LUNCH MENU

SERVED MONDAY – FRIDAY 12-3PM

Lunch Specials Daily

SOUP OF THE DAY (D)(GF)(SD)
Served with Guinness Wheaten Bread.

SEAFOOD CHOWDER (GFA)(F)(MO)(C)(M)(D)
Fresh Carlingford Fish, Cream Sauce, Homemade Wheaten.

BANK CHICKEN WINGS — CHILLI / BBQ
6 or 10 wings (E)(CE)(D)(SE)(GF)

CARLINGFORD BAY MUSSELS (GFA)(MO)(M)(D)
Steamed Mussels in White Wine and Garlic Cream, Grilled Lemon, Toasted Focaccia.

BANK BLT SANDWICH (GFA)(S)(D)(M)(E)
Triple-decker toastie layered with, Lettuce, Tomato, Bacon, Cheese, and Mayo.

WRAPS
- **Caesar Chicken wrap.** (GFA)(F)(M)(D)(E)(MU)
- **Chicken Goujon wrap in a smokey joe sauce.** (CE)(GFA)(E)(SU)

SOURDOUGH SPECIALS
- **Honey Ham, Caramelized red onion, brie.**
  (G)(M)(E)(D) May contain (N)(SE)
- **Crispy bacon, Avocado smash, Roast tomatoes, Poached egg.**
  (G) May contain (N)(SE)(E)(M)(D)
- **Avocado, Grilled Mushroom, Roast Tomato, Spinach.**
  (G) May contain (N)(SE)(E)(M)(D)

SALADS
- **Classic Caesar Chicken Salad.**
  (GFA)(F)(M)(D)(E)(MU)
- **Open prawn salad with wheaten bread.**
  (C)(CE)(E)(GFA)(M) May contain (N)(SE)(S)
- **Falafel bites red pepper Chutney**
  (E)(GF)

SALTED CHILI CHICKEN LOADED FRIES (E)(GFA)
Siracha Mayo

CLASSIC LASAGNA
(G)(M)(D)(CE)(SU)(E) May contain (M)(E)(N)(SE)
Served with salad and slaw.

PERI PERI CHICKEN BURGER (E)(GFA)(M)(D)(SU)
Served with salad and rainbow slaw.

CHICKEN GOUJON STACK (M)(D)(CE)(GFA)
Served on a bed of creamy champ and peppered sauce.

OVEN BAKED GOATS CHEESE TART (E)(G)(M)(D)
Served with salad and rainbow slaw.

PESTO CHICKEN PASTA
(E)(M)(N)(D)(GFA) May contain (F)(G)
Pine nuts/garlic bread.

MEDITERRANEAN VEGETABLE PASTA (E)(CE)(SU)(GFA)
Roasted vine tomato sauce and wilted spinach.

Side Orders
- CREAMY MASH
- BABY BOILS
- CHUNKY CHIPS
- SKINNY FRIES
- GARLIC SAUTÉ POTATOES
- SWEET POTATO FRIES
- ONION RINGS
- HOUSE SALAD
- MARKET VEGETABLES
- CHILLI, GARLIC & PARMESAN FRIES

FOOD ALERGEN KEY

(E) Eggs (M) Milk (N) Nuts (F) Fish (C) Crustaceans (MO) Molluscs (S) Soya (G) Gluten (P) Peanuts (SE) Sesame
(CE) Celery (MU) Mustard (L) Lupin (SU) Sulphur Dioxide (GF) Gluten Free Options (D) Dairy (GFA) Gluten free option available

BANK bar & bistro

MAIN MENU

Starters

CHEF SOUP CREATION (C)(GF)(D)
Guinness Wheaten Bread

WARM ARTISAN BREADS (E)(M)(G)(MU)(D)
Sourdough, Guinness Wheaten, Chorizo Bread, Whipped Butter

FRENCH ONION SOUP (G)(D)
Beef and Onion Broth, Melted Cheese, Croutons

BEEF SPRING ROLL (C)(MU)(D)
Served on a Bed of Asian Noodles, Hoi Sin Sauce

BANK CHICKEN WINGS (E)(G)(C)(D) — CHILLI | BBQ
Garlic Mayo, Celery Sticks

STUFFED GARLIC MUSHROOM (G)(D)
Garlic Chive Cream, Cheese, Mayo

SALT & CHILLI SQUID TEMPURA (F)(D)
Sriracha Mayo, Coriander, Lime

CHARGRILLED BELLY PORK (D)
Apple Butter, Celeriac Remoulade, Wilted Pakcho

CARLINGFORD BAY MUSSELS (M)(CRU)(G)(GF)(D)
Steamed Mussels in White Wine & Garlic Cream, Grilled Lemon, Guinness Wheaten Bread

