BALFES

BAR & RESTAURANT

BALFES

STARTERS

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

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

Irish Mussels Marinière
Steamed Irish mussels, white wine, garlic, parsley,
served with warm French baguette
(1 wheat,7, 12,14) GF+
starter €17 - main €26

Charred cauliflower & bean purée, salsa verde,
pickled golden raisins, toasted hazelnuts VE/GF €16
(6, 8 hazelnuts, 12)

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 Goat's cheese croquette, roasted beetroot, apple,
rocket, toasted walnuts & honey balsamic dressing V €17
(1 wheat, 3, 6, 7, 8 walnuts, 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

Balfe'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
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)
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 €38
sautéed leeks, wild mushrooms, baby potatoes, mussels,
sun-dried tomatoes & white wine cream
(*1 wheat*, 4, 6, 7, 11, 12, 14)

Le Petit Steak Frites €35
170g striploin steak, green salad, peppercorn sauce & fries
(1 wheat, 6, 7, 12) GF+
Add melted Wicklow brie cheese €4 *(7)* / **caramelised onions €4** *(12)*

230g fillet steak €55
rosemary potato, 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)*

Crispy Cauliflower Florets & Chimichurri VE €7 (6, 12) GF+

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