

# SANDWICHES

**CHICKEN WRAP** €7 ½  
Cajun Chicken Strips, with Peppers,  
Cheese & Mayo (1,7)

**TRIPLE DECKER** €7  
Chicken Breast, Crispy Bacon, Lettuce,  
Tomato & Mayonnaise (1,7)

**BLT** €6  
Bacon, Lettuce, Tomato & Mayonnaise  
on a choice of white or brown bread (1,7,12)

**TARA TOASTED SPECIAL** €5 ½  
Ham, Cheese, Tomato, Onion (1,7)

**ROAST HALLOUMI** €9 ½  
Grilled Halloumi, Peppers, Courgette in warm  
Focaccia Bread, Sweet Chilli Sauce (1,2,3,4,5,6,7,8)

# DESSERTS

**WARM CHOCOLATE FONDANT** €7 ½  
With Vanilla Ice Cream (1,3,7,8)

**STICKY TOFFEE PUDDING** €7 ½  
served warm with Vanilla Ice Cream  
(1,3,7,8)

**PAVLOVA OF POACHED  
& MARINATED FRUITS** €7 ½  
with Pistachio Crumble (1,3,7,8)

**SELECTION OF ICE CREAMS** €5  
(1,3,6,7,8)

**WARM EVES PUDDING** €7 ½  
with Vanilla Ice Cream & Custard (1,3,7,8)

# YOUNGER GUESTS (U-12'S)

**CHEESEBURGER & FRIES** (1,3,7,11) €6

**CHICKEN BURGER & FRIES** (1,3,7,11) €6

**SAUSAGE & CHIPS** (1,12) €5

**FRESH FISH & CHIPS** (1,3,4,7) €9 ½

**CHILDERENS ROAST OF THE DAY** €9 ½  
(3,4,7)

**CHICKEN GOUJONS & FRIES** (1,3,6,7) €6

**BANGERS, MASH & GRAVY** (1,7,12) €6

**MASH, GRAVY & VEG BOWL** (1,7,12) €4 ½

**MEAT, MASH, GRAVY & VEG BOWL** €6  
(1,6,7,12)

**PLAIN PASTA** (1,3,7) €3

# SIDES

€4  
House Chips | Skinny Fries | Onion Rings  
Sautee Mushrooms & Onions | House Salad  
Creamed Mashed Potato | Steamed Vegetables  
Portion of Coleslaw €1 ½  
Bread & Butter €3

# SAUCES

€1 ½  
Choose from: Cheese, Curry, Pepper, Gravy, Sweet  
Chilli, Taco or Garlic Mayo

# ALLERGEN LIST

1 Cereal Containing Gluten, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts,  
6 Soybean, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds,  
12 Sulphites, 13 Lupin, 14 Mollusca

# TARA ARMS

# Menu



taraarms



@TullowPubs

www.taraarms.ie

# STARTERS

|   |                     |
|---|---------------------|
| <b>SOUP OF THE DAY</b>  | <b>€ 5 ½</b>        |
| Served with Freshly Baked Brown Soda Bread (1,7,9)  |                     |
| <b>CHICKEN WINGS</b>  | <b>€ 8 ½</b>        |
| Choice of Texas BBQ or Hot & Spicy Sauce, Served with Celery Sticks & Blue Cheese Dip (1,6,7,9,10,11,12)                          |                     |
| <b>BREADED GARLIC MUSHROOMS</b>   | <b>€7.95</b>        |
| Golden Fried Breaded Mushrooms, with Garlic Mayonnaise (1,2,3,7)  |                     |
| <b>SHARING PLATTERS</b>   | <b>FOR FOUR €20</b> |
|   | <b>FOR TWO €12</b>  |
| Chicken Goujons, Breaded Garlic Mushrooms, Jambons, Cocktail Sausages, Spicy Wedges, Fries, Sweet Chilli Dip (1,3,6,7,9,10,11,12) |                     |
| <b>CAESAR SALAD</b>   | <b>€6</b>           |
| Salad of Baby Gem, Bread Croutons, Bacon, Parmesan Shavings (1,3,4,7,10,13)   |                     |
| <b>GOLDEN FRIED CHICKEN TENDERS</b>   | <b>€8</b>           |
| Our Delicious Golden Fried Breaded Chicken Strips served with a Mild Curry Sauce (1,3,7)  |                     |
| <b>TEX MEX TACO FRIES</b>   | <b>€ 8.95</b>       |
| 100% Irish Beef Taco with Peppers, Onions, Cheese and Taco Sauce (7,10)   |                     |
| <b>PORTION OF GARLIC BREAD (1,7)</b>  | <b>€4</b>           |