SEAFOOD CHOWDER (M)(F)(CRU)(C)(GF)(D)
Selection of Fresh Carlingford Fish, Cream Sauce, Homemade Wheaten

GARLIC CHILLI KING PRAWNS (M)(CRU)(G)(GF)(D)
Sizzling Pan-Fried Chilli and Garlic Butter, King Prawns, Chargrilled Focaccia

Gourmet Brioche Burgers

HEREFORD BANK BURGER (E)(M)(G)(GF)(D)
8oz Prime Burger, Crispy bacon, Mature Cheddar Cheese, Crisp Baby Gem, Ballymaloe Relish, Pepper Sauce

CRISPY CHICKEN FILLET BURGER (E)(G)(C)(MU)(GF)(D)
Southern Fried Chicken, Chipotle, Crisp Lettuce, Tomato Relish, Red Onion, Beef Tomato, Bank Coleslaw

HEREFORD COMBINATION BURGER (E)(M)(G)(D)
8oz Prime Burger, BBQ Pulled Pork, Crisp Baby Gem, Red Onion, Beef Tomato Onion Ring, BBQ Sauce

FALAFEL VEGGIE BURGER (E)(M)(G)(GF)(D)
Homemade Falafel, Brie, Ballymaloe Relish, Red Onion, Beef Tomato

ALL OF THE ABOVE SERVED WITH A CHOICE OF SIDE

Pasta Kitchen

All Served with Cracked Black Pepper & Parmesan Shavings

BANK CHICKEN AND CHORIZO (E)(M)(G)(MU)(GF)(D)
Chicken, Chorizo, Garlic, Sun Dried Tomato Parmesan, Ciabatta Garlic Bread

SEAFOOD TAGLIATELLE (E)(M)(F)(CRU)(G)(MU)(GF)(D)
Salmon, King Prawns, Cod, Smoked Haddock, Mussels, Tomato Sauce & Ciabatta Garlic Bread

CARBONARA (E)(M)(G)(MU)(GF)(D)
Chicken, Bacon, Mushroom, White Wine Cream, Garlic, Penne Pasta & Ciabatta Garlic Bread

Fish Bar

LEMON AND HERB CRUSTED SALMON (M)(F)(G)(C)(MU)(GF)(D)
Fresh Kilkeel Salmon, Frizacaise of Asparagus Tips, Tender Stem Broccoli, Chive Cream, Crispy Parma Ham, Choice of Side

PANFRIED SEA BASS (M)(F)(G)(C)(MU)(GF)
Fresh Kilkeel Seabass, Fondant Potato, Sweet Potato Puree, Buttered Greens, Lemon Velouté, Choice of Side

FISH & CHIPS (E)(M)(F)(G)(MU)(GF)
Deep Fried Fresh Cod, Chunky Chips, Mushy Peas, Tartar sauce, Grilled Lemon

SIZZLING KING PRAWN (M)(CRU)(SO)(C)(MU)(GF)
Fresh Prawns, Bamboo Shoots, Wok Fried Greens, Teriyaki Dressing, Saffron Rice

Salads

MARINATED CHILLI BEEF (E)(SO)(G)(GF)(D)
Hereford Fillet Sliced, Mango, Red Onion, Crispy Noodles, Chilli Dressing

CLASSIC HOT CHICKEN CEASAR (E)(M)(G)(MU)(GF)(D) — STARTER | MAIN
Marinated Chicken, Bacon, Croutons, Parmesan & Creamy Caesar Dressing

MEDITERRANEAN CHARGRILLED GREEK SALAD (D)
Greek Salad with Feta Cheese, Cucumber, Beef Tomatoes

Old Favourite's

SLOW COOKED BRAISED SHORTHORN BEEF DAUBE (MU)(GF)(D)
Clay Pot Daube Of Beef, Buttered Greens, Traditional Creamy Champ, Pan Roast Jus

PANANG THAI CURRY (F)(S)(G)(C)(MU)(GF) — VEG / CHICKEN / KING PRAWN
Asian Vegetables, Saffron Rice, Poppadom, Garlic Naan & Shredded Coriander

CRISPY SALT & CHILLI SIZZLER (E)(SO)(MU)(GF)(D) — VEG / CHICKEN / BEEF
Wok Fried Asian Vegetables, Oriental Sauce, Basmati Rice

SOUTHERN FRIED CHICKEN GOUJONS (E)(G)(C)(MU)(GF)(D)
House Salad, Slaw, Choice of Dips & Side Order

CRISPY BRAISED PORK BELLY (C)(MU)(GF)
Braised Pork Belly, Black Pudding, Caramelized Onion Mash, Stem Broccoli, Asparagus, Veal Jus

CHICKEN SUPREME (C)(MU)(GF)(D)
Potato Gratin, Mushroom Fritter, Stem Broccoli, Mushroom Velouté

VEGETARIAN MASALA GLUTEN FREE / VEGAN (G)(GF)
Chickpea & Butternut Squash, Lentil, Potato & Spinach, Rice, Poppadom

Good Food Butchers

All our Steaks are aged for 28 days for maximum flavour & tenderness.

