

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

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### 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

### HONEY GLAZED HALLOUMI AND BLACK V MISSION FIG SALAD 13.95

arugula, pearl cous cous & balsamic glaze

### 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, cream 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



## LEFT BANK CBLT 12.5

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

## CHICKEN CORONATION WRAP 12.5

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

## HALLOUMINATOR 11.5



grilled halloumi, roasted red peppers, avocado tzatziki, creamy hummus, focaccia, dressed rivers field rocket

## HEREFORD STEAK SANDWICH 19.5

open- faced, served on ciabatta bread,  
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

roasted new baby potato and smoked bacon, charred corn, red onion & tomato salsa

## MANOR FARM BABY BACK PORK RIBS 19.5

24hr slow roasted barbecue rack of pork ribs, charred corn on the cob,  
celeriac and apple slaw

## LEFT BANK SIGNATURE BURGER 18.5

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

## CRISPY BEER BATTERED KILMORE DAILY CATCH 19.5

garden peas & bacon, remoulade sauce, home cut fries

## ROTISSERIE HALF CHICKEN 18.95

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

## CHICKPEA AND ORGANIC CAULIFLOWER RISSOLES 17.95



pinto bean and mediterranean vegetable casserole, rocket pesto

## 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

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HOME CUT FRIES

SWEET POTATO FRIES

RED CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

## S W E E T S 9

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VANILLA CRÈME BRÛLÉE

golden syrup cookie

CHEESECAKE OF THE DAY

homemade, seasonal produce (ask your server)

SALTED CARAMEL PANNA COTTA

dulce de leche, poached pear

SUMMER RHUBARB AND BRAMLEY  
APPLE CRUMBLE

elderflower crème anglaise

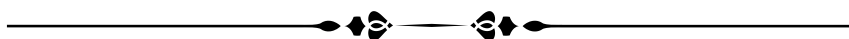
WHITE CHOCOLATE AND STRAWBERRY  
MOUSSE

shortbread texture

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## **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 lanquedoc 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 €8.5/34

### **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



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



### **LIA, TEMPRANILLO, RIBERA DEL DUERO – SPAIN**

summery and aromatic blush rose, fresh yet chic, inviting you  
to fantasise with each sip €7.9/32

### **CHATEAU MOURGUES DU GRES, 'FLEUR D'EGLANTINE' – FRANCE**

Chateau Mourgues du Gres, 'Fleur d'Eglantine' - France  
From the appellation of the Costieres de Nimes on the border  
of Languedoc and Provence. Fleur d'Eglantine owes its name to  
its luminous color, similar to that of the petals of the rose hips  
bordering our vines, and to its tangy freshness €9/36

### **VINA REAL, ROSADO, RIOJA – SPAIN**

The vineyards used to produce the Viña Real Rosé are between  
8 and 15 years old and feature a combination of head-trained  
and trellis vines grown in Rioja Alavesa (mainly Elcico and  
Laguardia) in cool, clay soils with varying aspects with a blend  
of Viura, Garnacha and Tempranillo grape varieties. €7.9/€32

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



### **CASA GHELLER G, VALDOBBIADENE PROSECCO SUPERIORE – ITALY**

gorgeous, floral and peachy aromas, following through on  
the palate with citrus and melon hint, outstanding example  
of prosecco €8/36

Extensive wine list available on request, Please ask your server

