MELODY OF FISH FLAKED AND  
BLENDED IN SEASONED POTATO CHAMP, ENCASED IN A CRISPY  
CRUMB WITH A MANGO YOGURT DRIZZLE

### WILD ATLANTIC SEAFOOD PLATTER 31.90 *COELIAC ADAPTABLE*

OUR HOUSE SPECIALITY IS A REAL TREAT FOR SEAFOOD LOVERS  
A SELECTION OF HOT & COLD SEAFOOD WITH HOMEMADE TARTARE & INHOUSE  
BROWN SODA BREAD, VARIES SEASONALLY WITH FISHING CONDITIONS

### BLACKSOD CRABCLAWS *Brown bread & garlic butter* 28.90

CAUGHT IN THE DEEP WATERS BEHIND BLACKROCK LIGHTHOUSE  
BY LIFELONG FISHERMAN DECLAN LABELLE...SUPPLY IS WEATHER DEPENDENT.  
SERVED IN THE SHELL FOR FULLER FLAVOUR...BUT YOU HAVE TO WORK FOR YOUR  
SUPPER & CRACK YOURSELF...ENJOY! *COELIAC ADAPTABLE- CHANGE BREAD*  
BE NICE TO YOUR SERVER THEY CAN RESCUE YOU IF YOU GET INTO DIFFICULTY  
(IT INVOLVES NOTHING MORE THAN A TABLE KNIFE & KNOWHOW)

### SEAFOOD TAGLIATELLE 19.90 *COELIAC ADAPTABLE*

KING PRAWNS & MUSSELS ENTANGLED IN A RICH TOMATO  
SAUCE, CHORIZO, FRESH BASIL & SPINACH

### FISH SPECIAL OF THE DAY

PLEASE CHECK WITH SERVER WHAT SPECIALS ARE ON TODAY  
....WHEN THEY'RE GONE, THEY'RE GONE

## BEEF...Mairteoil

### 10oz SIRLOIN STEAK 29.90 *COELIAC FRIENDLY*

PRIME 21 DAY AGED SIRLOIN, CARMELISED ONION & MUSHROOMS,  
SERVED WITH HOMEMADE CHIPS

**STEAK SANDWICH & CHIPS 18.50 *COELIAC ADAPTABLE***

STRIPS OF TENDERLOIN STEAK ON GARLIC MAYO SMOTHERED  
CIABIATTA, SAUTÉD ONIONS & MUSHROOMS, MELTED  
MATURE CHEESE & PEPPERCORN SAUCE ON THE SIDE

**ROAST SIRLOIN OF IRISH BEEF 17.90 *COELIAC ADAPTABLE***

SERVED WITH CREAMY MASHED POTATOES, YORKSHIRE PUDDING,  
WINTER VEGETABLES & RED WINE JUS

**DELUXE SOURDOUGH BEEF BURGER 17.90**

INHOUSE BEEF PATTY, CRISPY BACON, MELTED DUBLINER CHEDDAR,  
TOMATOE RELISH, MIXED LEAVES, ONION & TOMATO WITH SEASONED CHIPS

**CHICKEN...Sicín**

**TEXAN CHICKEN BURGER 17.90**

SOUTHERN SPICED BREADED CHICKEN FILLET, TOASTED SOURDOUGH BUN,  
LETTUCE, TOMATOES, RED ONION & GUACAMOLE WITH CHIPS

**FRAGRANT TALBOT CURRY *COELIAC FRIENDLY***

MIXED VEGETABLES SERVED WITH LIME INFUSED RICE & GARLIC NAAN  
WITH CHICKEN 18.50 OR PRAWNS 20.90

**FIERY LOUISIANA HOT WINGS 16.50 *COELIAC FRIENDLY***

FIREY FRESH WINGS TOSSED IN OUR SECRET HOT SAUCE SERVED COOLING  
BLUE CHEESE & GARLIC CRÈME FRAICHE .....CHIPS & COLESLAW

