

WELCOME TO

Sally O'Hara's

Relax and one of our friendly team will be with you shortly

To start...

€4.25 Soup of the Day 👽 Our chef's piping hot homemade soup, served with a crusty roll.

€4.95 Spicy BBQ Chicken Wings Slowly cooked spicy chicken wings, coated in a spicy barbecue sauce.

€5.95 Cajun Chicken Goujons Strips of chicken fillet, coated in a hot and spicy rub, served with a Cajun sauce dip.

€4.95

€6.95

€5.95

Classic Caesar Salad 👽

Cos lettuce and crunchy croutons, sprinkled with parmesan shavings, drizzled with a Caesar dressing.



Beef Tomato, Beetroot & Goats Cheese Stack V

Delicately layered on a bed of mixed leaves, with a vinaigrette dressing.

€5.95 Classic Prawn Cocktail

Juicy prawns on a bed of lettuce and tomato, smothered in Marie Rose sauce. Served with brown soda bread and butter.

Garlic Mushrooms V

Button mushrooms in a creamy garlic sauce, served in a lightly baked pastry tartlet.

The main event

€18.95

€13.95

€15.95

€14.95

€12.95

Gourmet Bangers & Mash €13.95

Three large garlic and herb sausages on a bed of mashed potatoes, with caramelised onions, served with a rich, red wine gravy.

Baked Cod Mornay

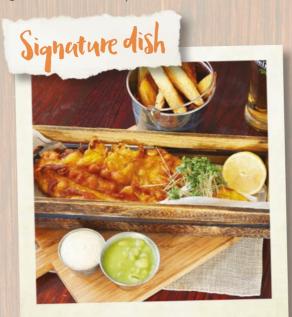
Fresh cod fillet from the shores of Ballycotton, cooked in a rich white wine and cream sauce, topped with cheese and served with garlic and cheese mash, fresh green beans and carrots.

Steak Ciabatta

Strips of grilled sirloin steak in a toasted ciabatta bread, with sautéed onions and button mushrooms, served with hand cut chips.

Chicken Fricassee

Succulent breast of chicken in a rich, creamy white wine sauce, served with carrots and green beans, garnished with straw potatoes.



Trabolgan Fish & Chips

A classic signature dish of Trabolgan. Large fresh cod fillet, encased in a beer batter, served with fresh hand cut chips, mushy peas and tartare sauce.

Homemade Beef Lasagne

Layers of pasta and beef in a rich tomato sauce baked to perfection, served with green salad and garlic bread.

Chicken Stir-Fried Noodles €14.95

Fillet of chicken with crunchy vegetables. wok-fried in an oriental sauce with fresh coriander, served with egg noodles.

Add Tiger Prawns for just €4 €4 supplement for prawns for half board guests From the grill

Angus Beef Burger

€18.95

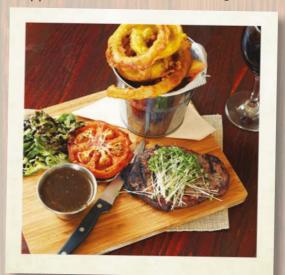
€21.95

€13.95

€13.95

6oz 100% Angus beef burger cooked on our open flame grill, topped with melted cheese, bacon and onion rings, on a brioche bun, served with hand cut chips and relish.

Add €3 for an 8oz burger €3 supplement for 8oz for half board guests



8oz Sirloin Steak

€4 supplement for half board guests

A tender 8oz prime sirloin steak cooked to your liking, served with onion rings, hand cut chips, grilled tomato, flat mushroom and garnish.

Choice of peppercorn sauce or garlic butter.

10oz Rib-Eve Steak €6 supplement for half board guests

A tender 10oz prime rib-eye steak cooked to your liking, served with onion rings, hand cut chips, grilled tomato, flat mushroom and garnish.

Choice of peppercorn sauce or garlic butter.

Lighter bites

Warm Chicken & Bacon Salad

Crispy bacon, grilled chicken, croutons, mixed leaf lettuce, sweet red pepper and tomato served with fresh basil and Italian dressing.

Beef Tomato & Mozzarella Salad 👽

Mozzarella cheese with beef tomatoes and basil, served on a bed of mixed leaf salad, sundried tomatoes and drizzled with balsamic vinegar.

Sally's Carvery

Not just for Sundays! Allow our chefs to carve from our daily selection of tender roasts, served with crispy roast potatoes, fluffy mash, fresh vegetables and rich gravy.

Child €7.95 Adult €12.95

Sweet tooth?

Apple Pie Deep filled apple pie, hot or cold, €4.95

€4.95

€5.95

€5.95

Chocolate Fudge Cake

served with fresh cream or ice cream.

€4.95 A slice of chocolate delight served warm, with fresh cream or ice cream.

Waffle

Warm, sticky waffle served with ice cream, drizzled with maple syrup.

Profiteroles

Everyone's favourite – profiteroles bursting with fresh cream, drizzled with a thick, warm chocolate sauce.

Eton Mess

Enjoy a muddle of fresh cream, crushed meringue and forest fruits, all in one bowl. Add chocolate sauce if you dare!



Irish Cream Cheesecake

Classic cheesecake with a twist of Irish liqueur flavour, served with fresh cream or ice cream.

Ice Cream Selection

Three scoops of ice cream, served in a brandy snap basket. Choose from vanilla, strawberry chocolate, or mint chocolate.

€4.95

€4.95

