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Power Breakfast Images: <https://edelmanftp.box.com/s/7seenbzka3ahncuigtjkowk4us4th9kq>

# BALFES

## New Power Plates for Breakfast at Balfes

Balfes launches healthy menu options designed in partnership with BodyByrne Fitness

Balfes have joined forces with Dublin's Siobhan and Paul Byrne of BodyByrne Fitness, to design new breakfast menu options with health conscious diners in mind. The new menu options are the result of BodyByrne's nutritional knowledge spanning 27 years' experience training some of Ireland's most elite athletes and stars, combined with Balfes culinary expertise and the highest quality ingredients.

Paul Byrne of BodyByrne comments, *"You can't out train a bad diet, people can work out 6-7 days a week but if their nutrition is poor they will never see any results. It is 80% nutrition and 20% exercise; abs really are made in the kitchen."*

The most important meal of the day just got more interesting with Balfes now offering a range of delicious and nutritious BodyByrne choices 7 days a week across their weekday breakfast and weekend brunch menus.

David Murray, Restaurant Manager at Balfes comments, *"At Balfes we understand that our guest's time is precious and nutrition is key. Our new and innovative BodyByrne menu options at Balfes offer something for everyone and cater to our customers' needs with good food and nutrition at the heart of the offering"*

Diners looking to start their day with a power boosting breakfast can freely indulge in **BodyByrne Eggs Florentine with wholemeal toast & yogurt dressing**, a healthy twist on a French classic. The perennial breakfast favourite, pancakes, have been healthily re-invented. At Balfes **the BodyByrne oat pancakes are served three ways – with berries & agave nectar, with scrambled eggs & avocado or with almond butter & banana**. Breakfast guests can also look forward to guilt free breakfast choices including **BodyByrne Turbo Energy Granola with Greek Yogurt & berries** and a delicious **BodyByrne Bircher Muesli Energy booster with berry compote**. For those whose day cannot start without a caffeine shot, a

**BulletByrne Coffee** is guaranteed to jumpstart your day. For those looking for a healthy lunch the **Body Byrne sweet potato, roast pepper, chicken & hummus whole meal wrap** is the perfect choice.

These delicious and wholesome BodyByrne breakfast and brunch options are available, along with many other breakfast menu choices, Monday to Friday 8am to 11.30am with a selected offering served on Saturday & Sunday from 10am until 3pm as part of the weekend Brunch menu.

#### **Notes to Editors**

- With Parisian and New York influences, Balfes is an all-day dining brasserie and uptown bar in the heart of Dublin 2's Creative Quarter. Located on Balfe Street, where Grafton Street and the Creative Quarter meet, Balfes features a heated outdoor terrace, a zinc-covered bar and open kitchen.
- Balfe's breakfast menu is available Monday to Friday from 8am to 11.30am. Brunch is served Saturday and Sunday 10am to 3pm. To make a booking please call (01) 646 3353 or visit [www.balfes.ie](http://www.balfes.ie)
- BodyByrne is Dublin City's exclusive, by appointment only one-on-one personal training studio. The studio offers a modern, bright training space with never more than 6 clients on the floor at one time. BodyByrne is carried out in a 3500 sq. ft. beautiful private studio at 43-44 Clarendon Street, Dublin 2 just off Grafton Street.

**ENDS**

For further information please call:

Emma Williams

Edelman

T: 01 678 9333

M: 087 943 1297

E: [emma.williams@edelman.com](mailto:emma.williams@edelman.com)