HEREFORD STEAK SANDWICH 8oz (M)(G)(MU)(GF)(D)
Chargrilled Sirloin, Garlic Ciabatta, Caramelized Onion & Mushrooms, Choice of sauce

HEREFORD PRIME AGED MARBLED SIRLOIN 10oz (M)(G)(MU)(GF)(D)
Portabello Mushroom, Asparagus, Roast Tomatoes on The Vine, Beer Battered Onion Rings, Choice of Sauce

HEREFORD PRIME AGED RIB EYE 10oz (M)(G)(MU)(GF)(D)
Portabello Mushroom, Asparagus, Roast Tomatoes on The Vine, Beer Battered Onion Ring, Choice of Sauce

HEREFORD FILLET 10oz (M)(G)(MU)(GF)(D)
Portabello Mushroom, Asparagus, Roast Tomatoes on The Vine, Beer Battered Onion Ring, Choice of Sauce

HEREFORD TENDER FILLET MEDALLIONS (M)(G)(MU)(GF)(D)
Portabello Mushroom, Asparagus, Roast Tomatoes on The Vine, Beer Battered Onion Ring, Choice of Sauce

ADD SIZZLING PAN FRIED GARLIC & CHILLI PRAWNS (M)(CRU)(GF)(D)

ALL OF THE ABOVE SERVED WITH A CHOICE OF SIDE

Side Orders

- CREAMY MASH (D)
- CHEESY BACON MASH (MU)(L)
- BABY BOILS (GF)(D)
- HAND CUT CHUNKY CHIPS (GF)
- SKINNY FRIES (GF)
- GARLIC SAUTÉ POTATOES (GF)(D)
- CHILLI GARLIC & PARMESAN FRIES (E)(M)(MU)(GF)(D)
- SWEET POTATO FRIES (GF)
- SAUTÉ ONIONS & MUSHROOMS (GF)(D)
- BEER BATTERED ONION RINGS (E)(G)(D)
- HOUSE SALAD
- SEASONAL MARKET VEGETABLES (E)(M)(C)(GF)(D)

Sauce Boat / Sauce Dip

- ROASTED GARLIC & HERB BUTTER (M)(D)
- GREEN PEPPERCORN SAUCE (GF)(D)
- WHISKEY (M)(MU)(D)
- PAN FRIED JUS

FOOD ALLERGEN KEY

(E) Eggs (M) Milk (N) Nuts (F) Fish (CRU) Crustaceans (MO) Molluscs (SD) Soya (G) Gluten
(C) Celery (MU) Mustard (L) Lupin (SD) Sulphur Dioxide (GF) Gluten Free Options (D) Dairy

WE DO NOT SPLIT BILLS

DESSERT MENU

CREME BRULEE (E)(M)(G)
Home baked cream, Biscotti biscuit

FRESH FRUIT PAVLOVA (E)(M)(GF)
Vanilla bean cream, summer fruits & homemade berry compote

DAILY CHEESECAKE (SEE SERVER) (E)(M)(G)
Homemade flavoured cheesecake, berry compote & vanilla ice-cream

WARM CHOCOLATE BROWNIE (E)(M)(G)(N)(SD)
With chocolate sauce & vanilla bean ice cream

RASPBERRY BAKEWELL TART (E)(M)(G)(N)
Hot custard, vanilla ice cream

STICKY TOFFEE PUDDING (E)(M)(G)
Hot toffee sauce & honeycomb ice cream

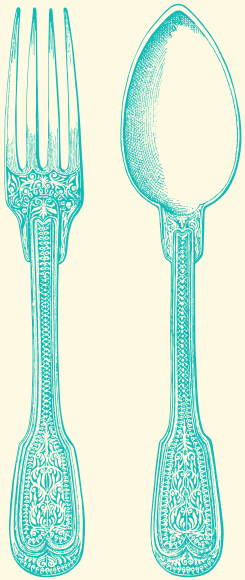
WARM APPLE & RHUBARB CRUMBLE (E)(M)(G)
Served with custard and vanilla ice cream

HOT CHOCOLATE FUDGE CAKE (M)(GF)
With warm chocolate sauce & vanilla ice cream

SALTED CARAMEL PROFITEROLES (E)(M)(G)
Honeycomb ice cream

ALL OUR DESSERTS ARE HOMEMADE

Our home-made desserts may contain nuts please speak to your server. Vegan ice cream available on request.



Liqueur Coffees

IRISH COFFEE .....

BAILEYS COFFEE .....

CALYPSO COFFEE .....

COFFEE ROYALE .....