

FOOD SERVED ALL DAY



TALBOT'S
Seafood Bar

**MULTI AWARD WINNING
BARONY RESTAURANT**

upstairs at THE TALBOT HOTEL

AWARDED THE PRESTIGIOUS AA ROSETTE

FOR CULINARY EXCELLENCE



FOR CULINARY EXCELLENCE

Open Thur. Fri. Sat & Sun

6.30-9.00pm

Booking Advisable!

097 20484

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 AT THE REAR OF THE MENU AND

EACH DISH IS NUMBERED ACCORDING TO ALLERGENS PRESENT.

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

STARTERS

HOMEMADE SOUP OF THE DAY 4.50

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 10.90

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

TALBOT STYLE KING PRAWNS 9.90

PAN SEARED JUICY KING PRAWNS IN A RICH, CREAMY CHORIZO & GARLIC SAUCE, PARMESAN CHEESE & GRATINATED CRUST. ALLERGEN: 3,7,

ACHILL ISLAND SMOKED SALMON 10.90

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

CALAMARI RINGS 8.90

WEST COAST NORI & POLENTA DUSTED CALAMARI RINGS, GOLDEN FRIED WITH A CORIANDER, CHILLI & LIME AIOLI ALLERGEN: 1,4,7,8,9,

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,

TRIO OF CRUSTINI 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,

BRIE & PARMA HAM TARTLET 8.50

FRESHLY BAKED TART FILLED WITH HOMEMADE RED ONION MARMALADE, PARMA HAM & TOPPED WITH Oozy MELTED BRIE CHEESE & FINISHED WITH A ROCKET SALAD AND SPICED APPLE PUREE ALLERGEN: 1,4,7,

CHICKEN LIVER PARFAIT 8.90

HOMEMADE CHICKEN LIVER PARFAIT, IN-HOUSE DATE & FIG JAM, ACHILL SEA SALT, TOASTED HOMEMADE BROWN BREAD . ALLERGEN: 1,4,7,

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 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 18.90

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’.

HAKE 16.90

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

MACKERAL 13.90

GINGER & CORIANDER MARINATED LOCAL MACKEREL FILLETS WITH A SPICED APPLE PUREE, HONEY SOY & MIRIN DRIZZLE, ACHILL SEA SALT. ALLERGEN: 5,7,13,

SALMON 15.90

LEMON & CAJUN RUBBED GRILLED SALMON SET ON A SPRING ONION & PESTO CHAMP, SHALLOT & FENNEL CREAM SAUCE. 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.

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

MEATY MAINS

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

12OZ SIRLOIN STEAK 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 13.90

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,

HARISSA LAMB BURGER 14.90

INDIAN SCENTED HARISSA LAMB BURGER ON WARM PITTA BREAD WITH HOMEMADE RED ONION MARMALADE, MINT & CUCUMBER TZATZIKI ALLERGEN: 1,4,7,

CHICKEN BURGER 12.90

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,

CHICKEN CARBONARA 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,

CHICKEN CURRY 13.90

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 STIRFRY 13.90

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

ALLERGEN: 1,4,13,14,

GNOCCHI 12.90

SOFT POTATO GNOCCHI WITH SPINACH, SUN-DRIED TOMATO & BLACK OLIVE CREAM SAUCE, TOPPED WITH PARMESAN CHEESE. ALLERGEN: 7

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

ALL OUR BEEF IS 100% IRISH

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

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 €6.90 WITH CHIPS €8.90

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

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. 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 CHIVE CRÈME FRAICHE 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.

DELIGHTFUL DESSERTS!

GRANDMA'S APPLE PIE 5.90

CORA'S DELICIOUS HOMEMADE DEEP FILLED APPLE PIE WITH ICE CREAM ALLERGEN: 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,

CHOCOLATE BROWNIE 5.90

RICH HOMEMADE GLUTEN FREE WARM CHOCOLATE BROWNIE WITH WARM CHOCOLATE GNACHE & ICE CREAM ALLERGEN: 1,4,10,

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	2.20
CAPPUCCINO	2.90	MOCHA	2.90
LATTE	2.90	HOT CHOCOLATE	2.90
SELECTION OF HERBAL TEAS			2.20
FLAVOURED COFFEE	ADDITIONAL CHARGE		0.50
(HAZELNUT, CARAMEL, IRISH CREAM & VANILLA)			
IRISH COFFEE	6.90	BAILEY'S COFFEE	6.90
FRENCH COFFEE	6.90	KALYPSO COFFEE	6.90

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.

Mise le méas, TOMMY & ORLA TALBOT

ALLERGENS

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
10. NUTS—1. ALMOND 2. BRAZIL NUT 3. CASHEW 4. HAZELNUT
5. MACADAMIA 6. PECAN NUT 7. PISTACHIO 8. WALNUT
11. PEANUTS
12. SEASAME SEEDS
13. SOY
14. SULPHUR DIOXIDE

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

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