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 DAWID WASIEL, 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 9

local organic seasonal ingredients, homemade treacle brown bread
(add a cup of soup to your meal for €6 extra)

LEFT BANK CREAMY FISH CHOWDER 15.95

Atlantic fish, fresh mussels, prawn, crunchy fennel,
homemade treacle brown bread

GOLDEN FRIED FRESH CALAMARI 15

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

WARM GOAT'S CHEESE SALAD 14.5

crumbed goat's cheese, candied beetroots & walnuts, fresh pear,
lemon & honey dressing
(add cajun chicken €5)

LB'S STICKY WINGS 15.95

crispy free-range chicken wings with a choice of Louisiana
hot sauce, honey & mustard or sticky BBQ sauce, stem celery, cashel blue cheese dip

PRAWN PIL PIL 16

Atlantic prawns, garlic, white wine, chilli oil, parsley, crusty bread

BLACK LENTIL & HALLOUMI BOWL 11.5

marinated halloumi & beluga lentils, spiced roasted squash,
Chantenay carrots, almond salsa verde, pomegranate seeds

ARMAGNAC CHICKEN LIVER PARFAIT 14

house baked brioche, plum relish, pickled woodland mushrooms

PADRON PEPPERS 10.5

baked padron peppers stuffed with feta & almonds, romesco sauce

Allergen information available at service station
most of our dishes can be prepared gluten free

LEFT BANK

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

ATLANTIC HAKE 22

pan-seared Atlantic hake, roast baby potatoes, squid, chorizo, green olives,
broccoli, dirty martini butter sauce

LEFT BANK BURGER 20.5

homemade ground chuck & brisket patty, pickled red onion, bacon, Knockanore red cheddar,
iceberg, gherkin & mayo relish, five seeded bun, served with home cut fries

CRISPY BEER BATTERED KILMORE DAILY CATCH 19.9

garden peas & pancetta, remoulade sauce,
home cut fries, citrus

ROTISSERIE HALF CHICKEN 19.5

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

AUTUMN CELERIAC STEAK 20 Vegan

maple syrup & smoked paprika-marinated celeriac, vegan mushroom
stroganoff sauce, umami white miso risotto

RACK OF BABY BACK RIBS 20

natural spice marinade, barbeque glaze,
char-grilled spicy lime corn on the cob, home cut fries

6OZ STEAK SANDWICH 23.9

sautéed onions & green jalapenos, red pesto focaccia,
peppercorn sauce, home cut fries
(add red cheddar cheese for €1.5 extra)

SAVOURY COTTAGE PIE 18.9

fresh ground Paddy Kenna's topside beef, combined with fresh herbs & vegetables, a
side of mashed potato, roasted seasonal vegetables

10 0Z BLACK ANGUS STEAK 39.5

(AVAILABLE AFTER 5PM)

char grilled black angus steak, home cut fries, sautéed chestnut mushrooms,
white onion purée
a choice of: herb & garlic butter, five peppercorn cognac cream or chimichurri sauce

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LEFT BANK

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

AVAILABLE UNTIL 5PM

CBLT 14

chicken fillet, smoked bacon, beef tomato, cos lettuce, ranch dressing, smashed avocado, served on panini, veg crisps
(add cheese €1.5)

CHICKEN CORONATION WRAP 13

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

CHICKEN BURRITO WRAP 14

thin sliced chicken strips, sautéed peppers, green lettuce, cheese, mayo, red & white cabbage slaw

SPICED CARROT HUMMUS DIP 13

Vegan

roasted carrots, sesame seeds, home-made red pesto focaccia

S I D E S 5

HOME CUT FRIES

SWEET POTATO FRIES

RED & WHITE CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

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LEFT BANK

S W E E T S

VANILLA BEAN CLASSIC CRÈME BRÛLÉE 9

coconut & golden syrup cookie

CHEESECAKE OF THE DAY 9

homemade, seasonal produce (ask your server)

SEASONAL CRUMBLE 9

sticky toffee & green apple, buttery oat crumb, créme anglaise

CHESTNUT CARAMEL PAVLOVA 9

white chocolate & chestnut cream, caramel sauce, chocolate coated chestnut

COFFEE & FIG TRIFLE 9

baked figs with honey& nuts, mascarpone ginger cream, Pekea coffee infused sponge, mint

