

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

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## SOUP DU JOUR 9

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

## 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

## CLEMENTINE & RICOTTA SPRING SALAD 14.5 ✓

peas & kale, roasted sweet potato, mojito vinaigrette, green apple, mixed  
seeds

(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

## PRAWNS & DILL MONTADITOS 15

toasted ciabatta, cos lettuce, cucumber, wild garlic mayo, chilli

## BLACK LENTIL & HALLOUMI BOWL 10.5

beluga lemon lentils, mango, sweet potato, marinated halloumi,  
edamame beans, sesame seeds, herb olive oil

## ARMAGNAC CHICKEN LIVER PARFAIT 14

house baked brioche, Mooncoin Beetroot & horseradish relish, blackberry  
mousse

## GRILLED TOULOUSE SAUSAGE 12

BBQ grilled Toulouse sausage, mint tzatziki, dijon mustard, sautéed onions, crusty bread

Allergen information available at service station



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

## PAN SEARED FILLET OF ATLANTIC HAKE 22

clementine & fennel cream, roasted baby potato, cajun squid,  
garlic, cherry tomato, sugar snap peas

## 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

## TEMPEH AUX AUBERGINE 20



softened aubergine, roast pepper & tomato paste,  
creamy polenta, Tempeh crumb, walnuts, olive oil

## RACK OF BABY BACK RIBS 20

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

## PULLED BEEF BRISKET SANDWICH 21

slowly braised beef brisket, pickle de Gallo,  
fried onions, rustic ciabatta, fries

## SAVOURY COTTAGE PIE 19

(AVAILABLE UNTIL 5PM)

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



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

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

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AVAILABLE UNTIL 5PM

### CRUNCHY BLT 13

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

### CHICKEN CORONATION WRAP 12.5

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

### ZA'ATAR BEETROOT HUMMUS 12.5

aromatic Za'atar & beetroot hummus, cherry tomatoes, feta  
crumb, raspberry balsamic, home-made provençal focaccia

### CHICKEN BURRITO WRAP 13

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

## S I D E S 5

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HOME CUT FRIES

SWEET POTATO FRIES

RED & WHITE CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

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## S W E E T S

VANILLA BEAN CLASSIC CRÈME BRÛLÉE 9

raspberry & golden syrup cookie

CHEESECAKE OF THE DAY 9

homemade, seasonal produce (ask your server)

PEACH & APPLE CRUMBLE 9

coconut crumb, crème anglaise

MANGO PAVLOVA 9

chantilly cream, mango coulis

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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## 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 €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

### **THE LAST SHEPHERD, 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

### **CINCO ISLAS ALBARINO, BODEGAS CHAVAS, RIAS BAIIXAS – SPAIN**

Masterpiece from the Rías Baixas that captures the essence of the Atlantic this Albariño is caressed by sea breezes and sun throughout the day, characteristics that give it a unique and exceptional character. €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



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



## **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

## **DRIFTING, CABERNET SAUVIGNON, LODI – CALIFORNIA**

Black currants, raspberry and dark cherry flavors find themselves soaring amongst the toasted oak that produce this smooth and flavorful Cabernet Sauvignon. €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

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

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### 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 'MIRAFLORES' 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

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

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### 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

## N O N A L C O H O L I C W I N E

Nozeco Red - Merlot €6.5

Nozeco White - Chardonnay €6.5

Torres Natureo 0.0 - Rosé €6.5

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