

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 HEAD 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 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)

LEFT BANK'S CREAMY FISH CHOWDER 15.95

Atlantic fish, fresh mussels, prawns, crunchy fennel, pernod,
homemade treacle brown bread

GOLDEN FRIED FRESH CALAMARI 15

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

GOATS CHEESE WINTER SALAD 14.5 ✓

warm goats cheese, quinoa, organic leaves, pink lady,
rainbow tomatoes, pomegranate 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

FRESH ATLANTIC PRAWN PIL PIL 16.5

fine roasted in a fresh chilli & garlic pomace oil, house
white baguette, citrus

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



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

PAN SEARED FILLET OF ATLANTIC HAKE 22

Bouillabaisse sauce, roasted new baby potatoes, olives, chorizo, West Cork black mussels

THE BOURBON BURGER 20.5

homemade ground chuck & brisket patty, pickled gherkin and red onion salad, bacon, Applewood smoked cheese, iceberg, bourbon dressing, five seeded bun, served with home cut fries

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, French mustard glaze

HARISSA ROASTED BUTTERNUT SQUASH 19

cauliflower & forest fruits, celery, pine kernels, marinated tofu, sauce Vierge

RACK OF BABY BACK RIBS 19.8

Barbecue sauce, char-grilled corn on the cob

FORK PULLED BEEF BRISKET SANDWICH 20.95

slowly braised beef brisket, Korean BBQ sauce, gherkin & jalapeno salad, rocket, crispy onions, signature homemade white mixed seed bun, 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

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

AVAILABLE UNTIL 5PM

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

S I D E S 5

HOME CUT FRIES

SWEET POTATO FRIES

RED CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

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LEFT
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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)

BRAMLEY APPLE & FOREST FRUIT CRUMBLE 9

crème anglaise

GOLDEN BREAD & BUTTER PUDDING 9

bourbon crème anglaise

SEASONAL PANNA COTTA 10

(ask your server for today's special) crushed blondie, glass tuile

C O F F E E / T E A

AMERICANO 3.5

CAPPUCCINO 3.9

LATTE 3.9

FLAT WHITE 3.9

HOT CHOCOLATE 4

MOCHA 4.5

ESPRESSO 3.2

DOUBLE ESPRESSO 3.2

MACCHIATO 3.7

TEA 3.5

(breakfast tea, camomile, peppermint, ginger & lemongrass, rooibos, earl grey & green tea available)

LIQUER COFFEE 8.5

(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 €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 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. €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

CANTINE VALLE TRITANA, PECORINO, ABRUZZO – ITALY

From sustainably managed vineyards in Valle Tritana, Pale gold in colour with a strong aromatic bouquet ranging from green fruits and citrus to white flowers and musk €8/€32

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

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

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. €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

LUBANZI COASTAL RHONE BLEND, WO SWARTLAND – SOUTH AFRICA

A juicy, easy going red blend. Dressed in a hue of ruby purple, the shiraz leads the way for a bouquet of flavours – fresh blackberry, acidic plum tart, all spice- alongside gentle tannins which further soften as the wine breathes. €8.5/34

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

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

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. €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 Red - Merlot €6

Nozeco White - Chardonnay €6

Torres Natureo 0.0 - Rosé €6

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