



SOUTH BANK

BISTRO & BAR

LUNCH MENU

SERVED FROM 12.00PM - 4.00PM

GOURMET SANDWICHES AVAILABLE UNTIL 4.00PM

THE GRAND CLUB SANDWICH 20

Triple Decker with Grilled Chicken, Bacon, Cheddar Cheese, Egg, Lettuce, Tomato, Mayonnaise with Salad & Fries (1.1,3,6,7,10,12)

CHIMICHURRI SPICED 6oz SIRLOIN STEAK SANDWICH 25

On Toasted Ciabatta with Red Onion Jam & Rocket, Served with House Fries & Pepper Sauce (1.1,7,12)

OPEN SMOKED SALMON SANDWICH 19

Hope Stout Brown Bread, Crème Fraiche, Capers & Onion (1.1,3,4,7,12)

PULLED PORK & APPLE BURRITO 19

Tomato, Cheese, Guacamole & Spicy Slaw
Served with House Fries(1.1,3,6,7,12)

SOUP & SANDWICHES AVAILABLE UNTIL 4.00PM

SEAFOOD CHOWDER 15

Served with Homemade Soda Bread (1.1,2,2,4,7,9,12,14)

CHEF'S DAILY VEGETABLE SOUP 9

Served with Homemade Soda Bread (1.1,7,9,12)

CHEF'S DAILY VEGETABLE SOUP & SANDWICH 15

Soup of the Day served with a Custom Sandwich from Below
(1.1,7,9,10,12)

SANDWICHES (1.1,7) 10

The below are served with Crisps & Salad Garnish (1.1,7,9,10,12)

CHOOSE YOUR BREAD

White Bread, Brown Bread or Sourdough (1.1)

Ask your server for Gluten Friendly Option

CHOOSE UP TO THREE FROM FOLLOWING FILLINGS

Lettuce, Cucumber, Onion, Tomato, Egg Mayonnaise (3,10), Grated Cheddar Cheese (7)

ADDITIONAL FILLINGS - 1.00 PER ITEM

Irish Ham (12), Chicken Fillet (6), Tuna Mayonnaise (3,4,10), Bacon (12), Italian Salami (12)

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH), 3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED, 12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A NUT AND GLUTEN FREE ENVIRONMENT.

LUNCH MAINS

AVAILABLE UNTIL 4.00PM

IRISH HEREFORD BEEF BURGER 23

Cheddar Cheese, Smoked Bacon, Tomato, Caramelised Onion Relish,
in a Brioche Bun, Served with House Fries (1.1,3,6,7,10,12)

FRESHLY BATTERED FISH OF THE DAY 25

With Tartare Sauce, Mushy Peas & House Fries (1.1,3,4,7,10,12)

CHICKEN CURRY 24

Mango & Banana Chutney, Steamed Basmati Rice & Poppadom
(1.1,6,9,12)

BUTTERNUT SQUASH CURRY 22

Mango & Banana Chutney, Steamed Basmati Rice & Poppadom
(1.1,6,9,12)

ARRABBIATA MACARONI 19

Italian Tomato Sauce with Spicy Chilli Peppers (1.1,3,7,12)

Add Chicken 2.95 Add Prawns 4.65

KOREAN STYLE FRIED CHICKEN BURGER 23

Brioche Bun, Gochujang Mayo, Kimchi, Beef Tomato with Asian Slaw &
House Fries (1.1,3,4,6,7,12)

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH),
3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN
NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED,
12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A
NUT AND GLUTEN FREE ENVIRONMENT.

SALADS

AVAILABLE UNTIL 4.00PM

BABY GEM CAESAR SALAD

19

Crispy Baby Cos Lettuce, Bacon, Parmesan,
Pine Nuts, Croutons with Caesar Dressing (1.1,3,7,8.9,10,12)

Add Chicken 2.95 Add Prawns 4.65

BUDDHA BOWL (V)

17

Avocado, Roast Squash, Chickpea, Pickled Red Cabbage, Green Lentil,
Tofu with Tumeric, Lime, & Black Pepper Dressing (6,12)

Add Chicken 2.95 Add Prawns 4.65

WATERMELON CAPRESE SALAD

15

Heirloom Tomato, Fresh Mozzarella, Ripe Peach, Basil & Rocket Oil (6,7)

SUPERFOOD SALAD

15

Kale, Mixed Leaves, Blueberry, Goji Berry, Hazelnut, Pumpkin Seed,
Balsamic Dressing (6,8.2)

Add Chicken 2.95 Add Prawns 4.65

SIDES

AVAILABLE UNTIL 4.00PM

HOUSE FRIES (1.1,6)

6

CHEF'S SELECTION OF VEGETABLES (7)

6

BATTERED ONION RINGS (1.1,6,7)

6

GARLIC CIABATTA BREAD (1.1,6,7)

6

PARMESAN TRUFFLE FRIES (1.1,6,7)

7

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH),
3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN
NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED,
12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A
NUT AND GLUTEN FREE ENVIRONMENT.

