



*Bohemian Girl*

BALFES

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## BRUNCH

Grilled halloumi on sourdough toast,  
asparagus, chimichurri V €16  
*(1 wheat, 7, 12) GF+*

Eggs Benedict, baby spinach, honey roast ham, herb salad,  
hollandaise, sourdough €19  
*(1 wheat, 3, 7, 12) GF+*

Prosciutto eggs Benedict & parmesan, hollandaise €19  
*(1 wheat, 3, 7, 12) GF+*

Buttermilk pancakes with banana, raspberry,  
vanilla ice cream & honeycomb butter V €17  
*(1 wheat, 3, 7)*

or

Blueberry filled pancakes with bacon & maple syrup €17  
*(1 wheat, 3, 7)*

Mushroom & Spinach Focaccia, poached egg,  
roasted paprika sauce, almond & feta cheese V €17  
*(1 wheat, 3, 7, 8 almond, 12) GF+*

## FAVOURITES

Balfes smashed avocado, poached eggs, rocket, roasted  
vine tomatoes, pomegranate, mix seeds & sourdough V €20  
*(1 wheat, 3, 11, 12) GF+*

BodyByrne\* Breakfast €22

Poached or scrambled eggs, avocado, sweet potato, turkey rasher,  
white & black pudding, roasted cherry tomato & toasted sourdough  
*(1 wheat, 3, 6, 7) GF+*

Eggs Royale, red onion, crispy capers, salad,  
smoked salmon, Guinness bread & hollandaise €19  
*(1 wheat, 3, 4, 6, 7, 12) GF+*

Balfes vegan breakfast VE €19

Warm hummus, sautéed mushroom, spinach, sweet potato,  
avocado, vegan sausage & roasted cherry tomato  
*(1 wheat, 6, 10, 11) GF+*

## STARTERS & SALADS

Available from 12pm

Pan-fried gambas & crusty baguette, garlic butter,  
smoked romesco €20  
*(1 wheat, 2, 7, 8 almond, 12) GF+*

Buffalo milk burrata, Heritage tomatoes, basil & pine nut  
pesto, toasted baguette V €18  
*(1 wheat, 7, 8 almond, pine nut, 12) GF+*

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

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

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

Add to your choice of salad:  
grilled chicken €7 / gambas €10 (2, 7, 12) / avocado €4

## MAINS

Available from 12pm

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

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

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

Roaring Water Bay organic moules frites marinière,  
white wine, shallots & butter €26  
*(1 wheat, 6, 7, 12, 14) GF+*

Crispy chicken burger, coleslaw, beef tomato, gem salad,  
red onion, harissa mayo & fries €26  
*(1 wheat, 3, 6, 7, 10, 12)*

6oz strip loin, wild mushroom, poached egg,  
hollandaise sauce & fries €36  
*(1 wheat, 6, 7, 12) GF+*

## SIDES

French fries €6 *(1 wheat, 6) GF+ V*  
Sweet potato fries €7 *(1 wheat, 6) GF+ V*  
Hash brown €7 *(1 wheat, 6) GF+ VE*

Parmesan fries €7 *(1 wheat, 6, 7) GF+*  
Heritage tomato salad, red onion & rocket salad VE/GF €7 (12)  
Tenderstem broccoli & flaked almonds VE/GF €8 (8 almond)

## DESSERTS

Amarena cherry pavlova, black cherry ice cream & Chantilly cream V/GF €12 (3, 7, 12)  
Affogato; hazelnuts, Italian meringue & vanilla ice cream GF €13 (3, 7, 8 hazelnuts)  
Balfes vegan chocolate brownie & vanilla ice cream, candied pecan VE/GF €14 (8 cashew, pecan)  
Café gourmand: Three miniature desserts & your selection of tea or coffee V €14 (1 wheat, 3, 7, 8 cashew) GF+  
SCÚP Gelato - Black cherry, chocolate, Bourbon vanilla V/GF €3.5 per scoop (3, 7)  
SCÚP Sorbet - mango & passion, lemon, Wexford strawberry VE/GF €3.5 per scoop

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.

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