

BALFES

EARLY BIRD MENU

Monday-Friday 3:30pm-5:30pm

STARTER

French onion soup with Gruyère croute
(1 wheat, 7, 12) GF+

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

Crispy goats cheese croquettes, Wexford strawberry, rocket, pecan nuts & honey balsamic dressing V
(1 wheat, 3, 6, 7, 8 pecans, 12)

MAIN COURSE

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

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

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

Choose one to add to your salad: grilled chicken / gambas (2, 7, 12) / avocado

Steak frites 6oz striploin & green salad, peppercorn sauce
(1 wheat, 6, 7, 12) GF+

(€5 supplement)

SIDE

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

French fries V €6 *(1 wheat, 6) GF+*

Heritage tomato salad, red onion & rocket salad VE/GF €7 *(12)*

DESSERT

Classic crème brûlée, lemon sable biscuits & fresh berries V *(1 wheat, 3, 7) GF+*

Amarena cherry pavlova, black cherry ice cream & Chantilly cream *(3, 7, 12)*

Scup gelato & sorbets *(3, 7)*

Cheese selection (€5 supplement) *1 (wheat), 7, 12*

2-course €39 | 3-course €45

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