**VEGAN TOFU CURRY 18.50 *VEGAN & COELIAC FRIENDLY***

SAUTÉD TOFU WITH CHICKPEAS, PEPPERS, ONIONS, POTATO, SMOTHERED  
IN OUR AROTAMIC MILD CURRY, STEAMED RICE & POPPADOM

**BOURBON BBQ FRESH WINGS 16.50 *COELIAC FRIENDLY***

TASTY SWEET WINGS SMOTHERED IN OUR BBQ SAUCE  
SERVED WITH CHIPS AND COLESLAW

**CHICKEN DRY HOT & SPICY 16.90**

BREADED CHICKEN WITH CARMELISED CHILLI ONIONS,  
CURRY SAUCE, EQUALLY GOOD WITH RICE OR CHIPS YOU CHOOSE!

**DEAR COELIACS,**

MANY OF OUR DISHES CAN BE ADAPTED FOR COELIACS; WE MAKE A COELIAC DESSERT  
ESPECIALLY FOR YOU. WE USE CORNFLOUR WIDLY TO THICKEN OUR SAUCES & GRAVIES, WE  
OFFER GF BURGER BUNS, GF BREAD, GF PIZZA BASE AND GF PASTA (AS YOU WILL BE AWARE GF  
PASTA IS SLOWER TO COOK)

PLEASE TELL SERVERS IF YOU HAVE ANY SPECIAL DIETARY REQUESTS

**A FULL ALLERGEN MENU IS AVAILABLE**

## DESSERT *MAKES EVERYTHING BETTER!...Milseoga*

### TALBOT'S EVERCHANGING CHEESECAKE 7.20

YOU ARE IN FOR A TREAT WITH OUR CREAMY INDULGENT CHEESECAKE  
PLEASE CHECK WITH YOUR SERVER THE FLAVOUR OF THE DAY

### BAKED CHOCOLATE BROWNIE 7.20 *COELIAC FRIENDLY*

WARM BROWNIE TOPPED WITH CARAMEL, CHOCOLATE SAUCE & VANILLA ICE CREAM

### OUR ORIGINAL BANOFFI PIE 7.20

A FIRM FAVOURITE FOR 20 YEARS  
BISCUIT BASE, TOFFEE, CREAM, BANANAS, ACHILL SALTED CARAMEL SAUCE

### CHOCOLATE & ORANGE CAKE 7.20 *VEGAN IF REQUESTED*

IMAGINE TERRY'S CHOCOLATE ORANGE MARRIES CAKE...YUMMY!  
ORANGE & COCONUT CARAMEL, VANILLA ICE CREAM *OR SORBET FOR VEGANS*

### HOMEMADE LEMON MERINGUE PIE 7.20

A CITRUS LEMON CURD IN A SHORTBREAD PASTRY CASE,  
TOPPED WITH ITALIAN MERINGUE

### TALBOT'S BERRY MESS 7.20

A MIX OF OUR BERRIES INTERTWINED WITH CREAM AND HOMEMADE MERINGUE

### SHARING CHOCOLATE CHIP COOKIE SKILLET 9.30

SKILLET BAKED GIANT COOKIE TOPPED WITH VANILLA ICE-CREAM

### STRAWBERRY JELLY & VANILLA ICE CREAM 6.90 *COELIAC FRIENDLY*

### ICE CREAM SUNDAES 6.20

\*LOTUS BISCOFF SUNDAE \*OREO SUNDAE \* FERRER ROCHER SUNDAE

\*FRESH STRAWBERRY SUNDAE (GF) \*MINT AERO SUNDAE (GF)

*GF ARE COELIAC FRIENDLY WITHOUT THE WAFER*

BAILEYS COFFEE 9.00

IRISH COFFEE 9.00

FRENCH COFFEE 9.00

KALYPSO COFFEE 9.00

FRESHLY BAKED IN HOUSE

FRUIT SCONE with Jam & Cream 3.00

PLAIN SCONE with Jam & Cream 3.00

## PIZZA...Píotsa

*ADD COMBO CHIPS TO YOUR PIZZA +3.90*

STONEBAKED PIZZA USING OUR OWN HOMEMADE DOUGH

WITH THE FINEST ITALIAN FLOUR IN THE TRADITIONAL STYLE AND FERMENT

FOR 3 DAYS TO DEEPEN THE FLAVOUR.

