



BALFES

BRUNCH

Turkish style eggs, garlic yoghurt, smoked paprika, chili, dukkah & naan bread V €17 (1 wheat, 3, 7, 8 hazelnut, almond, pistachio, 11)

Eggs Benedict & herb salad, honey roasted ham & hollandaise €18 (1 wheat, 3, 7, 12)

Balfes vegan breakfast VE €19 (1 wheat, 6, 10, 11)

Warm hummus, sautéed mushroom, spinach, sweet potato, avocado,

Buttermilk pancakes banana & honeycomb butter €17 V

or

Blueberries, bacon & maple syrup €17 (1 wheat, 3, 7)

Crispy chicken & home-made waffle, pancetta, hot sauce, herbs & yoghurt €23 (1 wheat, 3, 7, 12)

Available from 12pm

BALFES FAVOURITES

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

BodyByrne* Breakfast €22 (1 wheat, 3, 6, 7)

Poached or scrambled eggs, avocado, sweet potato, cured turkey rasher, white turkey pudding, black pudding, tomato & toasted sourdough

Balfes eggs Royale & crispy potato pancake, smoked salmon, hollandaise €19 (1 wheat, 3, 4, 7, 12)

Mediterranean eggs & hollandaise, crispy kale, spinach & cherry tomato V €17 (1 wheat, 3, 6, 7, 12)

Prosciutto eggs Benedict & parmesan, hollandaise €18 (1 wheat, 3, 7, 12)

STARTERS & SALADS

Available from 12pm

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

Buffalo milk burrata & crusty baguette, Heritage tomatoes, basil & pine nuts pesto V €18 (1 wheat, 6, 7, 8 almond, pine nut, 12)

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

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/VE/GF €18 (7, 10, 11, 12)

Add to your choice of salad:

grilled chicken €7 / gambas €10 (2, 7, 12) / avocado €4

MAINS

Available from 12pm

Roasted turkey & honey roasted ham, apricot stuffing, rocket, brie, cranberry relish, toasted ciabatta & fries €26 (1 wheat, 3, 6, 7, 12)

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

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

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)

Steak frites 6oz, peppercorn sauce, green salad & vinaigrette €32 (1 wheat, 6, 7, 12)

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

SIDES

French fries (1 wheat, 6) or buttered heritage potatoes (7) V €6

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

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

Truffle & parmesan fries €8 (1 wheat, 6, 7)

Hash brown VE €7 (1 wheat, 6)

DESSERTS

Cherry Amarena pavlova, black cherry ice cream & Chantilly cream V/GF €12 (3, 7, 12)

Warm apple crumble & vanilla ice cream V €12 (1 wheat, 3, 7)

Balfes vegan chocolate brownie & vanilla ice cream, candied pecan VE/GF €14 (7, 8 pecan)

Café gourmand: Three miniature desserts & your selection of tea or coffee V €14 (8, (cashew, almond), 3, 7)

SCÚP Gelato - Black cherry, Christmas pudding ice cream, Bourbon vanilla V/GF €3.5 per scoop (3, 6, 7, 8 (pinenuts))

BodyByrne* Balfes creative, health conscious dishes are carefully put together by Siobhán & Paul Byrne of BodyByrne Fitness

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