

Half Board

DINING



EVENING
MENU

WELCOME TO

Sally O'Hara's

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

To start...

Soup of the Day €4.25

Our chef's piping hot homemade
soup, served with a crusty roll.

Spicy BBQ Chicken Wings €4.95

Slowly cooked spicy chicken wings,
coated in a spicy barbecue sauce.

Cajun Chicken Goujons €5.95

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

Classic Caesar Salad €4.95

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



Beef Tomato, Beetroot & Goats Cheese Stack €6.95

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

Classic Prawn Cocktail €5.95

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

Garlic Mushrooms €5.95

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

The main event

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 €18.95

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 €13.95

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

Chicken Fricassee €15.95

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

Signature dish



Trabolgan Fish & Chips €14.95

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 €12.95

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 €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 €18.95

€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-Eye Steak €21.95

€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 €13.95

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

Beef Tomato & Mozzarella Salad €13.95

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.

Adult €12.95 Child €7.95

Sweet tooth?

Apple Pie €4.95

Deep filled apple pie, hot or cold,
served with fresh cream or ice cream.

Chocolate Fudge Cake €4.95

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

Waffle €4.95

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

Profiteroles €5.95

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

Eton Mess €5.95

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



Irish Cream Cheesecake €4.95

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

Ice Cream Selection €4.95

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

Just for kids

Curvery €7.95

Nuggets
chips + beans €6.95

Lasagne
garlic bread + salad €6.95

Sausage
mashed potato + beans €6.95

Burger
chips + beans €6.95



Jelly +
ice cream
€3

Half board dining options include breakfast and evening meal beginning with evening meal on arrival day (up to 8.00pm) and concludes with breakfast on departure day (up to 10.30am). Children's half board applies to 4-16 year olds. Baby bowls are available for younger children at an additional charge of €3 per child – can be ordered directly at the restaurant. Must be booked and paid in full 48 hours in advance of arrival. No refunds for meals not taken. On arrival half board guests will be given details of how to book meal times in advance.

✓ These dishes do not contain meat or fish. Fish dishes may contain small bones. Some products may contain nuts, please seek advice from a team member. Photographs are for guidance only and presentation of the dishes may vary to those shown. All weights quoted are approximate, before cooking. Metric weight equivalent 10oz – 284g, 8oz – 227g, 6oz – 170g. All items on this menu are subject to availability. Prices include VAT at the current rate. You can pay for your meal and drinks by cash, debit or credit card. We accept Mastercard and Visa as card payments. Trabolgan promotes responsible drinking. If you're lucky enough to look under 21, proof of age may be requested.

Trabolgan

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