

THE TARA LUNCH MENU

Triple Decker € 10.95 - Chicken Breast, Crispy Bacon, Lettuce, Tomato & Mayonnaise (1, 3,7)

BLT € 9.95- Bacon, Lettuce, Tomato & Mayonnaise, Brown or White Bread (1,3, 7, 12)

The Tara Toasted Special — € 9.95 - Ham, Cheese, Tomato, Onion , Brown or White Bread (1, 7)

Melted Tuna € 9.95 - Melted cheddar over Tuna and Mayo (1, 7,14)

Open Prawn Cocktail €11.95 - Crispy Lettuce, Fresh Prawns, Home Made Marie Rose Sauce on Brown Soda Bread

Cajun Chicken Wrap €10.95 - Cajun Chicken Strips, with Peppers, Cheese & Mayo (1, 3,7)

ALL above come with a choice of Salad or Fries

“The Best” Home Made Soup in Carlow - Served with Soft Guinness Soda Bread €5.95 (1,3,7)

MENU

Caesar Salad €8 or Add Chicken €12.95

Baby Gem, Bread Croutons, Bacon, Parmesan Shavings (1,3,4,7,10,13)

Tara Tenders, Curry Chip €12.95

Golden Fried Breaded Chicken Strips served with Fries and a Mild Curry Sauce (1,3,7,12)

Halloumi Breaded Burger € 13.95

Breaded Halloumi, Grilled Peppers, Seeded Brioche Bap , Marie Rose Sauce (1,,7,11)

Chicken & Chorizo Penne Pasta €14.95 *VEGETARIAN OPTION AVAILABLE*

Spinach & Cherry Tomato in a Creamy Sauce with Grated Parmesan & Garlic Bread (1,3,7,)

Roast of The Day €13.95 1/2 Portion €12

Today's Roast, served with Creamed and Roast Potatoes, Seasonal Vegetables, Gravy or White Sauce (3,4,7)

Cajun Chicken Fillet Burger - € 13.95

Served in a Seeded Brioche Bap with Cheddar, Baby Gem, Tomato, Fries and Burger Dressing (1,3,7,11,)

Stir Fry €13.95 - Choice of Chicken, Prawn or Vegetarian

Stir Fry Vegetables with Egg Noodles in Tara Stir Fry Sauce. (1,3,7,12)

Lasagne Al Forna € 13.95

Irish Mince Beef, Tomato, White Sauce & Garlic, Topped with Grated Cheddar, Garlic Bread & Fries (1,3,7,9)

Fish N Chips €14.95 - *GLUTEN FREE OPTION AVAILABLE*

Beer Battered Fresh Cod Fillet served with Pea Puree, Tartar Sauce & House Chips (1, 3,4, 7)

1Cereal 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