



**BALFES**

BAR & RESTAURANT

# BALFES

## STARTERS

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

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

Salmon ceviche, avocado, soy & sesame, corn tortilla €18  
(1 wheat, 4, 6, 11)

Asparagus á la plancha, humus, pistachios, chimichurri  
& artisan focaccia VE €16 (1 wheat, 8 pistachios, 11, 12)

Pan-fried gambas & crusty baguette,  
garlic butter, smoked romesco (1 wheat, 2, 7, 8 almonds, 12)  
4 gambas €16 - 8 gambas €32

Buffalo milk burrata, heritage tomatoes, pine nuts, basil pesto,  
olives & red onion, toasted baguette V €18  
(1 wheat, 6, 7, 8 almond, pine nut, 12)

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

Crispy goats cheese croquette, pear salad, pecan nuts  
& honey mustard V €16  
(1 wheat, 3, 6, 7, 8 pecan, 10, 12)

Carlingford oysters, lemon & Japanese dipping sauce  
3 oysters €13 - 6 oysters €24 (1 wheat, 4, 6, 11, 14)  
Add a glass of Charles Heidsieck NV Brut €28

## BODYBYRNE

Balfes's 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 (1 wheat, 7, 10, 12)  
Avocado, tomato, mozzarella & honey mustard  
45g - Carbs | 37g - Protein | 27g - Fat | 490 Calories  
**Available until 4pm daily**

Homemade turkey burger €27 (1 wheat, 3, 6, 7, 10, 12)  
Guacamole, paprika sweet potato wedges,  
tomato salsa & slaw  
31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Poke Bowl €32 Jasmine rice, radish, pickled cucumber &  
carrot, black beans & mushroom with  
roasted sticky 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)

Superfood salad, quinoa, baby spinach, golden  
beetroot, pomegranate & feta V/GF €18 (7, 10, 11, 12)

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

Parisian-style croque monsieur with baked ham,  
Gruyère, Béchamel, mixed salad & crispy hand-cut  
frites €27 (1 wheat, 3, 6, 7)

Butternut squash & spinach focaccia open  
sandwich, vegan feta cream, chestnut & sweet potato  
crisps VE €18 (1 wheat, 8, 12)

**Available until 4pm**

## MAINS

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

Balfes seafood skillet & creamy bisque,  
warm crusty baguette €36 (1 wheat, 2, 4, 7, 12, 14)

Pan-fried gnocchi, baby spinach, Cashel blue cheese, pine nuts &  
creamy basil pesto €27 (1 wheat, 3, 6, 7, 8 pine nut)

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

Spicy pasta Arrabiata, cherry tomato, basil & parmesan V €25  
(1 wheat, 3, 4, 9, 12)  
**Add; grilled chicken €7 / gambas €9 (2, 7, 12) / vegan parmesan**

Balfes vegan burger, pickle, tomato, pesto, spinach,  
vegan mayonnaise & fries VE €23 (1 wheat, 6, 8 cashew, 10, 12)

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

Beer-battered haddock & chips,  
mushy peas & tartare sauce €27 (1 wheat, 3, 4, 6, 10, 12)

Roasted cod fillet with mussels, baby spinach, Asian vegetables &  
white wine ponzu sauce €38 (1 wheat, 3, 4, 6, 10, 12)

Slow-braised lamb shank, red wine sauce, colcannon potato, carrots  
& braised shallots €38 (1 wheat, 3, 4, 6, 10, 12)

Steak frites 6oz & green salad, peppercorn sauce €34 (1 wheat, 6, 7, 12)  
**Add melted Wicklow brie cheese €4 (7) / caramelised onions €4 (12)**

28-day dry-aged Hereford Prime 10oz ribeye steak & fries,  
caramelised onions, confit tomato €53 (1 wheat, 6, 7, 12)  
with choice of peppercorn (7, 12) or béarnaise sauce (3, 7, 12)  
**Add; grilled gambas €10 (2, 7, 12)**

## SIDES

French fries V €6 (1 wheat, 6)

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

Asparagus with parmesan & olive oil €8 (7)

Parmesan fries V €8 (1 wheat, 6, 7)

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 | 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