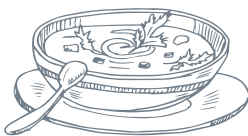


SOUPS



The Soup Today
Your Server Will Explain, Toasted Seeds, Crispy Sourdough

West Coast Seafood Chowder
Brown Wheaten Bread

IT'S A WING THING



Gannon's Buffalo Chicken Wings
Smoked Bacon Bits, Blue Cheese Aioli, Celery Slaw

APPETISERS



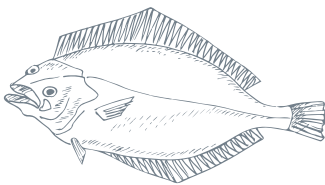
Leitrim Hill Goats Cheese
Deep Fried Leitrim Hill Goats Cheese, Candied Nuts,
Tomato and Roast Red Pepper Chutney, Basil Pesto

Pan Seared Scallops and Tempura Prawns
Pea Purée, Pickled Mushrooms, Roe Dust, Citrus Syrup, Crispy Pancetta

Smoked Silver Hill Duck Breast
Dozio's Black Pepper and Garlic Cheese, Beetroot, Pear Chutney, Herb Oil

Sticky Black Bean and Tofu Skewers (V)
Stir-Fry Vegetables, Rice Noodles, Black Bean Sauce

Indian Spiced Carrot Fritters (V)
Mint Yogurt, Pickled Fennel, Beetroot Hummus



6.5
JOE GARVIN'S ATLANTIC CATCH

9 Jack the Lad Pale Ale Battered Haddock 17.5
Jack the Lad Pale Ale, Crispy Caper and Herb Batter, Pea Purée,
Chunky Tartar, Skinny Fries

The Banks Signature Seafood Linguine 25
Clew Bay Mussels, King Prawns, Citrus, Chili and Garlic Butter, Parmesan,
Crispy Bread

9.5 Seared Atlantic Cod Fillet 27
Chorizo, Pea and Tomato Salsa, Sauté Samphire, Herb Oil



9.5
BROGAN'S FARM PREMIUM IRISH BEEF

12 Hour Braised Beef Feather Blade 24
Garlic Potato Pave, Celeriac Purée, Tenderstem Broccoli, Red Wine Jus

10oz Dry Aged Sirloin Steak 34
Crispy Fried Onions, Roast Flat Mushroom, Tomato Emulsion

Garlic & Herb Butter Or Rich Port Jus Or Peppercorn Sauce

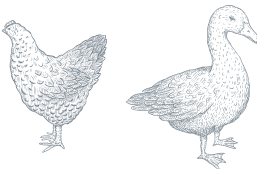
Potatoes of the Day are Served with all Main Courses

ALLERGEN INFORMATION

If you are intolerant or allergic to any of the 14 legislative food allergens you must inform your server, who will provide further information and details of the allergens used in the preparation of dishes on this menu.

(V) - Suitable for Vegans

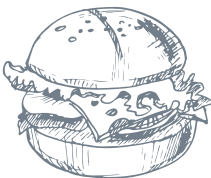
CHICKEN AND DUCK



Gannon's Chicken Supreme 24
Herb Croquette, Roast Carrot's and Carrot Purée, Pan Jus

Silver Hill Duck Breast 28
Potato Rosti, Cherry Purée, Bok Choy, Rich Port Jus

THE BIG BANK BURGER



Brogan's Farm Smashed Fillet Steak Burger 16.5
Emmental Cheese, Iceberg Lettuce, Beef Tomato, Peppercorn Sour Cream,
Crispy Fried Buttermilk Onions, Skinny Fries

VEGAN AND VEGETARIAN MAINS

Cauliflower, Sweet Potato and Chickpea Curry (V) 19
Coconut Rice, Garlic Flatbread

Tofu and Black Bean Stir-Fry (V) 19.5
Stir-Fry Vegetables, Rice Noodles, Sticky Black Bean Sauce

SIDES



- Skinny Fries 4.5
- Crispy Fried Onions 5
- Green Vegetables 5
- Rocket, Parmesan and Balsamic 5



THE RED BANK

RESTAURANT

À LA CARTE MENU



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