




# An Bhearú



## Soups

- Soup of the Day**   €6.95  
Homemade brown bread or white rolls  
*(SP, MK, CY)*
- Tomato & Herb Soup**   €6.95  
Homemade brown bread or white rolls  
*(SP, CY)*

## Salads

- Talbot Caesar Salad** €11.95  
Romaine lettuce, bacon lardons, croutons, anchovy, parmesan dressing  
*(EG, VPH, FF)*
- An Bhearú Salad**  €11.95  
Baby leaf salad, rocket, saffron pearl cous cous, baby beet, grated carrot, garlic olive oil, lime  
*(SP, VPH)*
- Caprese Salad**   €12.95  
Beef tomato, buffalo mozzarella, rocket, pesto, balsamic glaze  
*(SP, MD)*
- Chicken Caesar Salad** €14.95  
Romaine lettuce, bacon lardons, croutons, anchovy, parmesan dressing  
*(EG, VPH, FF)*
- Cajun Chicken Salad** €14.95  
Baby leaf, roast red pepper, spring onion, garlic & herb croutons, cajun chicken, honey & wholegrain mustard dressing  
*(CY, VPH, EG, MK, SP)*

## Dips

- Garlic Mayo**   €2.50
- Chipotle Mayo**  
- BBQ**  
- Chilli & Coriander Mayo**  

## Sandwiches

All Sandwiches €11.95 | Add Chips or Soup €4.95  
For other sandwich requests, please check with your server!

- C.B.L.T**  
Baked ciabatta, chicken, bacon, romaine lettuce, beef tomato, coriander mayo  
*(MK, VPH, SP, SE)*
- Hallouinator**   
Grilled halloumi, hummus, roast red pepper, tzatziki, rocket, focaccia  
*(MK, VPH, SP)*
- Barrow Chicken Wrap**  
Marinated chicken, mild curry mayo, spring onion, rocket, grated carrot & beetroot  
*(EG, CY, VPH, SP)*
- Hummus & Tofu Focaccia**   
Grilled tofu, hummus, roast red pepper, tzatziki, rocket, focaccia  
*(MK, VPH, SP)*
- Triple Decker Toasted Special**  
Cured ham, beef tomato, mature cheddar, red onion  
*(MK, VPH, SP)*
- Caprese Ciabatta**   
Beef tomato, buffalo mozzarella, rocket, pesto, balsamic glaze, toasted ciabatta  
*(SP, MK, VPH)*
- Cajun Chicken Wrap**  
Cajun spiced chicken, chipotle mayo, rocket, red onion, mozzarella  
*(VPH, SP, EG, MD)*

## Desserts

- Oreo Cheesecake**  €8.25  
Chocolate Oreo pieces, biscuit base with creamy filling  
*(VPH, MK, FN, TN, LP, SP)*
- Apple & Mixed Berry Crumble**  €8.25  
Golden crumble topping, vanilla ice cream, anglaise  
*(VPH, MK, SP)*
- Eton Mess**   €8.25  
Crunchy meringue, fresh cream, raspberry coulis, fresh strawberries  
*(SP, MK, EG)*
- Sticky Toffee Pudding**  €8.25  
Vanilla ice cream, rich toffee sauce  
*(EG, VPH, MK, FN, TN, LP)*
- Vanilla Crème Brûlée**   €8.25  
Vanilla infused baked egg custard, chocolate chip cookie  
*(MK, VPH, SP)*
- Chocolate & Coconut Tart**   €8.25  
Dates and mixed nut base, chocolate & coconut filling, raspberry coulis  
*(TN, FN, SY, SP)*
- Knickerbocker Glory**   €8.25  
Dairy ice cream, fruit jelly, fresh cream, fruit coulis, fruit cocktail  
*(MK, SP)*
- Warm Chocolate & Hazelnut Brownie**  €8.25  
Vanilla ice cream, chocolate sauce  
*(MK, VPH, TN)*

All our beef is of Irish origin. All other meats are of Irish and EU Origin, and our fish and seafood is responsibly sourced.  
Most of our dishes can be made Gluten Free – just ask!

 Gluten Free  Vegetarian  Vegan

Peanut (PN) | Tree Nuts (TN) | Sesame (SE) | Wheat Flour (WH1) | Semolina (WH2) | Whole Meal Wheat (WH3) | Wheat Bran (WH4) | Rye (WH5) | Barley (LP1) | Oats (LP2) | Eggs (EG) | Milk (MK) | Soya (SY) | Fish (FH) | Crustaceans (CS) | Molluscs (MS) | Celery (CY) | Mustard (MD) | Sulphites (SP)

**TALBOT HOTEL**  
CARLOW