SELECTION OF ICE-CREAM 8

salted caramel, chocolate, vanilla

C O F F E E / T E A

AMERICANO 3.7
CAPPUCCINO 4.2
LATTE 4.2
FLAT WHITE 4
HOT CHOCOLATE 4.5
MOCHA 5
ESPRESSO 3.3
DOUBLE ESPRESSO 3.7
MACCHIATO 3.7
TEA 3.7
(breakfast tea, camomile, peppermint, earl grey & green tea available)

LIQUER COFFEE 9

(Irish coffee, Bailey's coffee, French coffee or Calypso coffee available)

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Most of our dishes can be prepared gluten free!

LEFT BANK

HOUSE RECOMMENDED WHITE

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

delicate light bodied pinot grigio with a touch of class €8/32

DOMAINE DE LA MADONE, PICPOUL DE PINET – FRANCE

A lively, textured palate has a great freshness and flavours of grapefruit, lime, peach and melon. €8/32

TOKOMARU BAY, SAUVIGNON BLANC – MARLBOROUGH, 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. €9/€36

LA SERRE, CHARDONNAY – FRANCE

from Languedoc-Roussillon Region. Elegant wine combining roundness and freshness, aged in stainless steel tank to preserve fruity aromas. €8/32

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. €9/36

ORBALLO RIAS BAIXAS ALBARINO, RIAS BAIXAS – SPAIN

Expect ripe peach, floral and honeyed aromas mingling with a bit of mountain herbs, mandarin peel, and apple. It's got a lovely weight on the palate, thanks to the leesy texture, with ripe fruit and minerality balanced by a refreshing, zippy acidity. €10/40

LUNAE 33, SAUVIGNON BLANC, IGP ATLANTIQUE – FRANCE

Pale yellow color with green highlights. Intense nose of boxwood and broom with citrus notes when stirred. Elegant and tangy on the palate, the flesh is tender and persistent, blooming with floral and citrus aromas. €8.3/33

Extensive wine list available on request. Please ask your server

Allergen information available at service station

LEFT BANK

HOUSE RECOMMENDED RED

TERRE FORTI, NERO D'AVOLA, SICILY – ITALY

This Nero d'Avola from Sicily has an intense, jammy nose of ripe red fruit and blackberries. €8/32

LES COCHES, J. MOREAU & FILS, MERLOT – FRANCE

Purplish red tinged with ruby.
a seductive bouquet of black and red fruit, combined with discreet notes of under-wood and liquorice., open and balanced with notes of liquorice and strawberry, and a well-rounded finish hinting on jam. €8/32

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. €8/32

LE GRAND NOIR, CABERNET SAUVIGNON, LANGUEDOC – FRANCE

The blend of rich blackcurranty Cabernet and brambley, gently peppery Syrah makes this a very distinctive wine. The vanilla character of the oak is present but subtle, and the tannins are softer than in many Cabernets. €8/32

RAMON BILBAO RIOJA, CRIANZA – SPAIN

Classic, accessible Crianza Rioja with an intense nose of wild black fruits, liquorice and warm spicy notes of nutmeg, vanilla and cinnamon. As it passes through the palate, it's noticeably tasty and balanced, with a good acidity and perfectly integrated tannins. Toasty notes are evident straight after the first sip. €8.5/34

Extensive wine list available on request, Please ask your server
Allergen information available at service station

LEFT BANK

HOUSE RECOMMENDED ROSE

VINA REAL, ROSADO – SPAIN

an attractive pale salmon pink Rioja rosé crafted from Viura and Tempranillo grapes. This is an aromatic wine, the nose revealing floral aromas along with peach, apricot and background notes of strawberry and citrus. €8/32

DOMAINE LAFAGE 'MIRAFLORS' ROSÉ

A lovely rose from the Languedoc - Rousillon region of Southern France with its unmistakable frosted long bottle. Pale salmon colour. A refreshing and mineral wine. Lively on the mouth with red fruits and fresh spices, round and crisp on the finish. €9/36

HOUSE RECOMMENDED PROSECCO

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 €9.5/45

NON ALCOHOLIC WINE

Nozeco Red - Merlot €6.5
Nozeco White - Chardonnay €6.5
Torres Natureo 0.0 - Rosé €6.5

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LEFT BANK