

## 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

## LUNCH SPECIALS

Available 12pm to 6pm	€16
Monday - Jospers grilled rare breed pork cutlet, buttered savoy cabbage, apples & chestnuts	
Tuesday - Lime glazed salmon, vegetable cassoulet	
Wednesday - Gnocchi in parmesan cream, kale and cashew nuts	
Thursday - Jospers grilled Featherblade beef, confit potatoes, onions, cavalo nero & blue cheese	
Friday - Pan fried seatrout, butter bean & pea salad, lime dressing	
Saturday & Sunday - Half roast chicken with stuffing, roast carrot & parsnip & fries	
<i>All including complimentary fruit fool dessert pot</i>	

## OPEN SANDWICHES

Available noon to 6.00pm	
Fivemiletown goat's cheese tartine with honeyed walnuts & rocket	€10.5
Marinated smoked Irish salmon in dill oil, spiced ricotta & baby mixed leaves	€12.5
Roast vegetables Provençal with Toonsbridge mozzarella	€10.5
BodyByrne Sweet potato, roast pepper, chicken & hummus wholemeal wrap	€12
Roast beef with horseradish cream, rocket salad, black radish & caramelised onion	€12.5
With home cut fries or a cup of soup	+€4.5



**BODYBYRNE**  
TRAINING

*Balfe'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.*

## FISH BAR

6 Carlingford oysters, lemon, Japanese dipping sauces	€17
Cured organic salmon with avocado, capers and pickled cucumber	€13
Tuna Tartare with avocado, goma wakame seaweed & Kimchee sauce	€13
Pan fried scallops with an apple gel & parmesan tuille	€16
Jospers grilled gambas, harissa aioli & lime	€16
Mussels in a lime and coriander broth	€13.5

## TO START

Bread & dips, hummus, roasted red pepper & cashew pesto	€4.5
Today's soup	€7.5
Castletownbere crab salad with peppered pineapple salsa & Guinness bread crisp	€12.5
Grilled chicken salad, guacamole, sweet piquillo peppers, babygem & coriander	€13   €19
Goat cheese salad, warm smoked baby beets, candied hazelnuts, rocket & chardonnay dressing	€9.5   €15.5
Roast prawns, avocado, sesame seeds, pea shoots & mango dressing	€14
Carpaccio of Irish Angus beef with rocket and parmesan, extra virgin olive oil and Maldon salt	€12.5
Superfoods salad, roast beetroot, quinoa, feta, edamame, sprouting broccoli, toasted seeds & pomegranate	€9.5   €15.5
Add grilled chicken	+€4.5

## MAINS

Roast hake with quinoa & sautéed greens	€23.5
Seafood skillet, salmon, cod, gambas & mussels in a white wine cream sauce	€22
Fish & chips, crushed peas, fries, tartare sauce	€18
Bulgur wheat with broccoli, fresh peas, pak choi, courgettes, cashews, baby kale, chilli & sesame oil	€18.5
Pan fried Atlantic cod with aioli gratin, caponata & roast baby potatoes with herbs	€23
Pan fried sea bass with soy mirin glaze, courgette cream, roast pak choi & hijiki seaweed	€24.5
Baked salmon with quinoa crust, green beans, pickled radish & black garlic alioli	€20

## FROM JOSPER GRILL

Grilled veal cutlet, celeriac purée, cavalo nero, broad beans & pancetta	€29
10oz aged Rib eye	€29
Caramelized onions, grilled flat cap mushroom, roasted cherry tomatoes, fries, béarnaise or pepper sauce	
8oz Fillet steak	€32
Caramelized onions, grilled flat cap mushroom, roasted cherry tomatoes, fries, béarnaise or pepper sauce	
Grilled lemon & rosemary chicken, roast baby potatoes, spring onion & watercress salad	€21
Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyère cheese & bacon with fries	€18
Turkey burger topped with guacamole, paprika sweet potato wedges, salsa & healthy coleslaw	€18

*Balfe 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.*

## SIDES

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

## DESSERTS

Mixed berries, Champagne sabayon	€7.5
Seared bananas, peanut crumb & coconut cream	€4.5
Lemon tart with raspberry & frosted almonds	€7.5
Grilled peppered pineapple with rum sauce, pink pepper, cardamom ice cream	€12.5
Chocolate fondant, almond ice cream	
Selection of ice cream	
Cheese selection	€9.5
Irish farmhouse cheeses, fig & almond compote	

## DESSERT COCKTAILS

Markievicz Rose	€12
<i>Ketle one vodka, raspberry jam, egg white, ginger bread liqueur, fresh lime juice</i>	
The Dupont	
<i>Frangelico, Kahlua, Crème de Cacao, peanut butter, fresh cream, chocolate syrup</i>	
Raspberry and chocolate martini	
<i>Vodka, Crème de Cacao, Frangelico, fresh raspberry, Nutella</i>	
Eriu	
<i>Irish Mist, Amaretto, Kahlua, fresh cream</i>	
Banana split	
<i>Vodka, Banana liquer, Crème de Cacao, fresh cream</i>	
Lemon meringue	
<i>Limoncello, Frangelico, lemon juice, egg white, sugar syrup</i>	
Irish Rusty Nail	
<i>Jameson Irish whiskey, Drambuie</i>	
Balfes Espresso Martini	
<i>Vanilla vodka, Kahlua, Baileys, espresso</i>	