

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 14.95

fennel textures, pernod, homemade
treacle brown bread

GOLDEN FRIED FRESH CALAMARI 15

fresh calamari, tossed in ginger, garlic, chilli, dressed in river
field leaves, sweet chilli & mango aioli

COUNTRY STYLE NICOISE SALAD 14

Nicoise olives, romaine lettuce, roasted bell pepper, organic
potatoes, hens egg, fine beans & sundried tomatoes tossed
with our extra virgin olive oil & lemon vinaigrette



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, hand-drawn font. The word 'LEFT' is positioned above 'BANK', and both are underlined with a thin orange line.

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

PAN SEARED FILLET OF ATLANTIC HAKE 22

roasted new baby potatoes, citrus, nicoise olives, chorizo & sundried tomato,
wild garlic pesto vin blanc

THE 1870 BURGER 20.5

ground chuck & brisket patty, pickled gherkin and red onion salad, bacon, Applewood smoked cheese,
iceberg textures, bourbon dressing, five seeded bun

CRISPY BEER BATTERED KILMORE DAILY CATCH 19.9

garden peas & bacon, 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, honey mustard glaze

HARISSA ROASTED BUTTERNUT SQUASH 19



cauliflower & cranberry rice, pine kernels, Mediterranean vegetable sauce,
fine 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

RACK OF BABY BACK RIBS 19.8

Barbecue sauce, sweetcorn & coriander fresh cut salsa

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

GREEN GODDESS CHICKEN BLT 13

smoked bacon, avocado, cajun chicken, pickled red onion,
tomato and green goddess ranch dressing, artisan bread

CHICKEN CORONATION WRAP 12.5

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

CAPRESE OPEN FACED SANDWICH 12.5 ✓

vine tomatoes, mozzarella, wild garlic & basil pesto, beetroot
hummus, aged balsamic glaze, house baked focaccia

FORK PULLED BEEF BRISKET SANDWICH 20.95

open- faced, slowly braised beef brisket, Korean BBQ
sauce, gherkin & jalapeno salad, rocket, tobacco onions,
ciabatta bread, fries

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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)

NEW SEASON RHUBARB &
APPLE CRUMBLE

crème anglaise

CRANBERRY & WHITE CHOCOLATE
BRIOCHE BREAD & BUTTER PUDDING

crème anglaise, vanilla ice-cream

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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 €7.5/30

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

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.
€7.8/31

Extensive wine list available on request. Please ask your server

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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

VINA REAL, RIOJA, CRIANZA – SPAIN

This Crianza is a classic Rioja Alavesa in style. Great with food, enjoyable, really fresh and full of flavour. In this Crianza, the blend is 90% Tempranillo with the remaining 10% Garnacha, Mazuelo, and Graciano. €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

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

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