

Press Release: 30<sup>th</sup> May 2017

Balfes/Bodybyrne Images: <https://edelmanftp.box.com/s/xpww5k4fo8biityqqqt87tn7zlf1tkzd1>

# BALFES

## **Balfes launches all day healthy menu options designed in partnership with BodyByrne Fitness**

Balfes have teamed-up once again with Dublin's renowned BodyByrne Fitness to create a selection of new, light additions to the summer menu, with health-conscious diners in mind. The new 2017 BodyByrne menu additions have been driven by Siobhan's nutritional knowledge and expert guidance on summer wellness, combined with Balfes extraordinary culinary expertise and dedication to the highest quality, local premium ingredients.

Siobhan Byrne of BodyByrne comments, *"You don't have to punish yourself with summer diets to see results, you just need to eat mindfully and make smarter food choices. It is 80% nutrition and 20% exercise; abs really are made in the kitchen and with our new Balfes menu additions, summer wellness doesn't mean compromising on taste."*

Speaking of the new BodyByrne additions, David Murray, Restaurant Manager at Balfes comments, *"At Balfes we understand that time is precious and nutrition is key. Having witnessed the popularity of our BodyByrne breakfast and brunch offerings, we are delighted to introduce delicious, new and innovative additions across our All-Day Dining menu, offering something for everyone and catering to our customers' needs with good food and nutrition at the heart of the offering"*.

Following on from success of 2016's BodyByrne breakfast, Balfes now offer an all-day menu range of delicious and nutritious BodyByrne choices, 7 days a week across their new summer menus. The new lunch and dinner options will feature in addition to the ever-popular power boosting breakfasts; ***BodyByrne Eggs Florentine with wholemeal toast & yogurt dressing (€8.50)***, a healthy twist on a French classic. The perennial breakfast favourite, pancakes, have been given a totally healthy revamp. At Balfes ***the BodyByrne oat pancakes, cooked in coconut oil are served three ways – with berries & agave nectar, with scrambled eggs & avocado or with almond butter & banana (€8.50)***.

The new wholesome BodyByrne lunch and dinner options, include:

- The ***Body Byrne sweet potato, roast pepper, chicken & hummus whole meal wrap (€12)*** and the ***Grilled chicken salad, guacamole, sweet piquillo peppers, babygem & coriander (€13/€19)*** are the perfect choices
- Dinner guests can look forward to scrumptious choices, served until 10pm, including ***Baked salmon with quinoa crust, green beans, pickled radish & black garlic alioli (€20)*** and a delicious ***Turkey burger topped with guacamole, paprika sweet potato wedges, salsa & healthy coleslaw (€18)***.

These new delicious and wholesome BodyByrne additions are available, along with many other summer highlights including the new **Turmeric Latte (€4.50)** and **Coconut Latte (€4.50)**. Available Monday to Friday 8am to close with a selected offering served on Saturday and Sunday from 10am until close as part of the weekend 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 summer menu is available Monday to Friday from 8am to close and Saturday and Sunday 10am to close. 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 3500sq. ft. beautiful private studio at 43-44 Clarendon Street, Dublin 2 just off Grafton Street.
- Follow Balfes on social media @BalfesDublin (Facebook), @BalfesDublin (Twitter) and @BalfesDublin (Instagram).

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