

## BRUNCH


### TO SHARE

Charcuterie plate - selection of cured meats, jamon Iberico de bellota, pâté, olives, pickles & crusty sourdough	€18
Burrata with roast cherry vine tomatoes, semi sundried tomato crème, olive oil & country loaf	€16
Seafood platter - grilled gambas, cured organic salmon, Castletownbere crab	€23.5

### FISH BAR

6 Carlingford oysters, lemon, Japanese dipping sauces	€17
Tuna Tartare with avocado, goma wakame seaweed & Kimuchi sauce	€13
Pan fried scallops with an apple gel, parmesan tuille and carrots	€16
Josper grilled gambas, harissa aioli & lime	€16

## BRUNCH


Bread & dips, hummus & pesto	€4.5
Today's soup	€7
 Smashed avocado on sourdough, poached eggs	€9.5
 BodyByrne Eggs Florentine on wholemeal bread with yoghurt dressing	€ 9.5
Free Range Poached Eggs - Benedict, Florentine or Royale style served on English breakfast muffin	€9.5
3 Egg Omelettes (served with fries & salad)	€11.5
Ham & cheese   Smoked salmon and chive   Egg white omelette with spinach With dry cured bacon	€13.5
Full Irish Breakfast	€14.5
Blueberry & bacon pancakes with maple syrup	€11.5
 BodyByrne oat pancakes, cooked in coconut oil Served with your choice of: berries & agave nectar   scrambled eggs & avocado   organic almond butter & banana	€11.5
 Grilled chicken salad, guacamole, sweet piquillo peppers, babygem & coriander	€12   €18
Superfoods salad, roast beetroot, quinoa, Toonsbridge ricotta, edamame, sprouting broccoli, toasted seeds & pomegranate	€9.5   €15.5
Fish & chips, crushed peas, fries, tartare sauce	€18
 Baked salmon with quinoa crust, green beans, pickled radish & black garlic aioli	€20
Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyere cheese & bacon with fries	€18
 Turkey burger topped with guacamole, paprika sweet potato wedges, salsa & healthy coleslaw	€18

### BRUNCH SPECIAL


Half roast chicken with stuffing, roast carrot & parsnip & home cut chips *(Including complimentary fruit fool dessert pot)*

€16

### OPEN SANDWICHES

Fivemiletown goats cheese tartine with honeyed walnuts & rocket	€10.5	Roast beef with horseradish cream, rocket salad, black radish & caramelised onion	€12.5
Marinated smoked Irish salmon in dill oil, spiced ricotta & baby mixed leaves	€12.5	 BodyByrne Sweet potato, roast pepper, chicken & hummus wholemeal wrap	€12
Roast vegetables Provençal with Toonsbridge mozzarella	€10.5	add fries or a cup of soup	€4.5

### SIDES

Sautéed greens - Mixed green salad - Lyonnaise potatoes - Rocket & parmesan salad -  Sweet Potato Fries	€4.5
Fries - Buttermilk onion rings - Sautéed baby kale with toasted almonds - Roast cauliflower with tahini dressing	

*Balfes takes pride in sourcing the very best of quality Irish artisan produce. All our beef is 100% Irish and grass fed. Our steaks are 28 day dry aged. All our eggs from Happy Hens on Free range farms. Our food could contain nut traces. Allergen booklet available upon request.*



**BODYBYRNE**  
TRAINING

Balfes's creative, health conscious dishes are carefully put together by Paul Byrne of BodyByrne Fitness with over 27 years experience of keeping the country fit and healthy.