

LEFT BANK, A FORMER BANK OF IRELAND BRANCH WAS CONSTRUCTED IN 1870 TO A DESIGN BY SANDHAM SYMES. THE BUILDING WAS A PURPOSE-BUILT BANK AND FACILITATED THE RELOCATION OF THE BANK OF IRELAND FROM NO. 10 THE PARADE, WHICH IT OCCUPIED FROM 1835 TO 1871.

THE PROMINENCE OF THE BUILDING IS INCREASED BY SANDHAM SYMES'S DECISION TO ORIENTATE ITS FRONT FAÇADE ON THE PERPENDICULAR TO THE PARADE SO AS TO FACE NORTH-WEST DOWN HIGH STREET. AS A CONSEQUENCE, THE BUILDING TERMINATES THE EAST END OF HIGH STREET AND FORMALLY TURNS THE CORNER ONTO THE PARADE.

OUR KITCHENS ARE OVERSEEN BY OUR EXECUTIVE CHEF GERARD DUNNE, WHO ENSURES EVERY DISH IS PERFECT & HIS ETHOS IS THAT THE BEST MEALS START WITH THE VERY BEST OF INGREDIENTS. WHEREVER POSSIBLE HE WILL SOURCE THE FINEST LOCAL, NATURAL, ORGANIC & SEASONAL INGREDIENTS, WITHIN AN 80KM RADIUS OF THE PROPERTY.

HIS FRENCH, CLASSIC, GENEROUS, DEEPLY FLAVOURSOME DISHES DISPLAY TRUE TECHNICAL PRECISION, AS WELL AS A CLOSE RELATIONSHIP WITH THE SOURCE OF EVERY INGREDIENT, BE IT FISHERMAN OR GARDENER.

OUR CHEESE SELECTION CELEBRATES THE REMARKABLE REBIRTH OF IRISH CHEESES FROM SMALL FARMS ALL OVER THE COUNTRY.

OUR IN- HOUSE BAKER PRODUCES ALL OUR BREADS & CONFECTIONARY.

WE HOPE YOU ENJOY YOUR DINING EXPERIENCE HERE WITH US IN LEFT BANK.

LEFT
BANK



S M A L L B I T E S

SOUP DU JOUR 8

local organic seasonal ingredients,
homemade treacle brown bread
(add a cup of soup to your meal for €4.50)

WILD ATLANTIC FISH CHOWDER 13

fennel textures, pernod, homemade
treacle brown bread

GOLDEN FRIED CALAMARI RINGS 13

fresh calamari, tossed in ginger, garlic, chilli,
dressed in river field leaves, caper & citrus aioli

WINTER BEETROOT & MOZZARELLA V SALAD 13.95

Mooncoin winter beets, Toonsbridge mozzarella, roasted
cinnamon squash, cold frame greens, pomace oil &
house dressing

LB'S STICKY WINGS 15.95

crispy free-range chicken wings tossed in our hot & sticky
Louisiana sauce or sticky BBQ sauce, stem celery,
cashel blue cheese dip

BAKED ARTICHOKE AND SPINACH DIP 16

organic artichoke hearts, St Tola goat's cheese, baby spinach dip,
artisan bread

For Allergen Information, please ask your server
Most of our dishes can be prepared gluten free!



S A M B O S & W R A P S



LOUIE'S CBLT 12

marinated chicken, streaky bacon, romaine leaves, beef
tomatoes, homemade ranch dressing, five grain bread

CHICKEN CORONATION WRAP 12

breast of cajun spiced chicken, mild curry mayonnaise,
toasted almonds, raisins, spring onion, baby rocket,
shredded carrot & beetroot

SWEET POTATO FALAFEL WRAP 11.5

creamy hummus, roasted red pepper, winter leaves, sweet
chilli & tahini sauce

HEREFORD STEAK SANDWICH 19.5

open-faced, served on thyme focaccia,
char grilled, 6oz hereford beef striploin, five peppercorn
sauce, sauteed onions, tomato, rocket, house cut fries



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B I G G E R P L A T E S



PAN SEARED FILLET OF ATLANTIC HAKE 19.5

pinto bean and ratatouille cassoulet, polenta textures, crispy winter kale

MANOR FARM BABY BACK PORK RIBS 19.50

24hr slow roasted barbecue rack of pork ribs, charred corn on the cob,
rustic potato salad, spring onion & smoked paprika

LEFT BANK SIGNATURE BURGER 18.50

char grilled beef burger, mature white cheddar, streaky bacon, tomato, lettuce, bacon
& red onion jam, chipotle bun, bourbon mayonnaise, home cut fries

