

Lunch Menu

SALADS

Sweet Chilli Salmon – £4.75

Oven baked Salmon topped with Sweet Chilli Sauce served with Rocket, Spinach & Onions Salad

Chicken & Chorizo – £3.85

Pan cooked Chicken, Chorizo and Peas served on a Bed of Mixed Leaves Salad

Summer Salad – £3.95

Sliced Black Pudding & Goat's Cheese topped with Bacon served on a Bed of Mixed Leaves

Bruschetta Salad (V) – £2.95

Toasted Bread atop Cherry Tomatoes, Red Onions and Goat's Cheese served on a Bed of Mixed Leaves

Left Bank Duck Salad – £4.55

Duck Leg cooked in a BBQ Sauce served with Mixed Salad

Rocket Seafood Salad – £4.25

Sauté Mixed Seafood with Peppers & Broad Beans atop Rocket Leaves

Mix Cheese Salad – £3.95

Brie, Goat's Cheese, Smoked Cheddar and Mozzarella Cheese served with Mix Leaves, Grapes, Strawberries and Sweetcorn finished in a Cranberry dip

Mixed Meat Salad - £4.25

Pan cooked Beef, Pork, Chicken, Onions and Peppers served with Mixed Leaves finished in its own juice

Black Pudding Cakes Salad – £3.75

Served on a Bed of Rocket Leaves with Caramelized Onions finished with Poached Egg on top

Peppers Salad – £2.95

Peppers in Deep Fried Spinach Batter served on a Bed of Mixed Leaves finished in Mint Yogurt Dip

SIDE ORDERS

1. Peppercorn Sauce	£1.00	9. Ciabatta Garlic Bread (Chilli)	£2.75
2. Diane Sauce	£1.00	10. Ciabatta Garlic Bread (Cheese & Basil)	£2.75
3. Blue Cheese Sauce	£1.00	11. Ciabatta Garlic Bread (Mushroom)	£2.75
4. Fries	£1.50	12. Mixed Salad	£1.95
5. Cajun Fries	£1.75	13. Bowl of Mixed Olives with Bread	£1.95
6. Ciabatta Garlic Bread (Plain)	£2.15	14. Bowl of Fresh Onion Rings	£1.95
7. Ciabatta Garlic Bread (Cheese)	£2.75	15. Bowl of Garlic Mushrooms	£1.75
8. Ciabatta Garlic Bread (Mixed)	£2.75	16. Vegetables of the Day	£1.50
		17. Left Bank Special Chorizo	£3.25

WRAPS/CIABATTAS

ALL SERVED WITH CHIPS

Left Bank Steak and Onions – £3.95

Slice of Steak topped with Sauté Onions and Mayo Drizzle served with Chips

Left Bank Cajun Chicken – £3.75

Sliced Chicken marinated in Cajun Spices with Onions, Peppers, Mayonnaise served with Chips

Turkey and Mozzarella – £3.75

Sliced Turkey, Onions, Peppers and Mozzarella Cheese served with Salad finished with a Cranberry Dip

Chicken Carbonara – £3.50

Chicken, Bacon and Mushroom in a Cream Sauce served with Salad and Chips

Meat Fiesta – £4.25

Steak, Pork and Chicken atop Grain Mustard Drizzle served with Salad and chips

Grilled Country Ham & Cheese – £2.50

Grilled Ham, Smoked Cheddar and Cucumber finished in a Mayonnaise Drizzle

Spicy Vegetarian – £2.95 (V)

Pan cooked Courgettes, Aubergine, Mushrooms, Peppers, Onions and Rocket Leaves finished in its own juice

Chef's Mixed Cheese – £3.95 (V)

Mozzarella, Cheddar and Brie with Strawberries and Grapes finished in a Homemade Fruit Coulis Drizzle

Left Bank Special – £3.85

Grilled Black Pudding, Goat's Cheese and Bacon finished in a Mango Drizzle

Hoisin Duck – £4.25

Hoisin Duck Strips, Cucumber & Rocket Leaves served with Chips and Salad

Left Bank Signature – £4.35

Grilled Ham, Sausage, French Mustard atop Gratin Mozzarella, Parmesan & Parsley finished in a Rich Francesinha Sauce

Christmas LUNCH MENU



Left bank
brasserie

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Lunch Menu - Two Courses £6.50

STARTERS

Homemade Chicken Liver Pate
Served with Toasted Bread & Chutney Dip

Mixed Meat Salad
Mixed Leaves Salad served with Strips of Pork, Chicken and Steak atop Onions and Peppers finished in a Homemade Dressing

Melon Parma Ham
Melon served with Parma Ham finished in a Homemade Fruit Coulis

Prawn Cocktail
Served on a Bed of Green Leaves with Prawn Cocktail Sauce atop Rocket Leaves

Corn Bread Mussels (Supplement £1.95)
Green lip Mussels with Corn Bread Crust finished in a Pesto Sauce

Homemade Fish Cakes (Supplement £1.95)
Fish Cake with Cod, Prawns, Salmon and Parsley served on a Bed of Salad finished in a Tartare Sauce Dip

Homemade Soup of the Day
Served with Fresh Cut Bread and Butter

Bread Crumbs Brie (V)
Served with Mixed Salad finished with Fruit Coulis Drizzle

Left Bank Bruschetta (V)
Toasted Bread atop Marinated Cherry Tomatoes and Fresh Basil finished with Goat's Cheese

MAIN COURSES

Fillet Steak Rossini (Supplement £7.95)
Char grilled Fillet Steak served on a Bed of Lyonnaise Potato atop Paté finished in a Red Wine Jus

