



TÁIN CAFÉ MENU



All Day Breakfast

Táin Café Full Irish

2 Jumbo Sausages, 2 Bacon,
Black and White Pudding,
2 Fried Eggs, Grilled Mushrooms,
Onion Rings and Chips

€13.00

Vegetarian Breakfast

2 Vegetarian Sausages,
2 Fried Eggs, Grilled Tomato,
Mushrooms, Onion Rings,
Beans and Chips

€12.50

Scrambled Eggs

Four Eggs Scrambled and Served
with our Homemade Brown Bread

€7.50

Add Bacon €9.00

Mini Breakfast

Jumbo Sausage, Bacon, Black
and White Pudding and a Fried Egg

€8.50

Omelette (Two Fillings)

Made with 4 Eggs and Served with
Chips

Choose 1 Meat & 1 Veg option

Filling Options: Ham, Chicken, Cheese,
Tomato, Mushroom, Onion, Peppers

€12.00 Extra Filling: + .50c

Extra Meat Filling €1.50

Breakfast Bap

2 Jumbo Sausages, 2 Bacon and
an Egg in a Soft Floury Bap
with Tomato Ketchup and Chips

€9.50

* Additional Breakfast Item €1.50 *

* All Breakfast served with Homemade Brown Bread or Toast, Tea or Americano Coffee *

Our Pork products, including the Award - Winning Sausages, Bacon and Pudding, all come
from Waldron's Meats in Brideswell



TÁIN CAFÉ AFTERNOON MENU



Served 12pm - 3.45pm

The Brown Bull 7oz Steak

Prime Striploin Steak with Fried Onions & Mushrooms, Served with Side Salad & Chips, accompanied by Pepper Sauce on the Side

€20.00

Hero's Portion Steak Sandwich

5oz Prime Roscommon Striploin Steak on a Toasted Ciabatta with Fried Onions & Mushrooms, Served with Side Salad and Chips

€18.95

The White Bull Beef Burger

Prime Roscommon Beef Burger with Dill Pickle, Lettuce, Tomato, Red Onion, Mayonnaise & Tomato Ketchup served on a Brioche Bun with Chips and Side Salad

€14.95 (Add Cheese + €1.00)

Ogulla Battered Cod

Crispy Battered Fillet of Cod, Served with Side Salad, Chips and Garlic Mayonnaise

€12.95

Medb's Caesar Salad

Our Take on the Classic Caesar Salad with Grilled Chicken, Bacon Pieces, Cos Lettuce, Crispy Croutons, Parmesan Shavings & Caesar Dressing

€13.95

Mórrígan's Chicken Goujons

Five Crispy Breaded Chicken Strips served with Side Salad & Chips accompanied by Chilli Sauce or Garlic Mayonnaise on the Side

€12.95

The Cailleach Vegetarian Burger

Vegetarian Burger with Dill Pickle, Lettuce, Tomato, Red Onion, Mayonnaise & Tomato Ketchup served on a Brioche Bun with Chips and Side Salad

€12.95 (Add Cheese + €1.00)

Tulsk Fort Battered Sausage

Two Jumbo Pork Sausages in a Crispy Batter, Served with Side Salad and Chips

€12.95

All of our Beef comes from Seamus Conway Butchers here in Tulsk Village



TÁIN CAFÉ AFTERNOON MENU



Sandwiches - served 12pm - 3.45pm

**The King of Connacht's
BLT/CLT**

Triple Decker Toasted Sandwich with Grilled Chicken, Bacon, Lettuce, Tomato and Mayonnaise on White or Brown Bread and Served with Chips

€12.00

**Ráth Mór Signature Club
Sandwich**

Toasted Sandwich with Grilled Bacon or Chicken, Lettuce, Tomato with Mayonnaise and Served with Chips

€10.00

Caiseal Mhanannán Tuna Melt

Tuna, Sweetcorn and Mayonnaise with Melted Cheese in a Toasted Floury Bap. Served with Crisps

€8.00

Ráth Beag DIY Sandwich

Plain or Toasted Sandwich on White or Brown Bread with choice of Two fillings (Chicken, Ham, Cheese, Tomato, Red Onion, Lettuce, Mixed Peppers)

€5.00 Extra Fillings +.50c Each

King Daithí's Toasted Sandwich

Classic Toasted Sandwich with Ham, Cheese, Red Onion, Tomato and Mayonnaise on White or Brown Bread and Served with Crisps

€6.00

Rathcroghan Vegetable Soup

Served with our Homemade Brown Bread

€5.50

Add Something Extra

Vegetable Soup

€4.00

Chips

Full €3.00
Half €1.50

Side Salad

€3.00

Onion Rings (6) Homemade Brown Bread

€ 3.00

€2.00

Please Inform Our Staff of any Food Allergies or Special Dietary Needs

As all food items are freshly cooked to order please expect occasional delays especially during busy periods



Táin Café Children's Menu



Findabair's Chicken Goujons
3 Crispy Chicken Goujons served
with Chips

€6

Mucklaghs' Pork Sausage
2 Jumbo Sausages served with
Chips

€6

Fráoch's Fish Goujons
Three Breaded Fish Goujons
served with Chips €6

Nera's Chicken Salad

Crispy Lettuce, Tomato,
Sweetcorn, Cucumber,
Grilled Bacon &
Chicken Pieces

€6



Ferdiad's Wrap with Two Fillings

1 Meat & 1 Veg, Served with Chips

Choice of Fillings: Chicken, Ham,
Cheese, Tomato, Lettuce, Mixed Peppers

€6 additional veg filling +.50c

additional meat filling €1.50

Did you know the Rathcroghan landscape is one of the richest unexcavated archaeological landscapes in Europe with over 260 monuments within 6.5km². It is a multi-period site reflecting over 5,500 years of activity, some of which has been captured in our early literature, including Ireland's National epic, the Cattle Raid of Cúailnge - an Táin Bó Cúailnge.

The names of our dishes reflect the intriguing connections of the Rathcroghan landscape with our past. Here are some of the characters:

Medb: Our warrior Queen of Connacht. Medb is believed to have ruled from Rathcroghan in the Iron Age period and led the armies in The Cattle Raid of Cúailnge (Táin Bó Cúailnge).

Mórrígan: The Battle Goddess in Irish mythology, the Mórrígan is a shape-shifter who commonly takes the form of a hooded crow and glides over the battle field provoking the fight.

Nera: Having witnessed the destruction of Medb's palace at the hands of an Otherworldly army, the warrior Nera finds himself in the Otherworld by entering through the cave of Oweynagat at the feast of Samhain. Learning that his vision was yet to happen, he returns to warn Medb of the destruction to come.

King Daithí: The last pagan king of Ireland is buried on the plains of Rathcroghan at Daithí's Mound.

The Cailleach: An old or wise women, associated with the harvest.

Fráoch: One of Connacht's greatest warriors in the Táin he is killed by Cú Chulainn and is laid to rest at Carnfree. This mound was later used by the O'Conors, the Kings of Connacht, to crown their kings.

Ferdiad: Cú Chulainn's best friend and his match in skill and bravery.

Findabair: Medb and Ailill's daughter. She hopes to marry the warrior Fráoch, one of Connacht's great warriors.

