

# BRUNCH

## APERITIF COCKTAIL

€13

Milano-Torino - Sweet Vermouth, Rinomato L'Aperitivo, Vanilla, Pimento. Amontillado Sherry, Lemon, Boston Bitters, Soda  
Venetian Spritz - Aperol, Campari, Apricot, Tonka, Cocoa, Manzanilla Sherry, Dandelion & Burdock Bitters, Champagne  
Yayo - Spanish Sweet Vermouth, Glendalough gin, Honey, Creole Bitters, Champagne

## 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


## FISH BAR

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


 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	€13.5
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

## OPEN SANDWICHES

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
Add cup of soup	€5.5		

## SIDES

€5.5

Sautéed greens |  Sweet potato wedges | Fries | Lyonnaise potatoes | Rocket & parmesan salad | Buttermilk onion rings  
Sautéed baby kale & toasted almonds | Cauliflower & tahini dressing

*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 €7

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 & COFFEE

Barry's 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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