



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

Candied walnuts, 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 (*contains bacon*)

MANX QUEENIE TART 9.25

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

ASSIETTE 8.95

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

CROQUETTES 7.50

Black pudding and apple croquettes, bramley apple 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)

DUCK LEG, FIG & PARSNIP ROAST 19.95

potato stacks with thyme and cheese (gf)

PAN FRIED SEABASS FILLETS 19.95

Mascarpone and herby risotto, roasted cherry tomatoes, basil pesto (gf)

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

TANROAGAN FISH FINGERS & CHIPS (4) 14.95

Homemade battered fish fingers fresh lemon and tartare sauce

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 / Mushy Peas 2.25

Medley of Seasonal Vegetables 3.50 / Vine Tomato & Leaf Salad 3.50

Basket of Sliced Homemade Bread 3.25

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.

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instagram pictures
@Tanroagan

See our blackboard
for daily chef
specials