



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

SOUP OF THE DAY 5.95

See our blackboard for chef's soup of the day (v)

FRESH FIG & GOATS CHEESE SALAD 7.95

Roasted plum tomatoes, rocket, soft goats cheese, dressing (gf, v, vegan*)

CRAB RANGOON 8.50

Niarbyl Bay crab deep fried wontons, xo spicy seafood sauce

MANX QUEENIE TART 9.25

Poppy seed & Manx Cheddar pastry tart filled with Manx Queenies, crispy bacon lardons & black pudding, white wine & Manx vintage cheddar

ASSIETTE 8.95

Local kipper pate & ciabatta toast, traditional prawn cocktail, Thai style fish cake with cucumber dipping sauce

DUCK TARTINE 8.25

Toasted sourdough, confit of duck, hoisin sauce

MAINS

PAN FRIED HAKE FILLET 18.95

Roasted mussels, tender stem broccoli, smoked sea salt, elderflower & shallot emulsion, choice of chips or buttery potatoes (gf)

RUMP OF LAMB 19.95

Herb crusted rump of lamb, potato & herb terrine, lamb ragu, roasted beetroot, mint jus (gf)

ROASTED SEABASS FILLETS 19.95

Butternut squash, puy lentils, salmon caviar, crispy kale, roasted cherry tomato dressing (gf, df*)

PERSIAN SQUASH & PISTACHIO ROAST 16.00

Lightly spiced tomato sauce, choice of chips or buttery potatoes (df, v, vegan, gf)

MALABAR FISH CURRY 16.95

Keralan state of India, pieces of fish in a delicious coconut milk, ginger, chilli & tamarind spiced curry, served with steamed rice (df, gf)

BATTERED FILLET OF SEABASS & CHIPS 15.50

Homemade battered Seabass Fillet, with fresh lemon, tartare sauce (gf)

TANROAGAN FISH FINGERS & CHIPS (4) 14.95

Homemade battered fish fingers, with thick cut chips, fresh lemon and tartare sauce (gf)

50p will be donated to our supported charities from each portion of fish fingers sold, Hospice Isle of Man & The RNLI.

SIDES

Thick Cut Chips 3.50 / Buttery Potatoes 3.50 / Oven Baked Potato & Herb Terrine 3.50 / Mushy Peas 2.25

Medley of Roasted Root Vegetables 3.50 / Vine Tomato & Leaf Salad 3.50

Extra basket of Homemade Bread 3.25 (first basket complimentary)

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

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

Sorry we do not accept American Express. Gratuities at your discretion, shared equally to all staff.