



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 11.95

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 & ciabatta toast, traditional prawn cocktail,
Ham Hock, fig & walnut terrine

HOMEMADE RAVIOLI 7.95

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

MAINS

PAN FRIED HAKE FILLET 18.95

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

PAN FRIED SEABASS FILLETS 19.95

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

PERSIAN SQUASH & PISTACHIO ROAST 15.50

Lightly spiced tomato sauce, choice of chips or buttered 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. Mildly spice. Ask if you would like hotter! (df, gf)

FRYER

BATTERED FILLET OF SEABASS & CHIPS 14.50

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

TANROAGAN FISH FINGERS & CHIPS (4) 14.95

Homemade battered fish fingers 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.