

TO SHARE

Charcuterie plate - selection of cured meats, 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 €16.5

Monday - Crispy pork belly, creamy mash, spiced date sauce & roast shallots

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 - Jospers grilled tuna steak, brioche bun, with kimchi salad, wasabi mayo

Saturday & Sunday - Balfes Shepherd's Pie, parsley mash, roast root vegetables

All including complimentary fruit fool dessert pot

OPEN SANDWICHES

Available noon to 6.00pm

Fivemiletown goat's cheese tartine with honeyed walnuts & rocket €11.5

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 €13

Roast beef with horseradish cream, rocket salad, black radish & caramelised onion €12.5

With home cut fries or a cup of soup +€4.5

FISH BAR

6 Carlingford oysters, lemon, Japanese dipping sauces

Cured organic salmon with capers & pickled cucumber

Tuna Tartare with avocado, goma wakame seaweed & kimchi sauce

Pan fried scallops, cauliflower purée, samphire, fermented carrot dressing

Jospers grilled gambas, harissa aioli & lime

Mussels in a lime & coriander broth

TO START

Bread & dips, hummus, roasted red pepper & cashew pesto

Today's soup

Castletownbere crab salad with peppered pineapple salsa & Guinness bread crisp

 Grilled chicken salad, guacamole, sweet piquillo peppers, babygem & coriander €13 | €19

Chicory salad, Crozier Blue cheese, pickled pear, walnut & honey €9.5 | €15.5

Balfes's cured duck breast, mixed leaves, tamarind dressing €12.5

Carpaccio of Irish Angus beef with rocket and parmesan, extra virgin olive oil & Maldon salt €12.5

Superfoods salad, roast beetroot, quinoa, feta, 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 turbot 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 saddle of lamb, chickpea mash, roast aubergine, red wine jus

10oz aged Rib eye

Caramelized onions, grilled flat cap mushroom, roasted cherry tomatoes, fries, béarnaise or pepper sauce €29

8oz Fillet steak

Caramelized onions, grilled flat cap mushroom, roasted cherry tomatoes, fries, béarnaise or pepper sauce €32

Grilled chicken breast, cumin ballotine, puy lentils, parmesan pollenta

Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyère cheese & bacon with fries €23

 Turkey burger topped with guacamole, paprika sweet potato wedges, salsa & healthy coleslaw €18

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.

SIDES

€5

Sautéed greens - Mixed green salad - Lyonnaise potatoes

Rocket & parmesan salad - Roast cauliflower with tahini dressing

Fries - Buttermilk onion rings -  Sweet potato wedges

Sautéed kale with toasted almonds - Carrot & parsnip purée

DESSERTS

€8

Mixed berries, Champagne sabayon

Pecan torte, salted caramel

Lemon tart with raspberries & frosted almonds

Grilled peppered pineapple with rum sauce, pink pepper, cardamom ice cream

Chocolate fondant, almond ice cream

Selection of ice cream

Sticky toffee pudding, almond ice cream

Cheese selection €9.5
Irish farmhouse cheeses, fig & almond compote

DESSERT COCKTAILS

€12

Markievicz Rose

Kettle one vodka, raspberry jam, egg white, ginger bread liqueur, fresh lime juice

The Dupont

Frangelico, Kahlua, Crème de Cacao, peanut butter, fresh cream, chocolate syrup

Raspberry and chocolate martini

Vodka, Crème de Cacao, Frangelico, fresh raspberry, Nutella

Eriu

Irish Mist, Amaretto, Kahlua, fresh cream

Banana split

Vodka, Banana liquer, Crème de Cacao, fresh cream

Lemon meringue

Limoncello, Frangelico, lemon juice, egg white, sugar syrup

Irish Rusty Nail

Jameson Irish whiskey, Drambuie

Balfes Espresso Martini

Vanilla vodka, Kahlua, Baileys, espresso



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.