

TO SHARE

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

LUNCH SPECIALS

Available 12pm to 6pm	€17.5
Monday - Smoked cheese & potato ravioli, sage & walnut	
Tuesday - Crispy pork belly, parmesan mash, date sauce & roast shallots	
Wednesday - Pan roasted salmon fillet, spiced ratatouille, fennel & buckwheat salad	
Thursday - Jospers grilled featherblade beef, confit potatoes, onions, cavalo nero & blue cheese	
Friday - Grilled mackerel, cockle butter, pickled vegetables & mixed bean salad	
Saturday & Sunday - Balfes Shepherd's Pie, parsley mash, roast root vegetables	
<i>All including complimentary fruit fool dessert pot</i>	

OPEN SANDWICHES

Available 12pm to 6pm	
Fivemiletown goat's cheese tartine, honeyed walnuts & rocket	€11.5
Marinated smoked Irish salmon, dill oil, spiced ricotta & mixed baby leaves	€12.5
Roast vegetables Provençal & Toonsbridge mozzarella	€11.5
BodyByrne sweet potato, roast pepper, chicken, hummus & wholemeal wrap	€14.5
Roast beef, horseradish cream, rocket salad, black radish & caramelised onion	€12.5
Add cup of soup	€5.5

FISH BAR

6 Carlingford oysters, lemon, Japanese dipping sauce	€17
Cured organic salmon, capers & pickled cucumber	€13
Tuna Tartare, avocado, goma wakame seaweed & kimchi sauce	€13
Pan seared scallops, blood orange salad & parmesan crisp	€16
Jospers grilled gambas, harissa aioli & lime	€16.5
Mussels in a lime & coriander broth	€13.5

TO START

Today's soup	€7.5
BodyByrne miso soup, tofu, wild mushroom, kelp, cardamom infused poached egg & spring vegetables	€9.5
Castletownbere crab salad, peppered pineapple salsa & Guinness bread crisp	€13.5
Grilled chicken salad, guacamole, sweet piquillo peppers, baby gem & coriander	€14 €18
Chicory salad, Crozier Blue cheese, pickled pear, walnut & honey	€10.5 €15.5
Carpaccio of Irish Angus beef, rocket, parmesan, extra virgin olive oil & Maldon salt	€12.5
Spinach, mixed bean & goji berry salad, pickled pak choi & pomegranate dressing Add grilled chicken	€11.5 €16.5 €4.5
Superfood salad, roast beetroot, quinoa, feta, sprouting broccoli, toasted seeds & pomegranate Add grilled chicken	€10.5 €15.5 €4.5

MAINS

Roast hake, quinoa & sautéed greens	€23.5
Seafood skillet, salmon, cod, gambas, mussels, white wine cream sauce	€23
Fish & chips, crushed peas, tartare sauce	€18
Vegan bulgur wheat, broccoli, fresh peas, pak choi, courgettes, cashews, baby kale, chilli & sesame oil	€18.5
Pan fried Atlantic cod, aioli gratin, caponata, roast baby potatoes & herbs	€23.5
Steamed monkfish fillet, brown basmati rice, salsa verde, white radish & turmeric slaw	€26.5
Baked salmon, quinoa crust, green beans, pickled radish & black garlic aioli	€21.5

FROM JOSPER GRILL

Grilled lamb cutlet, chickpea mash, roast aubergine & red wine jus	€28
10oz aged Rib eye steak, caramelised onions, grilled flat cap mushroom, roast cherry tomatoes, fries, béarnaise or pepper sauce	€29
8oz Fillet steak, caramelised onions, grilled flat cap mushroom, roast cherry tomatoes, fries, béarnaise or pepper sauce	€32
Grilled chicken breast, cumin ballotine, puy lentils & parmesan polenta	€23.5
Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyère cheese, bacon & fries	€18
Turkey burger, guacamole, paprika sweet potato wedges, salsa & healthy coleslaw	€19

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

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

DESSERTS

Mixed berries, Champagne sabayon	€8
Pecan torte, salted caramel	
Lemon tart, raspberries, frosted almonds	
Grilled pineapple, rum sauce, pink pepper, coconut sorbet	
Chocolate fondant, almond ice cream	
Selection of ice cream	
Classic crème brulee, lemon sable biscuits	
Cheese selection	€12
Irish farmhouse cheeses, fig & almond compote	

DESSERT COCKTAILS

Markievicz Rose <i>Ketel One vodka, blackcurrant jam, egg white, ginger bread liqueur, fresh lime juice</i>	€12.5
The Dupont <i>Frangelico, Kahlua, Crème de Cacao, peanut butter, fresh cream, chocolate syrup</i>	
Raspberry & 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 liqueur, 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>	



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

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

LIQUER COFFEES & HOT TODDIES

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

CHAMPAGNE, PROSECCO, DESSERT WINE & PORT

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 & COFFEES

Loose leaf breakfast tea	€4	Hot chocolate	€4
Mint tea	€4.5	Hot chocolate with orange	€4.5
Camomile flower tea	€4.5	Hot chilli chocolate	€4.5
Americano	€3.5	Espresso	€3
Cappuccino, latte, chai latte	€4	Macchiato	€3

Turmeric, 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

Balfe Street, Dublin 2, Ireland

www.balfes.ie | +353 (0)1 646 3353



@balfesdublin



balfes



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