

STARTERS –Cúrsa Tosaigh

HOMEMADE VEGETABLE SOUP 6.20 *COELIAC FRIENDLY*

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

WILD COAST SEAFOOD CHOWDER 11.90 *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 13.50

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 14.90

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

CHILLI BEEF NACHO SKILLET 11.50

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

CHICKEN & BACON CAESAR SALAD 12.50 *COELIAC ADAPTABLE*

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

BREADED MOZZARELLA STICKS 9.50

GREEN SALAD LEAVES WITH SWEET CHILLI AND LIME AOILI

GOAT'S CHEESE & BEETROOT SALAD 13.50

COELIAC FRIENDLY VEGAN ADAPTABLE (Vegan Cheese)

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

FIERY LOUISIANA HOT WINGS 11.50 *COELIAC FRIENDLY*

SERVED WITH CELERY STICKS AND BLUE CHEESE LEMON & CHIVE DIP

BOURBON BBQ FRESH WINGS 11.50 *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 11.50 *COELIAC ADAPTABLE*

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

CHILLI BEAN NACHO SKILLET 11.90 *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 +4.90

COELIAC ADAPTABLE ON REQUEST

GOAT'S CHEESE PANINI 9.50

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

CAJUN MELT ON SOURDOUGH 9.50

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

OPEN PRAWN & SMOKED SALMON SANDWICH 14.90

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

CHICKEN PESTO PANINI 9.80

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 4.90

COLESLAW 4.00

HOMEMADE CHIPS 4.90

SAUTEED ONIONS 4.00

POTATO WEDGES 5.00

½ & ½ EXTRA 2.00

MUSHROOMS 3.90.

SWEET POTATO FRIES 5.00

PEPPERED SAUCE 2.00

GARLIC MAYONNAISE 2.00

CURRY SAUCE 2.00

GRAVY 2.00

SEAFOOD...Ón Fharráige

BEER BATTERED COD & CHIPS 20.90

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 23.90 *COELIAC FRIENDLY*

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

BLACKSOD FISHCAKES WITH CHIPS 18.90

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 32.90 *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* 29.90

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 20.90 *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 31.00 *COELIAC FRIENDLY*

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

STEAK SANDWICH & CHIPS 19.50 *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 18.90 *COELIAC ADAPTABLE*

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

DELUXE SOURDOUGH BEEF BURGER 18.50

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

CHICKEN...*Sicín*

TEXAN CHICKEN BURGER 18.50

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 19.50 OR PRAWNS 22.90

FIERY LOUISIANA HOT WINGS 17.50 *COELIAC FRIENDLY*

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

VEGAN TOFU CURRY 19.50 *VEGAN & COELIAC FRIENDLY*

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

BOURBON BBQ FRESH WINGS 17.50 *COELIAC FRIENDLY*

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

CHICKEN DRY HOT & SPICY 17.90

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 7.50

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

BAKED CHOCOLATE BROWNIE 7.50 *COELIAC FRIENDLY*

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

OUR ORIGINAL BANOFFI PIE 7.50

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

CHOCOLATE & ORANGE CAKE 7.50 *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 7.50

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

TALBOT'S BERRY MESS 7.50

A MIX OF OUR BERRIES INTERTWINED WITH CREAM AND HOMEMADE MERINGUE

SHARING CHOCOLATE CHIP COOKIE SKILLET 9.90

SKILLET BAKED GIANT COOKIE TOPPED WITH VANILLA ICE-CREAM

STRAWBERRY JELLY & VANILLA ICE CREAM 6.90 *COELIAC FRIENDLY*

ICE CREAM SUNDAES 6.50

*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 3.50

PLAIN SCONE with Jam & Cream 3.50

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 16.90

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

CHICKEN PESTO 15.90

SPICY TOMATO SAUCE WITH SMOKED CHICKEN,
PARMESAN SHAVINGS, PESTO

MEDITERRANEAN 15.90

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

ITALIAN 16.90

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

MEATFEAST 16.90

CRISPY BACON, PEPPERONI, SMOKED CHICKEN, HAM & CHORIZO

VEGAN MEDITERRANEAN 16.90 VEGAN

VEGAN CHEESE, SUNDRIED TOMATOES, OLIVES, PEPPERS & PESTO

MARGHERITA 13.90

TOPPED WITH OUR HOUSE SAUCE, FRESH MOZZARELLA & BASIL

HAWAIIAN 14.50

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

PEPPERONI 14.90

TOPPED WITH OUR HOUSE SAUCE, SPICY PEPPERONI & FRESH MOZZARELLA

ADD COMBO CHIPS TO YOUR PIZZA +4.90

CREATE IT YOURSELF:

REGULAR TOPPINGS... +1.00 OLIVES, ONIONS, TOMATO,

MUSHROOMS, PEPPERS, PINEAPPLE, JALEPENOS, ROCKET

GOURMET TOPPINGS+1.80 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