SWEET TREATS

STICKY TOFFEE PUDDING	9
Vanilla Ice Cream & Raspberry Compote (1.1,3,7)	
WHITE CHOCOLATE & RASPBERRY PANNA COTTA	9
White Chocolate Ganache, Crunchy Tuile (1.1,3,7)	
WARM BREAD & BUTTER PUDDING	9
Crème Anglaise & Fruit Compote (1.1,3,7)	
CHOCOLATE FUDGE MARQUISE	9
Orange Syrup, Bitter Chocolate Brittle & Blood Orange Sorbet (3,7)	
POACHED FRUIT COMPOTE & CUSTARD PAVLOVA	9
Crème Anglaise, Fresh Irish Vanilla Cream (3,7)	
FRESH LOCAL STRAWBERRIES & CREAM	9
Homemade Shortbread Biscuits (1.1,7)	
SELECTION OF ICE CREAM	8
Served in a Wafer Basket (1.1,3,7)	
CHEF'S SELECTION OF THREE IRISH CHEESES	15
Fresh Berries & Grapes, Celery Sticks, Assorted Biscuits & Fruit Chutney (1.1,7,8.2,9,11)	

HOT BEVERAGES

AMERICANO	4.40
ESPRESSO	4.40
DOUBLE ESPRESSO	4.40
CAPPUCCINO (7)	4.50
LATTE (7)	4.50
FLAT WHITE (7)	4.50
HOT CHOCOLATE (7)	4.50
POT OF TEA FOR ONE	4.20
POT OF TEA FOR TWO	6.00

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH), 3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED, 12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A NUT AND GLUTEN FREE ENVIRONMENT.



SOUTH BANK

BISTRO & BAR

DINNER MENU

SERVED FROM 4.00PM - 10.00PM

STARTERS

AVAILABLE 4.00PM - 10:00PM

SEAFOOD CHOWDER 15

Served with Homemade Baked Soda Bread (1.1,2.2,4,7,9,12,14)

SPICY BUFFALO CHICKEN WINGS 15

Blue Cheese Dressing & Celery (1.1,7,9,10,12)

GOLDEN CRUMBED BRIE 13

Apple & Walnut Salad with Redcurrant Jelly (1.1,3,6,7,8.3,12)

CRISPY FISH CAKES 15

Grilled Bok Choy, Sweet Chilli Salsa (1.1,4,6,7,9)

CHEF'S DAILY VEGETABLE SOUP 9

Served with Homemade Soda Bread (1.1,7,9,12)

SALADS

AVAILABLE 4.00PM - 10:00PM

BABY GEM CAESAR SALAD 19

Crispy Baby Cos Lettuce, Bacon, Parmesan,
Pine Nuts, Croutons with Caesar Dressing (1.1,3,7,8.9,10,12)

Add Chicken 2.95 Add Prawns 4.65

OPEN SMOKED SALMON SANDWICH 19

Hope Stout Brown Bread, Crème Fraiche, Capers & Onion (1.1,3,4,7,12)

BUDDHA BOWL (V) 17

Avocado, Roast Squash, Chickpea, Pickled Red Cabbage, Green Lentil,
Tofu with Tumeric, Lime, & Black Pepper Dressing (6,12)

Add Chicken 2.95 Add Prawns 4.65

WATERMELON CAPRESE SALAD 15

Heirloom Tomato, Fresh Mozzarella, Ripe Peach, Basil & Rocket Oil (6,7)

SUPERFOOD SALAD 15

Kale, Mixed Leaves, Blueberry, Goji Berry, Hazelnut, Pumpkin Seed,
Balsamic Dressing (6,8.2)

Add Chicken 2.95 Add Prawns 4.65

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH),
3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN
NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED,
12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A NUT AND GLUTEN FREE ENVIRONMENT.

