



Starters

- Soup of the Day (V)** €4.20
A bowl of piping hot homemade soup served with a crusty roll.
- Garlic & Tomato Ciabatta (V)** €5.50
Fresh Italian ciabatta bread smothered in garlic butter and tomato sauce topped with mozzarella cheese and cherry tomatoes.
- Cajun Chicken Strips** €5.95
Succulent chicken breast strips coated in Cajun spices served with garlic mayo and side salad.
- Jumbo Battered King Prawns** €7.95
Juicy king prawns in a crispy batter served with sweet chilli dipping sauce.
- Breaded Mushrooms (V)** €5.95
Freshly breaded mushrooms served with garlic mayo.
- Chicken Wings** €6.95
Succulent and juicy chicken wings served with side salad and garlic mayo.
- Duck Spring Rolls** €7.25
Oriental duck and vegetables wrapped in filo pastry served with sweet chilli dipping sauce.
- Lemon & Black Pepper Thai Fish Cakes** €7.50
Cod & prawn fish cakes in a lemon and black pepper coating served with sweet chilli sauce for dipping.
- Combo for 2** €15.95
Garlic & tomato ciabatta, Cajun chicken strips, jumbo battered king prawns, breaded mushrooms and homemade onion rings served with garlic mayo, sweet chilli and bbq sauce.

From the Grill

- 10 oz Sirloin Steak** €21.95
- 12 oz T - Bone Steak** €24.95
Chargrilled to your liking served with pan fried onions and your choice of pepper sauce or garlic butter.
- Mixed Grill** €19.95
6 oz sirloin steak chargrilled to your liking, 2 Cumberland sausages, & a grilled chicken breast served with homemade onion rings, chips & peas.

Pork Medallions in Lemongrass Marinade €17.95

Medallions of pork fillet marinated in lemongrass served on a bed of champ mash.

Trabolgan Tower Burger €12.95

100% Irish beef burger topped with cheese, grilled bacon, onion rings and bbq sauce in a sesame seed bun with lettuce and tomato served with shoestring fries.

Please allow up to 25 minutes for items from the grill.

From the Ocean

Smoked Haddock €13.95

Fresh Ballycotton smoked haddock served in a cream, onion and white wine sauce.

Scampi 'N' Chips €14.95

A generous portion of wholetail scampi served with chips, mushy peas & tartare sauce.

Fish Pie €14.95

Tender pieces of cod, salmon smoked haddock & prawns in a creamy white wine sauce topped with cheesy chive mash.

Chilli & Mandarin Salmon Skewers €17.50

Fresh Ballycotton Salmon glazed with sweet chill and mandarin served on a bed of rice.

Chef's Specialities

Traditional Bacon & Cabbage €11.95

Loin of Irish bacon served with mashed potato & cabbage topped with homemade parsley Sauce.

Chicken Stirfry (V) €14.95

King Prawn Stirfry €16.95

Wok fried chicken or king prawns with fresh seasonal vegetables in an oriental style sauce finished with steamed egg noodles.

Meatballs & Spaghetti €12.95

Homemade beef meatballs in a tomato sauce topped with mozzarella cheese served with garlic bread.

Crispy Duck Salad €13.95

Shredded duck tossed with carrot, peppers and spinach, coriander and mint with a hoisin style dressing served with crispy noodles.

Thai Green Chicken Curry (V)	€14.50
Thai Green King Prawn Curry	€16.50
Juicy chicken or king prawns & seasonal vegetables in traditional Thai spices served with rice.	
Chicken Cordon Bleu	€12.95
A succulent chicken breast stuffed with ham & cheese and rolled in breadcrumbs .	
Pasta of the Day	€11.95
Ask your server for the delicious pasta dish of the day.	
Roast of the Day	€11.95
Ask your server for today's roast served with roast & mashed potato, vegetables & gravy.	

Side Orders

Side Salad	€3.00
Coleslaw	€2.50
Portion of Potato	€3.00
Portion of Vegetables	€3.00
Potato's & Vegetables	€4.50
Pan Fried Onions or Mushrooms	€2.65
Homemade Onion rings	€2.65
Portion of Chips	€3.00
Portion of Shoestring Fries	€3.00
Portion of Sauce	€1.50
Roll & Butter	€0.95

(V) = Vegetarian or Vegetarian option available

All weights are approximate prior to cooking. Some of our dishes may contain nuts, if in doubt please ask a member of staff. All items are subject to availability. We may sell out of the more popular dishes. We adhere to strict hygiene and control policies and procedures. All of our food is sourced from registered local suppliers.

We trust that the quality and service of your meal was to your satisfaction; should you be dissatisfied in any way, please contact a member of staff or management who will endeavour to resolve the matter.

All major credit cards accepted. We regret that we do not accept cheques. All prices include VAT.

www.trabolgan.com