



BALFES

BAR & RESTAURANT

BALFES

STARTERS

Soup du Jour & warm crusty baguette V €11
(1 wheat, 7) GF+

French onion soup with Gruyère croute V €14
(1 wheat, 7, 12) GF+

Lemon sole & prawn ceviche, cucumber, tomato, red onion,
seaweed & crispy tortilla €19
(1 wheat, 2, 4, 6, 11) GF+

Rosted artichoke, fennel, pomegranate, vegan feta,
pecan & grissini VE €16
(1 wheat, 8 pecan, 12) GF+

Pan-fried gambas & crusty baguette,
garlic butter, smoked romesco
(1 wheat, 2, 7, 8 almonds, 12) GF+

4 gambas €16 - 8 gambas €32

Buffalo milk burrata, heritage tomatoes, pine nuts, basil pesto,
olives & red onion, toasted baguette V €18
(1 wheat, 7, 8 almond, pine nut, 12) GF+

Irish Angus beef carpaccio & grissini, rocket,
crispy capers & parmesan €17
(1 wheat, 6, 7, 12) GF+

Crispy goats cheese croquettes, Wexford strawberry, rocket,
pecan nuts & honey balsamic dressing V €17
(1 wheat, 3, 6, 7, 8 pecans, 12)

Carlingford oysters, lemon & Japanese dipping sauce
3 oysters €14 - 6 oysters €26
(1 wheat, 4, 6, 11, 14)

Add a glass of Charles Heidsieck NV Brut €29

BODYBYRNE

Balfes' creative, health-conscious dishes are carefully
put together by Siobhán & Paul Byrne of BodyByrne Fitness
with over 30 years' experience of keeping the country
fit & healthy.

Free-range chicken wrap €24

Avocado, tomato, mozzarella & honey mustard
(1 wheat, 7, 10, 12) GF+

45g - Carbs | 37g - Protein | 27g - Fat | 490 Calories
Available until 4pm

Homemade turkey burger €27

Guacamole, paprika sweet potato wedges,
tomato salsa & slaw
(1 wheat, 3, 6, 7, 10, 12) GF+

31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Poke Bowl €32

Jasmine rice, radish, pickled cucumber & carrot,
black beans & mushroom with roasted soy & ginger salmon
(1 wheat, 4, 6, 11, 12)
60g - Carbs | 52g - Protein | 38g - Fat | 580 Calories

SALADS & SANDWICHES

Balfes classic Caesar salad, rosemary croutons,
aged parmesan & anchovy dressing €17
(1 wheat, 3, 4, 7, 10) GF+

Superfood salad, quinoa, baby spinach, golden beetroot,
pomegranate & feta V/GF €18
(7, 10, 12)

French endive salad, Roquefort, apple,
orange & mustard dressing €19 V
(6, 8 walnut, 10, 12)

Add to your choice of salad:
grilled chicken €7 / gambas €9 (2, 7, 12) / avocado €4

John Stone steak sandwich, caramelized onions, rocket,
mustard mayonnaise, toasted ciabatta & fries €29
(1 wheat, 3, 6, 10, 12) GF+

Mushroom & spinach focaccia open sandwich,
vegan feta cream & sweet potato crisps VE €18
(1 wheat, 12) GF+

Available until 4pm

MAINS

Chicken Milanese, rocket, parmesan, lemon & caper sauce €28
(1 wheat, 3, 7, 12)

Balfes seafood skillet & creamy bisque, warm crusty baguette €38
(1 wheat, 2, 4, 7, 12, 14) GF+

Pan-fried gnocchi, baby spinach, Cashel blue cheese,
pine nuts & creamy basil pesto V €27
(1 wheat, 3, 7, 8 pine nut, almond)

Dexter beef burger, brioche bun, Dubliner cheese,
beef tomato, crispy onion, pickles, club sauce & fries €26
(1 wheat, 3, 6, 7, 10, 12) GF+
Add crispy pancetta €2

Spicy pasta Arrabiata cherry tomato, basil & parmesan €27
(1 wheat, 3, 4, 9, 12)
Add grilled chicken €7 / gambas €9 (2, 7, 12)

Balfes vegan burger, pickle, tomato, pesto, spinach,
vegan mayonnaise & fries VE €24
(1 wheat, 6, 8 cashew, 10, 12) GF+

Seafood linguini & roasted cherry tomato, white wine sauce €34
(1 wheat, 2, 3, 7, 12, 14)

Beer-battered haddock & chips mushy peas & tartare sauce €28
(1 wheat, 3, 4, 6, 10, 12)

Roasted cod fillet, asparagus, baby potato, mussels, red peppers,
spinach & black olive tapenade €38
(1 wheat, 4, 6, 7, 11, 12, 14) GF+

Steak frites 6oz & green salad, peppercorn sauce €35
(1 wheat, 6, 7, 12) GF+

Add melted Wicklow brie cheese €4 (7) / caramelised onions €4 (12)

8oz filet steak & rosemary potato €55
caramelised onions, confit tomato (1 wheat, 6, 7, 12) GF+
with choice of one sauce
peppercorn (7, 12), béarnaise sauce or (3, 7, 12), mushroom sauce (7, 12)
Add grilled gambas €10 (2, 7, 12)

SIDES

French fries V €6 (1 wheat, 6) GF+

Buttered La ratten potatoes V/GF €6 (7)

French beans & olive oil €7 (7)

Parmesan fries V €8 (1 wheat, 6, 7) GF+

Heritage tomato salad, red onion & rocket salad VE/GF €8 (8, 12)

Tenderstem broccoli & flaked almonds VE/GF €8 (8 almond)

V - Vegetarian | VE - Vegan | GF - Gluten-free | GF+ Gluten-free alternative available
We strive to source all of our fish and seafood from sustainable sources.

All our Meat and Poultry is 100% Irish and is traceable from farm to fork. Our teas and coffees are sustainably certified.

List of allergen: 1 Gluten - 2 Crustaceans - 3 Egg - 4 Fish - 5 Peanut - 6 Soy - 7 Dairy & Milk - 8 Nuts - 9 Celery - 10 Mustard - 11 Sesame - 12 Sulphur Dioxide & Sulphites - 13 Lupin - 14 Molluscs