

# 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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