# MAIN COURSES

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|---|---------------|
| <b>CHICKEN PENNE PASTA</b>  | <b>€14 ½</b>  |
| Irish Chicken Fillet, Diced Chorizo, Spinach & Cherry Tomato in a Creamy Sauce with Grated Parmesan & Garlic Bread (1,3,7) <i>VEGETARIAN OPTION AVAILABLE</i> |               |
| <b>CHICKEN CAESAR SALAD</b>   | <b>€ 14</b>   |
| Chopped Baby Gem, Grilled Chicken, Croutons, Bacon, Parmesan Shavings & House Chips (1,3,7,10,13)   |               |
| <b>CAJUN CHICKEN FILLET BURGER</b>  | <b>€ 14 ½</b> |
| <b>ADD BACON</b>  | <b>€1 ½</b>   |
| Louisiana Spiced Chicken Fillet served in a Seeded Bap with Cheddar Cheese & Baby Gem Lettuce, Tomato, Chips and a House Burger Dressing (1,3,7,9)            |               |
| <b>TARA TENDERS, CURRY CHIP</b>   | <b>€12.95</b> |
| Golden Fried Breaded Chicken Strips served with Fries and a Mild Curry Sauce (1,3,7,12)   |               |
| <b>MADRAS CHICKEN CURRY</b>   | <b>€15 ½</b>  |
| Traditional Chicken Curry, Onions, Peppers & Mango Chutney. Served with Rice & Fries (1,2,3,7,9,14) <i>VEGETARIAN OPTION AVAILABLE</i>                        |               |
| <b>CHICKEN STIR FRY</b>   | <b>€14 ½</b>  |
| Fresh Irish Chicken Fillet, Stir Fry Vegetables with Egg Noodles in a Spicy Black Bean Sauce. (1,3,7,10,12) <i>VEGETARIAN OPTION AVAILABLE</i>                |               |
| <b>CHICKEN WINGS</b>  | <b>€ 14 ½</b> |
| Larger Portion of Wings with a choice of Texas BBQ or Hot & Spicy Sauce, Served with Celery Sticks & Blue Cheese Dip and House Fries (1,6,7,9,10,11,12)       |               |

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|---|------------------------|
| <b>SIRLOIN STEAK SANDWICH</b>   | <b>€ 17 ½</b>          |
| Grilled to your liking, served in Warm Garlic Infused Focaccia Bread with Sauté Onions, Mushrooms, House Salad & Chips with a side of Pepper Sauce or Garlic Butter (1,7)                               |                        |
| <b>AGED 10 OZ SIRLOIN STEAK</b>   | <b>€ 25</b>            |
| <i><b>PREMIUM HEREFORD STEAK, AGED FOR 21 DAYS, COOKED TO YOUR LIKING</b></i>   |                        |
| Served on a Hot Skillet, on a Bed of Sauté Onions and Mushrooms Topped w' Onion Rings & House Chips. With your choice of Pepper Sauce or Garlic Butter (1,3,7)  |                        |
| <b>LASAGNE AL FORNA</b>   | <b>€14.95</b>          |
| Lean Irish Mince Beef, Tomato, White Sauce & Garlic, between layers of Pasta, Topped with Grated Cheddar and served with Garlic Bread & House Chips (1,3,7,9)   |                        |
| <b>FISH N CHIPS</b>   | <b>€18</b>             |
| Beer Battered Fresh Cod Fillet served with Pea Puree, Tartar Sauce & House Chips (1,3,4,9,10) <i>GLUTEN FREE OPTION AVAILABLE</i>   |                        |
| <b>TARA ARMS WHOPPER BURGER</b>   | <b>€14 ½</b>           |
| <b>ADD BACON</b>  | <b>€1 ½</b>            |
| Our Home-Made 10oz Pure Irish Hereford Steak Burger served in a Warm Brioche Seeded Bap, Iceberg Lettuce, Cheddar Cheese, Sliced Onion and Tomato with House Burger Dressing, Relish & Chips (1,3,9,10) |                        |
| <b>ROAST OF THE DAY</b>   | <b>€14.95</b>          |
| <i><b>(Please ask Server)</b></i>   | <b>1/2 PORTION €10</b> |
| Today's Roast, served with Creamed and Roast Potatoes, Seasonal Vegetables, Gravy or White Sauce (3,4,7)  |                        |