

TALBOT HOTEL CARLOW

An
Bhearú







BAR & BISTRO

An Bhearú



Soups

Soup of the Day  	€6.95
Homemade brown bread or white rolls <i>(SP, MK, CY)</i>	
Tomato & Herb Soup  	€6.95
Homemade brown bread or white rolls <i>(SP, CY)</i>	

Salads

Talbot Ceasar Salad	€11.95
Romaine lettuce, bacon lardons, croutons, anchovy, parmesan dressing <i>(EG, WH1, FH)</i>	
An Bhearú Salad 	€11.95
Baby leaf salad, roast red pepper, feta cheese, saffron, pearl cous cous, house dressing <i>(MD, SP, MK, WH2)</i>	
Plant Based Salad 	€11.95
Baby leaf salad, rocket, saffron pearl cous cous, baby beet, grated carrot, garlic olive oil, lime <i>(SP, WH1)</i>	
Caprese Salad  	€12.95
Beef tomato, buffalo mozzarella, rocket, pesto, balsamic glaze <i>(SP, MK)</i>	
Chicken Ceasar Salad	€14.95
Romaine lettuce, bacon lardons, croutons, anchovy, parmesan dressing <i>(EG, WH1, FH)</i>	

Dips

Garlic Mayo  	Chipotle Mayo  
BBQ  	Chilli & Coriander Mayo  

Sandwiches

All Sandwiches €10.95 | Add Chips or Soup €4.95
For other sandwich requests, please check with your server!

C.B.L.T
Baked ciabatta, chicken, bacon, romaine lettuce, beef tomato, coriander mayo <i>(MK, WH1, SP, SE)</i>
Hallouinator 
Grilled halloumi, hummus, roast red pepper, tzatziki, rocket, focaccia <i>(MK, WH1, SP)</i>
Barrow Chicken Wrap
Marinated chicken, mild curry mayo, spring onion, rocket, grated carrot & beetroot <i>(EG, CY, WH1, SP)</i>
Hummus & Tofu Focaccia 
Grilled tofu, hummus, roast red pepper, tzatziki, rocket, focaccia <i>(MK, WH1, SP)</i>
Triple Decker Toasted Special
Cured ham, beef tomato, mature cheddar, red onion <i>(MK, WH1, SP)</i>
Caprese Ciabatta 
Beef tomato, buffalo mozzarella, rocket, pesto, balsamic glaze, toasted ciabatta <i>(SP, MK, WH1)</i>
Cajun Chicken Wrap
Cajun spiced chicken, chipotle mayo, rocket, red onion, mozzarella <i>(WH1, SP, EG, MK)</i>

Desserts

Oreo Cheesecake 	€7.95
Chocolate Oreo pieces, biscuit base with creamy filling <i>(WH1, MK, PN, TN, LP, SP)</i>	
Apple & Mixed Berry Crumble 	€7.95
Golden crumble topping, vanilla ice cream, anglaise <i>(WH3, MK, SP)</i>	
Eton Mess  	€7.95
Crunchy meringue, fresh cream, raspberry coulis, fresh strawberries <i>(SP, MK, EG)</i>	
Sticky Toffee Pudding 	€7.95
Vanilla ice cream, rich toffee sauce <i>(EG, WH1, MK, PN, TN, LP)</i>	
Vanilla Crème Brulee  	€7.95
Vanilla infused baked egg custard, chocolate chip cookie <i>(MK, WH1, SP)</i>	
Chocolate & Coconut Tart  	€7.95
Dates and mixed nut base, chocolate & coconut filling, raspberry coulis <i>(TN, PN, SY, SP)</i>	
Knickerbocker Glory  	€7.95
Dairy ice cream, fruit jelly, fresh cream, fruit coulis, fresh fruit <i>(MK, SP)</i>	
Warm Chocolate & Hazelnut Brownie 	€7.95
Vanilla ice cream, chocolate sauce <i>(MK, WH1, TN)</i>	

All our beef is of Irish origin. All other meats are of Irish and EU Origin, and our fish and seafood is responsibly sourced.
Most of our dishes can be made Gluten Free – just ask!

 **Gluten Free**  **Vegetarian**  **Vegan**

Peanut (PN) | Tree Nuts (TN) | Sesame (SE) | Wheat Flour (WH1) | Semolina (WH2) | Whole Meal Wheat (WH3) | Wheat Bran (WH4) | Rye (WH5) | Barley (LP1) | Oats (LP2) | Eggs (EG) | Milk (MK) | Soya (SY) | Fish (FH) | Crustaceans (CS) | Molluscs (MS) | Celery (CY) | Mustard (MD) | Sulphites (SP)