



# Tanroagan

## SEAFOOD RESTAURANT DOUGLAS I.O.M

NIBBLES - provençal olives 3.00

### STARTERS

FISH SOUP 6.95

Classic fish soup made with tomato, fresh fennel, saffron & wine (gf)

FRESH MANGO & KING PRAWN SALAD 8.95

Grilled Prawns, fresh mango, charred sweetcorn, roasted cherry tomatoes, Staarvey farm leaves & herbs (without prawns 7.25 gf, v, vegan)

LOBSTER, AVOCADO & MELON COCKTAIL 11.50

Manx Lobster, avocado & cantaloupe melon, light Marie Rose sauce with calvados & lime

CRAB TOASTIES 8.95

Niarbyl Bay white crab meat, mayo, cream cheese, soy sauce, toasted ciabatta

MANX QUEENIE PANCAKE 9.25

Herby pancake filled with Manx Queenies, crispy bacon lardons, creamy white wine sauce, topped with Manx vintage cheddar and baked in the oven

ASSIETTE 8.95

A medley of Local kipper pate & seaweed scone, traditional prawn cocktail, Ham Hock, fig & walnut terrine with homemade grape chutney

HOMEMADE RAVIOLI 7.95

Filled with cod, coriander and lemon zest, with a cream & courgette sauce

### MAINS

PAN FRIED HAKE CAPONATA 18.95

A Sicilian aubergine, courgette, cherry tomato, olive and red onion dish, choice of chips or buttery potatoes (gf, df\*)

SEABASS INVOLTINI 19.95

Fillets of seabass filled with mozzarella cheese, pinenuts and raisins, pea puree sauce, basil and mint pesto, herby potatoes

PROVENÇAL RACK OF LAMB 19.95

Rack of lamb, vine tomatoes filled with sourdough crumbs, saffron, onion and fresh herbs, Provençal sauce, roasted garlic & parmesan crushed new potatoes (df\*)

ROAST VEGETABLE WELLINGTON 15.50

Porcini mushrooms, beetroot, onions, chickpeas & Staarvey farm herbs in a pastry crust, served with gravy & new potatoes (gf, df, v, vegan)

MALABAR FISH CURRY 16.00

Keralan state of India, pieces of fish in a delicious coconut milk, ginger, chilli & tamarind spiced curry, served with steamed rice. Served mildly spiced, ask if you would like hotter! (df, gf)

### FRYER

BATTERED FILLET OF SEABASS & CHIPS 14.50

Homemade battered Seabass Fillet, with fresh lemon and tartare sauce (df\*)

TANROAGAN FISH FINGERS & CHIPS 14.95

Homemade battered fish fingers (4), fresh lemon and tartare sauce (df\*)

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

TOFISH & CHIPS 14.00

Beer & nori battered Tofu fingers, served with thick cut chips and fresh lemon (df, Vegan)

### SIDES

Thick Cut Chips 3.50 / Buttered Potatoes 3.50 / Mushy Peas 2.25

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

Additional Basket of Sliced Homemade Breads 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.