

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 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 €5.50)

## WILD ATLANTIC FISH CHOWDER 15

fennel textures, pernod, homemade  
treacle brown bread

## GOLDEN FRIED FRESH CALAMARI 15

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

## ROASTED MOONCOIN WINTER BEETROOT SALAD 13.95



aged feta textures, cranberries, walnuts, orange citrus, honey  
mustard 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

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

The logo for 'Left Bank' is written in a stylized, orange-red, cursive font. The word 'LEFT' is positioned above 'BANK', and both are underlined with a thin orange line.

# 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, 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

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



## PAN SEARED FILLET OF ATLANTIC HAKE 22

roasted baby potatoes, chorizo, roasted red peppers, garlic, butternut squash velouté

## LEFT BANK SIGNATURE BURGER 19.5

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 19.9

garden peas & bacon, remoulade sauce, home cut fries

## ROTISSERIE HALF CHICKEN 19.5

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

## HARISSA ROASTED BUTTERNUT SQUASH 19

cauliflower & cranberry rice, pine kernels, Mediterranean vegetable sauce, feta textures

## SAVOURY COTTAGE PIE 19

fresh ground Paddy Kenna's topside beef, combined with fresh herbs & vegetables, topped with mashed potato, garden peas & carrots

(Available 12-6pm daily)

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

## 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)

FORAGED WILD BLACKBERRY &  
APPLE CRUMBLE

crème anglaise

CRANBERRY & WHITE CHOCOLATE  
BRIOCHE BREAD & BUTTER PUDDING

crème anglaise, vanilla ice-cream

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

LEFT  
BANK

## 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 €7.5/30

### **DOMAINE DE LA MADONE, PICPOUL DE PINET – FRANCE**

A lively, textured palate has a great freshness and flavours of grapefruit, lime, peach and melon. €7.3/29

### **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. €7.8/31

### **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

### **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, €7.5/€30

### **DAGUET DE BERTICOT, SAUVIGNON BLANC – 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.  
€7.8/31

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



## **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 €7.5/30

## **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. €7.5/30

## **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. €7.8/31

## **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 €8.5/34

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 O S E**

---

**VINA REAL, ROSADO, RIOJA – 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. €7.9/32

**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**

---

**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 €9/42

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

---

**NOZECO DE ALCOHOLISED WINE**

Red - Merlot €6

White - Chardonnay €6

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

**LEFT  
BANK**