

Eala Bhán

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(<http://www.pinterest.com/pin/create/extension/?url=http%3A%2F%2Fwww.ealabhan.ie%2Fkids&media=http%3A%2F%2Fstatic1.squarespace.com%2Fstatic%2F>)

EALA BHÁN

HEALTHY

KIDS MENU

For our young diners aged 12 and under

2 course - €10.00

3 course - €13.50

STARTERS



Homemade Soup

Home-made fresh soup of the day with brown bread



Super Healthy Fish Cake

Locally sourced fish from John Flynn, Fishmonger. Fresh cod and salmon in a sesame crumb dressed organic baby leaf salad and crème fraiche



Sweet Potato Chips

With organic baby leaf salad and lemon mayo

MAIN COURSE



Posh Fish and Chips

Tempura battered fresh Atlantic cod with garden pea purée, side salad and chunky sweet potato chips



Homemade Round Steak Sherlock's of Tubercurry Beef Burger

Round steak chargrilled beef burger in a floury bap with relish, sauteed onions and served with chunky potato chips

Irish Chicken Breast Gougons

Strips of Irish Chicken Breast, lightly bread crumbed, crispy golden fried, fresh home-made chips



Vegetable Lasagna



Our house-made vegetable lasagna boasts a medley of roasted, locally-grown vegetables, red peppers, spinach, courgettes carrots and tomatos

DESSERTS



Kid's Fondue

Fresh fruit kebab with warm Belgian milk chocolate



Cheeky Emily's Strawberry's

Chocolate dipped strawberry's served with natural yogurt



Mini Brownie

Warm chocolate brownie served with vanilla ice-cream

Child size portions of all adult meals are available at both Trá Bán and Eala Bhán

Trá Bán

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Eala Bhán

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Try a visit to our sister restaurant Trá Bán in Strandhill





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