

# BALFES

## BREAKFAST

Tomato & Avocado Tartine	€8.5
 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 - Ham & cheese   Smoked salmon and chive   Egg white omelette with spinach - With dry cured bacon	€9.5 €10.5
Blueberry & bacon pancakes with maple syrup	€9.5
Blueberry pancakes with maple syrup	€8
 BodyByrne oat pancakes, cooked in coconut oil - Served with your choice of: Berries & agave nectar Scrambled eggs & avocado Organic almond butter & banana	€8.5 €9.5 €9.5
Organic porridge with honey, apple & cinnamon	€5.5

*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.*