

BALFES

BREAKFAST (Monday to Friday 8am to 11.30am)

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| A Choice of Morning Pastries | €3 |
| Pain au chocolat, croissant, scone, toasted sourdough, muffin, brown multiseed soda bread served with preserves & farmhouse butter | |
| Date & almond energy balls | €3 |
| Scrambled eggs & dry cured bacon on sourdough | €8.5 |
|  Bodybyrne Eggs Florentine with wholemeal toast & yoghurt dressing | €8.5 |
| Free Range Poached Eggs - Benedict, Florentine or Royale style served on English breakfast muffin | €8.5 |
| 3 Egg Omelettes | €8.5 |
| Ham and cheese, smoked salmon and chive | |
| Egg white omelette with spinach | |
| With dry cured bacon | |
| €9.5 | |
|  Bodybyrne oat pancakes, cooked in coconut oil | |
| Served with your choice of | |
| - berries & agave nectar | €7.5 |
| - scrambled eggs & avocado | €8.5 |
| - organic almond butter & banana | €8.5 |
| Blueberry pancakes with maple syrup | €7.5 |
| With dry cured bacon | €9.5 |
| Avocado & tomato tartine | €8.5 |
| Organic porridge with honey, apple & cinnamon | €5.5 |
| Organic porridge with honey & Irish Mist | €8.5 |
| Porridge can also be ordered with unsweetened almond milk | |
|  Bodybyrne Turbo Energy Granola with Greek yoghurt & berries | €7 |
|  Bodybyrne Bircher Muesli Energy booster with berry compote | €7 |

JUICES

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| Apple, orange or grapefruit | €3 | Apple, celery, spinach, avocado & lime | €5.5 |
| Carrot, orange & ginger | €5.5 | Mixed berries & banana smoothie | €5.5 |

TEA & COFFEES

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| Barry's loose leaf breakfast tea | €4 | Cappuccino, latte, chai latte | €4 |
| Fresh fennel or mint tea | €4.5 | Hot chocolate | €4 |
| Camomile flower tea | €4.5 | Espresso | €3 |
| Americano | €3 | Macchiato | €3 |
|  Bulletbyrne Coffee | €5 | | |

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.