Bohemian Girl

BALFES

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BRUNCH

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

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

Eggs Benedict, baby spinach, honey roast ham, herb salad, hollandaise, sourdough €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 striploin, 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 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.*

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