MAINS

AVAILABLE 4.00PM - 10:00PM

CHARGRILLED 8oz IRISH BEEF SIRLOIN STEAK 39

Onion Rings, Vine Tomatoes, Pepper Sauce & House Fries
(1.1,3,6,7,9,12)

CHEF'S DAILY FISH SPECIAL 29

Please ask your server for the Catch of the Day Special (1.1,4,6,7,9,12)

ROAST SUPREME OF CHICKEN 24

Roasted Butternut Squash, Seasonal Vegetable, Pancetta Cream
with Gratin Potato (3,7,9,12)

KOREAN STYLE FRIED CHICKEN BURGER 23

Brioche Bun, Gochujang Mayo, Kimchi, Beef Tomato with Asian Slaw &
House Fries (1.1,3,4,6,7,12)

BRAISED JACOB'S LADDER BEEF RIB 28

Slow-braised Jacob's Ladder Beef Rib, Creamy Champ Potato,
Seasonal Roasted Vegetables, Rich Shallot-Infused Jus (6,7,9,10,12)

ROAST CAULIFLOWER STEAK (V) 22

Curried Lentils, Beetroot Puree, Chilli Oil (6)

IRISH HEREFORD BEEF BURGER 23

Cheddar Cheese, Smoked Bacon, Tomato, Caramelised Onion Relish,
in a Brioche Bun, Served with House Fries (1.1,3,6,7,10,12)

FRESHLY BATTERED FISH OF THE DAY 25

With Tartare Sauce, Mushy Peas & House Fries (1.1,3,4,7,10,12)

ARRABBIATA MACARONI 19

Italian Tomato Sauce with Spicy Chilli Peppers (1.1,3,7,12)

Add Chicken 2.95 Add Prawns 4.65

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH),
3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN
NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED,
12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A
NUT AND GLUTEN FREE ENVIRONMENT.

MAINS

AVAILABLE 4.00PM - 10:00PM

CHICKEN CURRY

24

Mango & Banana Chutney, Steamed Basmati Rice & Poppadom
(1.1,6,9,12)

BUTTERNUT SQUASH CURRY

22

Mango & Banana Chutney, Steamed Basmati Rice & Poppadom
(1.1,6,9,12)

PIZZA

AVAILABLE 4.00PM - 10:00PM

THE GRAND MARGHERITA

17

Tomato, Fresh Mozzarella, Fine Olive Oil, Fresh Basil (1.1,6,7,9,12)

SPICY DIABLO

19

Chicken, Chorizo, Salami, Sweetcorn, Chilli, Red Onion, Hot Honey,
Tomato, Cheese (1.1,6,7,9,12)

SOUTH BANK MARKET PIZZA

19

Tomato, Mozzarella, Goats Cheese, Roast Red Peppers, Rocket,
Red Onion (1.1,6,7)

ADDITIONAL TOPPINGS - 1.20 Per Item

Bacon (12), Ham (12), Salami, Pepperoni, Cajun Chicken (12), Roast Chicken (12),
Chorizo

ADDITIONAL TOPPINGS - 1.00 Per Item

Feta Cheese (7), Goats Cheese (7), Cheddar Cheese (7), Mushrooms, Peppers,
Onion, Sundried Tomato, Pineapple, Rocket, Red Onion, Sweetcorn

SIDES

AVAILABLE 4.00PM - 10:00PM

HOUSE FRIES (1.1,6)

6

CHEF'S SELECTION OF VEGETABLES (7)

6

BATTERED ONION RINGS (1.1,6,7)

6

GARLIC CIABATTA BREAD (1.1,6,7)

6

PARMESAN TRUFFLE FRIES (1.1,6,7)

7

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH),
3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN
NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED,
12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A
NUT AND GLUTEN FREE ENVIRONMENT.

SWEET TREATS

STICKY TOFFEE PUDDING	9
Vanilla Ice Cream & Raspberry Compote (1.1,3,7)	
WHITE CHOCOLATE & RASPBERRY PANNA COTTA	9
White Chocolate Ganache, Crunchy Tuile (1.1,3,7)	
WARM BREAD & BUTTER PUDDING	9
Crème Anglaise & Fruit Compote (1.1,3,7)	
CHOCOLATE FUDGE MARQUISE	9
Orange Syrup, Bitter Chocolate Brittle & Blood Orange Sorbet (3,7)	
POACHED FRUIT COMPOTE & CUSTARD PAVLOVA	9
Crème Anglaise, Fresh Irish Vanilla Cream (3,7)	
FRESH LOCAL STRAWBERRIES & CREAM	9
Homemade Shortbread Biscuits (1.1,7)	
SELECTION OF ICE CREAM	8
Served in a Wafer Basket (1.1,3,7)	
CHEF'S SELECTION OF THREE IRISH CHEESES	15
Fresh Berries & Grapes, Celery Sticks, Assorted Biscuits & Fruit Chutney (1.1,7,8.2,9,11)	