CRISPY BEER BATTERED KILMORE DAILY CATCH 19.50

garden peas & bacon, remoulade sauce, home cut fries, lemon wedge

ROTISSERIE HALF CHICKEN 18.95

herb roasted free range chicken, classic caesar salad, home cut fries, roasting pan jus

ROASTED CAULIFLOWER, BUTTERNUT SQUASH & CHICKPEA CURRY MASALA 17.95



coconut, pilau rice, poppadom

SAVOURY COTTAGE PIE 17

fresh ground Paddy Kenna's topside beef, combined with fresh herbs & vegetables,
topped with mashed potato, mixed baby leaves, parmesan shavings
(Available 12-6pm daily)



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S I D E S 5

HOME CUT FRIES

SWEET POTATO FRIES

RED CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

S W E E T S 9

VANILLA CRÈME BRÛLÉE

golden syrup cookie

CHEESECAKE OF THE DAY

homemade, seasonal produce (ask your server)

BUTTERED BRIOCHE BREAD &
CRANBERRY PUDDING

white chocolate, vanilla ice-cream, creme anglaise

FORAGED BLACKBERRY AND BRAMLEY
APPLE CRUMBLE

elderflower crème anglaise

WHITE CHOCOLATE AND MORELLO
CHERRY MOUSSE

chocolate flake



H O U S E R E C O M M E N D E D W H I T E

VENDEMMIA, I.G.T. VENETO, PINOT GRIGIO – ITALY

delicate light bodied pinot grigio with a touch of class €7/28

DOMAINE DELSOL, PICPOUL DE PINET – FRANCE

a very nice dry crisp & light wine from the languedoc region, very refreshing
on the palette €7/€28

THE BETTER HALF, SAUVIGNON BLANC – NEW ZEALAND

dry but luscious, there's a fine symmetry between the heady richness and zesty freshness,
with fleshy, exotic mango on the palate countered by energetic acidity. €8.5/€34

LA SERRE, CHARDONNAY – FRANCE

from Languedoc-Roussillon Region. Elegant wine combining roundness and
freshness, aged in stainless steel tank to preserve fruity aromas. €7.5/30

PETH WETZ, UNFILTERED RIESLING, RHEINHESSEN – GERMANY

notes of lemon and grapefruit with some pear too, this wine has a weight and
just a hint of sweetness, delicate but with plenty of flavour €8/32

CAMPO, FLORES BLANCO ORGÁNICO – SPAIN

blended from organically-grown Sauvignon Blanc, Verdejo and Macabeo
grown by farmers in the Cuenca part of La Mancha, who cultivate their crop
in the traditional way, €7/€28

DOMAINE DE L'HERBE SAINTE, SAUVIGNON BLANC – FRANCE

From Minervois region of Languedoc, got it's name from the number of
aromatic plants that grow there, which were traditionally thought to have
healing properties which seem to add a similar herbal, aromatic quality to
the wines. €7.5/30



H O U S E R E C O M M E N D E D R E D

VILLA ADAMI, MONTEPULCIANO D'ABRUZZO – ITALY

This is a majestically smooth, medium-bodied Italian red.
It has flavours of dark cherry, blueberries and ripe plum. It is fruit driven with almost invisible tannins €7.30/29

RESERVE SAINT MARC, MERLOT – FRANCE

A fresh and exciting expression of the ever-popular Merlot grape with appealing notes of cherry, blackberries and a subtle hint of vanilla. €7/28

DOMAINE DE L'HERBE SAINTE, CABERNET SAUVIGNON– FRANCE

From Minervois region of Languedoc this wine soft, supple and fruity with a rich smooth, texture and flavours of blackberries and blackcurrants €7.5/30

SANTUARIO, MALBEC MENDOZA – ARGENTINA

Grown in the Santa Rosa and Maipu subregions of Mendoza,
Soft and rich unoaked red with low acidity, gentle tannins
and jammy hints of ripe blackberry, molasses, sweet cherry
and smoky bacon. Great intensity, character and length. €7.3/29

POST HOUSE, BLUEISH BLACK – SOUTH AFRICA

shiraz, pinotage, cabernet sauvignon and merlot blend, the name refers to the colour of the wine which has a dark blue tinge to it. It is full bodied and rich with aromas of spices and black fruit €8/33

RAMON BILBAO, RIOJA, CRIANZA – SPAIN

voted Spain's top winery, this brilliant creates top wines from the wonderful rioja region. Lovely fruits balanced with great tannins. A must try €8/€33

