

2017

Teach an Tae Inis Oirr Menu 2017

Teach an Tae

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Eating Local on the Aran Islands

We make everything on our menu from scratch using only the finest ingredients. A mixed flock of free-ranging hens and ducks provide beautiful eggs and we harvest vegetables and fruit from our traditional island garden. The menu changes daily, highlighting the best of the season on Inisheer.

A Sample Menu: June

Fresh Scone with Inisheer Blackberry Jam, Irish Butter & Freshly Whipped Cream

Chocolate Brownie with Irish Ice Cream

Irish Porter Cake made with Guinness

Lemon Poppyseed Drizzle Cake

Roasted Homegrown Rhubarb & Almond Slice

Homegrown Strawberry & Cream Pavlova

Homegrown Vegetable Soup, served with Homemade Brown Bread

Irish Cheddar Cheese & Homemade Apple Chutney on

Homemade Brown Bread with Garden Greens

Our Own Hens' Egg Salad on Homemade Brown Bread with Garden Greens

Aran Islands Café



Experience the taste of the Aran Islands with our heritage menu and homegrown ingredients. The Donoghue's continue traditions of daily homebaking, growing our own potatoes, salads and free range eggs, and offer Inis Oírr seafood 'Catch of the Day' in season.

Come for tea and return home with an island memory.

FIND US ON



Tuna & Beetroot Salad on Homemade Brown Bread with Garden Greens

Granny's Chunky Pasture-Raised Chicken Soup, served with Homemade Brown Bread

Today's Fresh Inis Oírr Mackerel, served with Homegrown Salads and Homemade Brown Bread

Warm Island Tart of Aran Goat's Cheese, Homegrown potato & Herb pesto, served with Garden Greens

Pot of Irish Tea

Rich Roast Fair Trade Coffee

Hot Chocolate with Marshmallows

Frozen Fruit Smoothies (made to order)

Irish Ice Creams from Co Wexford



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Cafe & Tea Rooms



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