

BALFES

BREAKFAST (Monday to Friday 8am to 11.30am)

A Choice of Morning Pastries			€3.5
Pain au chocolat, croissant, scone, toasted sourdough, muffin, brown multiseed soda bread served with preserves & farmhouse butter			
Date & almond energy balls			€3.5
Scrambled eggs & dry cured bacon on sourdough			€9.5
 BodyByrne Full Irish Breakfast, poached or creamy scrambled egg, avocado, cured turkey rashers, white turkey pudding, black pudding, sweet potato cake, tomato salsa & toasted ancient grain sourdough bread			€16.5
 Bodybyrne Eggs Florentine with wholemeal toast & yoghurt dressing			€9.5
Free Range Poached Eggs - Benedict, Florentine or Royale style served on English breakfast muffin			€9.5
3 Egg Omelettes			€9.5
Ham and cheese, smoked salmon and chive			
Egg white omelette with spinach			€10.5
With dry cured bacon			+€1.5
 Bodybyrne oat pancakes, cooked in coconut oil			
Served with your choice of			
- berries & agave nectar			€8.5
- scrambled eggs & avocado			€9.5
- organic almond butter & banana			€9.5
Blueberry pancakes with maple syrup			€8.5
With dry cured bacon			€10.5
Avocado & tomato tartine			€9.5
Organic porridge with honey, apple & cinnamon			€6.5
Organic porridge with honey & Irish Mist			€9.5
Porridge can also be ordered with unsweetened almond milk			
 Bodybyrne Turbo Energy Granola with Greek yoghurt & berries			€8
 JUICES			
Apple, orange or grapefruit	€3	Apple, celery, spinach, avocado & lime	€5.5
 Carrot, orange & ginger	€5.5	Mixed berries & banana smoothie	€5.5
Tumeric, ginger & lemon shot	€3		

TEA & COFFEES

Barry's loose leaf breakfast tea	€4	Cappuccino, latte, chai latte	€4
Mint tea	€4.5	Hot chocolate	€4
Camomile flower tea	€4.5	Espresso	€3
Americano	€3.5	Macchiato	€3

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.