HOT BEVERAGES

AMERICANO	4.40
ESPRESSO	4.40
DOUBLE ESPRESSO	4.40
CAPPUCCINO (7)	4.50
LATTE (7)	4.50
FLAT WHITE (7)	4.50
HOT CHOCOLATE (7)	4.50
POT OF TEA FOR ONE	4.20
POT OF TEA FOR TWO	6.00

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH), 3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED, 12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A NUT AND GLUTEN FREE ENVIRONMENT.

VEGAN & VEGETARIAN MENU

STARTERS

VEGETARIAN SOUP OF THE DAY (VG)	9
(1.1,6,9,12)	
CLASSIC BRUSCHETTA (V)	13
Tomato, Roast Beetroot and Guacamole (1.1,6)	
SPICY FALAFEL, PICKLED VEGETABLES (V)	13
Tumeric and Lemon Dressing (1.1,6)	

MAIN COURSES

BUTTERNUT SQUASH RISOTTO (V)	22
Creamy Squash Risotto, Baby Spinach and Sun-Dried Tomatoes (6,12)	
CAULIFLOWER STEAK (V)	22
Roasted Cauliflower Steak, Curried Lentils, Grilled Vegetables and Tomato Sauce (6,12)	
VEGETABLE AND CHICKPEA CURRY (V)	22
Fragrant Spiced Curry served with Steamed Basmati Rice, Poppadom and Mango Chutney (1.1,6,9,12)	

DESSERTS

WARM CHOCOLATE CAKE (V)	9
Raspberry Compote and Blood Orange Sorbet (6)	
APPLE AND SULTANA CRUMBLE (V)	9
Vegan Vanilla Ice Cream (1.1)	
SELECTION OF SORBETS AND FRESH FRUIT (V)	8
(12)	

ALLERGENS: 1. 1. GLUTEN (1.1 WHEAT, 1.2 RYE, 1.3 BARLEY, 1.4 OATS), 2. CRUSTACEANS (2.1 CRAB, 2.2 PRAWNS, 2.3 LOBSTER, 2.4 CRAYFISH), 3. EGGS, 4. FISH, 5. PEANUT, 6. SOYBEANS, 7. MILK, 8. NUTS (8.1 ALMONDS, 8.2 HAZELNUTS, 8.3 WALNUTS, 8.4, CASHEWS, 8.5 PECAN NUTS, 8.6 BRAZIL NUTS, 8.7 PISTACHIO NUTS, 8.8 MACADAMIA NUTS, 8.9 PINE NUTS) 9. CELERY, 10. MUSTARD, 11. SESAME SEED, 12. SULPHUR DIOXIDE & SULPHATES, 13. LUPIN, 14. MOLLUSCS (14.1 MUSSELS, 14.2, OYSTERS, 14.3 SQUID, 14.4 SNAILS)

ALL BEEF IS OF IRISH ORIGIN UNLESS OTHERWISE STATED. WHILST ALL PRECAUTION IS TAKEN WHILE PREPARING FOOD IN OUR KITCHENS, OUR KITCHEN IS NOT A NUT AND GLUTEN FREE ENVIRONMENT.

Our Local Suppliers



● Longford



● Offaly



● Kilkenny



● Dublin



Meats

Doyle Meats, Rathcoole



Fruit & Veg

Keelings Farm, St.
Margaret's
G.D.I Harford, Lusk
Morning Fresh, Rush
Mark Archer, Rush
McCormack's Farm, Co.
Meath
Iona Farm, Oldtown
Fowlerstown Strawberries,
Stamullen



Fish

Kish Fish, Howth
Wright's Fish, Marino



Dairy

Tirlan, Co. Kilkenny



Grains

Goodness Grains, Co.
Longford
Hope Stoud Bread,
Kilbarrack
BiaSol Oats, Co. Offaly
New Roots Nut Farm
Cathal Regan Hazelnuts,
Garristown



SOUTH BANK

BISTRO & BAR