

## 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

BLACKBOARD SPECIALS  
See our board for daily chef specials

## SIDES

- THICK CUT CHIPS (v) 3.25  
GARLIC & ROSEMARY POTATOES (v) 3.25  
SEASONAL VEGETABLES (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 12 - 2.30 pm / Dinner 6 - 9.30 pm  
Book Online: [tanroagan.co.uk](http://tanroagan.co.uk) or tel: 612355  
[tanroagan.co.uk](http://tanroagan.co.uk) [fish@tanroagan.co.uk](mailto:fish@tanroagan.co.uk)

## 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 & 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*