OUR AUTHENTIC RECIPE CONTAINS NO SUGAR OR OIL IN THE DOUGH OR SAUCE

### OUR SIGNATURE PIZZAS

#### POSH PEPPERONI 15.90

PEPPERONI, RED ONION MARMALADE, JALEPENOS,  
BALSAMIC DRIZZLE AND FRESH ROCKET

#### CHICKEN PESTO 14.90

SPICY TOMATO SAUCE WITH SMOKED CHICKEN,  
PARMESAN SHAVINGS, PESTO

#### MEDITERRANEAN 14.90

GOAT'S CHEESE, SUNDRIED TOMATOES, OLIVES & PESTO, PEPPERS & PESTO

#### ITALIAN 15.90

FRESH MOZZARELLA, SUNDRIED TOMATOES, PESTO,  
PEPPERONI AND FRESH ROCKET

#### MEATFEAST 15.90

CRISPY BACON, PEPPERONI, SMOKED CHICKEN, HAM & CHORIZO

#### VEGAN MEDITERRANEAN 15.90 VEGAN

VEGAN CHEESE, SUNDRIED TOMATOES, OLIVES, PEPPERS & PESTO

#### MARGHERITA 12.90

TOPPED WITH OUR HOUSE SAUCE, FRESH MOZZARELLA & BASIL

#### HAWAIIAN 13.50

TOPPED WITH OUR HOUSE SAUCE, FRESH MOZZARELLA HAM  
& PINEAPPLE (don't tell the Italian's)

#### PEPPERONI 13.90

TOPPED WITH OUR HOUSE SAUCE, SPICY PEPPERONI & FRESH MOZZARELLA

*ADD COMBO CHIPS TO YOUR PIZZA +4.50*

### CREATE IT YOURSELF:

REGULAR TOPPINGS... +.80 OLIVES, ONIONS, TOMATO,  
MUSHROOMS, PEPPERS, PINEAPPLE, JALEPENOS, ROCKET

GOURMET TOPPINGS+1.60 SUNDRIED TOMATOES,  
PEPPERONI, CRISPY BACON, BABY PRAWNS, HAM,  
SMOKED CHICKEN, PARMESAN SHAVINGS, CHILLI BEEF



***OPEN FROM EARLY TO WAY PAST YOUR BEDTIME !!!***

**BREAKFAST 9-12 AM**

**FOOD SERVED DAILY 12.30-8.30PM**

**WELCOME TO TALBOT'S BELMULLET,**















*WE HOPE YOU ENJOY YOUR EXPERIENCE, BUT ESPECIALLY OUR TEAM.  
BE KIND TO OUR TEAM ...MOM'S ADVICE STILL STANDS  
**'TREAT PEOPLE LIKE YOU WOULD LIKE TO BE TREATED'**  
IT'S A GREAT RULE TO LIVE BY.*

*TO US OUR TRIBE ARE SPECIAL, SOME ARE ON THIS JOURNEY WITH US FOR 20 YEARS,  
MANY MORE JOINING ALONG THE WAY, A FEW ARE NEWBIE'S STARTING OFF IN THERE  
FIRST JOB....REMEMBER THOSE DAYS?*

*LIKE ANY FAMILY WE ARE IMPERFECT, BUT WE HAVE LOTS OF HEART, BELMULLET  
GRIT, LOVE TO LAUGH AND ARE HAPPIEST WHEN YOU OUR CUSTOMERS ARE HAPPY.*

**ALLERGENS**

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

 PEANUT	 NUTS	 MOLLUSC	 FISH	 DAIRY	 EGG	 CRUSTACEAN (SHELLFISH)
 GLUTEN (WHEAT)	 SOYA	 CELERIAC	 MUSTARD	 SULPHUR DIOXIDE	 LUPIN	 SESAME SEEDS

**FULL ALLERGEN MENU AVAILABLE ON REQUEST**

**"SOME CAUSE HAPPINESS WHERE EVER THEY GO, OTHERS WHENEVER THEY GO."**

**....OSCAR WILDE**