Rump Steak (Supplement £3.25)
Char grilled Rump Steak served with Chips and Peppercorn Sauce

Arrabiata Chicken
Char grilled Chicken Breast served with Mash Potato finished in a Chilli, Tomato and Pepperoni Sauce

Chicken Panado
Chicken Breast coated in Egg and Breadcrumbs served with Tomato Spaghetti Pasta atop melted Mozzarella Cheese

Grilled Belly Pork
Grilled Belly Pork served with Crushed Potatoes finished in a Hoisin Sauce Drizzle

Duck Rice
Pan cooked strips of Duck, Rice, Mozzarella Cheese, Chorizo and Bacon atop Orange Slices

Traditional Homemade Fish and Chips
Fresh Fillet of Cod in a light Homemade Batter with Chips, Salad and Mushy Peas

Asparagus Salmon (Supplement £1.95)
Oven baked Salmon served on a Bed of Asparagus atop Calamari finish in a Homemade Spinach Sauce

Left Bank Cod Fillet
Cod Fillet coated in Egg and Flour served on a Bed of Potato, Mayonnaise and Vegetable Salad

Butternut Squash (V)
Stuffed with Leeks, Carrots and Mushrooms finished in a Cream and Blue Cheese Sauce

Stuffed Pepper (V)
Stuffed with Rice, Peppers, Carrot, Peas and Spinach finished in a Homemade Spinach Sauce

Roast Norfolk Turkey
Traditional Roast Turkey Crown with Sage Stuffing served with Chipolatas, Roast Potato finished in Rich Gravy Sauce

Parties of six or more will have a discretionary 10% service charge added to your final bill

Lunch Menu

PASTAS

Linguini Salmon – £4.10
Linguini & Pesto atop Salmon Fillet finished in a Pesto Sauce

Penne Carbonara – £2.95
Sliced Bacon and Mushrooms finished in a Parmesan Cream Sauce

Penne Arrabiata – £3.25
Penne in a Light Chilli Tomato Sauce with Pepperoni

Black Pudding, Chorizo & Garden Peas Pasta – £3.50
Linguini, Chorizo, Peas and Black Pudding finished with Goat's Cheese on top

Four Cheese Spaghetti – £3.75
Cream, Semi-Melted Parmesan, Mozzarella, Herb Cheese and Gorgonzola finished in Rocket Leaves and Tomato Plums

Homemade Beef Lasagne – £3.85
Bolognese, Lasagne Pasta finished with Grated Mozzarella Cheese

Left Bank Rigatoni – £3.95
Rigatoni, Goat's Cheese, Leeks, Red Onions & Sundried Tomatoes finished in Light Pesto Sauce

Penne DolceVita – £3.50
Chicken, Sundried Tomatoes and Chilli in a Creamy Tomato Sauce

Left Bank Linguini Seafood Pasta – £4.25
Fresh Salmon, Cod, Mussels and Prawns finished in a Cream and Lemon Sauce

Spaghetti Bolognese – £3.45
Spaghetti in a Bolognese Sauce

Panamoro Pasta – £2.50 (V)
Penne cooked in a Light Tomato Sauce

Chicken Noodles – £3.50
Chicken Sauté with Peppers and Noodles

Fettuchini Primavera – £3.45
Fresh Vegetables, Sundried Tomato and Almonds finished in a Light Pesto and Herbs Sauce

Meat Special – £4.25
Pepperoni, Sausage, Pork and Chicken cooked in a Tomato and Cream Sauce atop Ham Strips

Cajun Chicken Linguini – £3.50
Linguini, Chicken, Cajun Spices and Peppers cooked in a Light Creamy Cajun Sauce

LIGHT MEALS

Homemade Chicken Liver Paté – £3.35
Served with Toasted Bread & Chutney Dip

Homemade Soup of the Day – £3.25
Served with Fresh Cut Bread and Butter

Homemade Fish Cakes – £4.25
Fish Cake with Cod, Prawns, Salmon and Parsley served on a Bed of Salad finished in a Tartare Sauce Dip

Breadcrumbs Brie – £2.50
Served with Mixed Salad finished with Fruit Coulis Drizzle

Prawn Cocktail – £3.25
Prawns served on a Bed of Mixed Leaves with Prawn Cocktail sauce atop Rocket Leaves

Melon Parma Ham – £3.75
Melon served with Parma Ham finished in a Homemade Fruit Coulis

MEALS

Homemade Steak Pie – £3.95
Steak Pie served with Chips and Gravy

Homemade Chicken Burger – £3.95
Minced Chicken Breast topped with Mozzarella Cheese served with Chips and Salad

Homemade Beef Burger – £3.95
Minced Beef topped with Mozzarella Cheese served with Chips and Salad

Homemade Vegetarian Burger – £3.95 (V)
Minced Vegetables topped with Fried Egg and Mozzarella Cheese served with Chips and Salad

Homemade Fish Burger – £3.95
Minced Cod and Salmon topped with Tartare Sauce served with Chips and Salad

Mixed Meat Cataplana – £5.25
Rump, Pork, Chorizo, Chicken, Peppers and Onions served with Sliced Potato finished in a Light Coriander and Tomato Sauce

Seafood Cataplana – £5.25
Mixed Seafood, Peppers and Onions served with Sliced Potatoes finished in a Light Coriander and Tomato Sauce

Mushroom Stroganoff – £3.50 (V)
Mushrooms cooked in a Stroganoff Sauce served with Rice. (Add Chicken for an extra £1.00)

Rissoto Caprino - £5.25
Risotto Rice with Rosemary, Tomato Sauce atop Goat's Cheese

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