

Lunchtime  
Kitchen hours  
12pm – 2.30pm



9 Ridgeway St  
Douglas  
Isle of Man

## SEAFOOD RESTAURANT

### NIBBLES

OLIVES bowl of mixed olives 3.00  
BREAD assortment of homemade bread 3.00

### starters

FISH SOUP 6.95   
Classic fish soup served w/ rouille, parmesan,  
& garlic croutes..... *Try a cup of fish soup 4.00*

SOUP OF THE DAY 5.95  
Delicious homemade soup served w/ homemade bread  
roll..... *Try a cup of soup 3.00 (v)*

MANX QUEENIE PANCAKE 8.95   
Crepe filled w/ Manx Queenies, crispy bacon lardons &  
creamy white wine sauce, oven baked w/ Manx Cheddar

GOATS CHEESE SOUFFLE 8.25  
Twice baked soufflé w/ homemade tomato jam (v)

SMOKED FISH BOARD 8.95   
Manx Kipper pate, Paddy's smoked Salmon, & smoked  
Haddock brandade w/ toasted soda bread (gf\*)

CRAB TOASTIES 8.50   
Niarbyl Bay crab meat w/ mayo, cream cheese & soy  
sauce oven baked on toasted ciabatta

CHICKEN & PORK TERRINE 6.95  
w/ fennel & radish salad, apple compote  
& toasted soda bread (gf\*)

SALMON FISHCAKE 7.95  
w/ gazpacho salsa, tomato & basil sauce

BLACKBOARD SPECIALS  
See our board for daily chef specials

### SIDES

THICK CUT CHIPS (v) 3.25  
GARLIC & ROSEMARY POTATOES (v) 3.25  
SPRING GREENS w/ THYME (v,gf) 3.50  
MUSHY PEAS (v) 2.25  
SIDE SALAD (v,gf) 3.75  
BREAD BASKET (v) 3.00 / EXTRA ROLL .75



Dish prepared with Manx Produce

v = Vegetarian gf = Gluten free v\*/gf\* = can be adjusted

### lunch plates

(All plates come as described. Extra sides available)

FISH TACOS 11.50  
Grilled white fish, guacamole, coriander & a zesty  
lime & mango salsa served in warm soft tacos (3 tacos)

SMOKED HADDOCK KEDGEREE 11.50   
Spiced rice, soft boiled Manx eggs & flakes of smoked  
haddock w/ wedge of lime (gf)

MANX LOBSTER OMELETTE 12.95   
w/ Manx free range eggs, spinach & parmesan (gf)

SMOKED HADDOCK OMELETTE 9.95   
w/ Manx free range eggs, spinach & Manx cheddar (gf)

### main courses

GOAN SEAFOOD CURRY 16.95  
Fish, mussels, ginger, coriander, cumin & turmeric in a  
tomato chilli sauce, served w/ basmati rice & lime Greek  
yogurt (gf)

TANROAGAN FISH PIE 17.00   
w/ Manx Queenies, smoked fish & seafood, white wine  
sauce, creamy mash & Manx vintage cheddar (gf)

PAN ROASTED HAKE FILLET 18.95  
w/ parmesan & sage crust, sautéed potatoes, chorizo  
& spinach (gf\*)

WHOLE ROASTED SEABASS 18.75  
w/ sweet chilli, lime & ginger sauce, served w/ chips or  
rosemary & garlic potatoes (gf)

SIRLOIN STEAK 19.95  
w/ hand cut chips, onion rings & diane sauce (gf\*)

GOAN VEGETABLE CURRY 12.50  
Cauliflower & butternut squash w/ basmati rice (v, gf)

ROAST GARLIC POTATO GNOCCHI 14.95   
Cherry tomatoes, red peppers, olives, feta cheese & rocket (v)

### FISH & CHIPS

Fresh beer battered fish w/ house cut chips,  
fresh wedge of lemon & homemade tartare sauce.

FISH FINGERS (3) 12.50

FILLET OF SEABASS 15.00

Add: *Mushy Peas 2.25 / Salad 3.75*

[tanroagan.co.uk](http://tanroagan.co.uk) [fish@tanroagan.co.uk](mailto:fish@tanroagan.co.uk)

Lunch 12 - 2.30 pm / Dinner 6 - 9.30 pm  
Book Online: [tanroagan.co.uk](http://tanroagan.co.uk) or tel: 612355

All our dishes come as described, extra sides may be ordered. Food Allergens – Please ask a member of staff about any of our dishes.  
We cannot guarantee the absence of nuts. Gratuities at your own discretion – tips shared among all staff