



TANROAGAN
SEAFOOD RESTAURANT DOUGLAS I.O.M

NIBBLES – provençal olives 3.00

STARTERS

FISH SOUP 6.95

Classic fish soup made with fresh fennel, saffron & wine

WARM GOATS CHEESE 7.25

Marinated with fresh rosemary, thyme, sundried tomatoes, garlic & olive oil with toasted ciabatta (v, gf*)

SALAD 7.50

Spinach, avocado & crispy bacon salad with poached Close Leece Farm egg (gf, v*)

CRAB TOASTIES 8.50

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

MANX QUEENIE PANCAKE 8.95

Herby pancake filled with Manx Queenies, crispy bacon lardons & creamy white wine sauce, oven baked with Manx Cheddar

SMOKED FISH BOARD 8.95

Kipper pate, Smoked Salmon, and Haddock brandade with warm seaweed scones (gf*)

DUCK ON TOAST 8.95

Marinated duck breast, mushroom duxelle on toasted ciabatta

MAINS

TANROAGAN SEAFOOD GRATIN 17.95

Manx seafood & smoked fish, white wine sauce, topped with breadcrumbs & Manx vintage cheddar (gf*)

SOY GLAZED HAKE FILLET 18.50

Chilli, garlic, honey & ginger, served with steamed rice (gf)

FILLETS OF SEABASS 18.95

Pan fried with a chorizo, pancetta & white bean stew (gf)

PRAWN ORZO RISOTTO WITH COD 17.95

Tarragon & paprika bisque topped with an oven baked fillet of cod (gf)

SIRLOIN STEAK 20.95

Cream, garlic & shallot sauce, pan fried prawns & chips (gf*)

MUSHROOM & PARSNIP CRUMBLE 15.50

Wild & chestnut mushrooms, roasted parsnips topped with breadcrumbs & Manx cheddar cheese (v, gf*)

PARMIGIANA 14.95

Aubergine & courgette parmigiana, tossed leaf & vine tomato salad (v, gf)

TANROAGAN FISH FRYER

Choice of battered fish with fresh wedge of lemon, homemade tartare sauce & thick cut chips.

FISH FINGERS & CHIPS (4) 16.50

50p from every dish sold will be donated to our supported charities, Hospice Isle of Man & The RNLI.

or

BATTERED FILLET OF SEABASS 15.50

SIDES (v)

Thick Cut Chips 3.50 / Buttery Potatoes 3.50 / Seasonal Vegetables 3.50

Mushy Peas 2.25 / Vine Tomato & Leaf Salad 3.75 / Assortment of Homemade Bread 3.25

v = vegetarian df = dairy free gf = gluten free v*/gf*/df* = can be adjusted on request.

Food Allergens/Dietary Requirements – Please inform your waiter when ordering.
