

BRUNCH

TO SHARE

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|---|-------|
| Bread & dips, hummus, roast red pepper & cashew pesto | €5 |
| Charcuterie plate, selection of cured meats, ham hock terrine, pâté, olives, pickles & crusty sourdough | €19.5 |
| Burrata, roast cherry vine tomatoes, semi sundried tomato crème, olive oil & country loaf | €16.5 |
| Seafood platter, grilled gambas, cured organic salmon, Castletownbere crab | €24.5 |

FISH BAR

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| 6 Carlingford oysters, lemon, Japanese dipping sauce | €17 |
| Tuna Tartare, avocado, goma wakame seaweed & kimchi sauce | €13 |
| Josper grilled gambas, harissa aioli & lime | €16.5 |

BRUNCH

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|  BodyByrne miso tofu broth, wild mushroom, kelp, cardamom infused poached egg & spring vegetables | €9.5 |
|  Smashed avocado on sourdough, poached eggs | €12.5 |
|  BodyByrne Eggs Florentine, wholemeal bread, yoghurt dressing | €12 |
| Free range poached eggs - Benedict, Florentine or Royale served on English breakfast muffin | €12 |
| 3 Egg Omelette, fries & salad | |
| Ham & cheese Smoked salmon & chive Egg white omelette & spinach | €12.5 |
| Add dry cured bacon | €1.5 |
|  BodyByrne Full Breakfast, poached or scrambled egg, avocado, cured turkey rashers, white turkey pudding, black pudding, sweet potato cake, vine tomato & toasted ancient grain sourdough bread | €16.5 |
| Blueberry & bacon pancakes, maple syrup | €11.5 |
|  BodyByrne oat pancakes, cooked in coconut oil | |
| Berries & agave nectar Scrambled eggs & avocado Organic almond butter & banana | €11.5 |
|  Grilled chicken salad, guacamole, sweet piquillo peppers, baby gem & coriander | €14 €18 |
| Superfood salad, roast beetroot, quinoa, feta, sprouting broccoli, toasted seeds & pomegranate | €10.5 €15.5 |
| Add grilled chicken | €4.5 |
| Fish & chips, crushed peas & tartare sauce | €18 |
| Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyere cheese, bacon & fries | €18 |
|  Turkey burger, guacamole, paprika sweet potato wedges, salsa & healthy coleslaw | €19 |

BRUNCH SPECIAL

Balfes Shepherd's Pie, parsley mash, roast root vegetables *(Including complimentary fruit fool dessert pot)*

€17.5

OPEN SANDWICHES

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| Fivemiletown goats cheese tartine, honeyed walnuts & rocket | €11.5 | Roast beef, horseradish cream, rocket salad, black radish & caramelised onion | €12.5 |
| Marinated smoked Irish salmon, dill oil, spiced ricotta & mixed baby leaves | €12.5 |  BodyByrne Sweet potato, roast pepper, chicken, hummus & wholemeal wrap | €14.5 |
| Roast vegetables Provençal & Toonsbridge mozzarella | €11.5 | Add cup of soup | €5.5 |

SIDES

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| Sautéed greens |  Sweet potato wedges | Sautéed baby kale & toasted almonds | €5 |
| Lyonnais potatoes | Fries | Roast cauliflower & tahini dressing | |
| Rocket & parmesan salad | Buttermilk onion rings | Vegan raw vegetable & mixed bean salad | |

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.

DIGESTIFS €6.5

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|-------------|-----------------|------------|
| Amaretto | Crème de Menthe | Limoncello |
| Armagnac | Drambuie | Irish Mist |
| Baileys | Grappa | Sambucca |
| Benedictine | Grand Marnier | Tia Maria |
| Calvados | Kahlua | |

LIQUER COFFEES & HOT TODDIES

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|----------------|------|-----------------------------------|------|
| Irish Coffee | €8.5 | French Coffee | €8.5 |
| Baileys Coffee | €8.5 | Hot Port | €6.5 |
| Calypso Coffee | €8.5 | Hot Whiskey | €7.5 |
| Café Brulot | €7.5 | Hot Whiskey with apple & cinnamon | €7.5 |

CHAMPAGNE, PROSECCO, DESSERT WINE & PORT

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|--------------------------------------|----|------------------------------------|------|
| Dow's White Port | €7 | Alasia Moscato Passito "Palazzina" | €8 |
| Dow's late bottled vintage Port | €7 | Casa Gheller, Prosecco Superiore | €9.8 |
| Dow's Nirvana Chocolate Reserve Port | €8 | Perrier-Jouet Grand Brut NV | €20 |

TEA & COFFEE

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|--------------------------|------|-------------------------------------|------|
| Loose leaf breakfast tea | €4 | Hot chocolate | €4 |
| Earl Grey tea | €4.5 | Hot chocolate with orange or chilli | €4.5 |
| Mint tea | €4.5 | Americano | €3.5 |
| Green tea | €4.5 | Espresso Macchiato | €3 |
| Camomile tea | €4.5 | Cappuccino Latte Chai Latte | €4 |

Tumeric, ginger & lemon shot €3

BREAKFAST

Monday - Friday 8am - 11.30am

BRUNCH

Saturday 9am - 3pm | Sunday 9am - 4pm

ALL DAY DINING MENU

Monday - Thursday 12pm - 10pm | Friday 12pm - 10.30pm | Saturday 5pm - 10.30pm | Sunday 5pm - 10pm

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