

BREAKFAST AT  
**BALFES**

TOASTED

Sourdough, multigrain,  
with nut butter, strawberry jam, wild honey  
4 each

BAKERY

Chocolate, almond or butter croissant,  
blueberry muffin, banana bread  
4 each

CEREALS & GRAINS

Super seed bowl with nut milk,  
banana & golden raisins V/VE 9

Grilled pink grapefruit with cinnamon,  
brown sugar, mascarpone & pistachios V 8

Lemon yoghurt, granola & fresh berry  
compote V 8

Buttermilk pancakes with apricots,  
Greek yoghurt, orange blossom  
honey & pistachios V 12

Buttermilk pancakes with bacon, blueberries  
and maple syrup 12

BodyByrne oat pancake with organic nut butter,  
banana, cacao nibs, toasted pecans V/VE 12

FREE RANGE EGGS

Irish smoked salmon, scrambled eggs,  
on poppy seed bagel 12

Eggs Benedict on toasted muffin  
choice of spinach, bacon, Irish smoked salmon 12

Smashed avocado, poached eggs  
on sourdough toast V 13

Dry cured ham omelette, smoked Gouda,  
caramelised onions & rocket 12

Egg white omelette, spinach, cherry tomato  
feta & toasted seeds V 12

Super green omelette, with avocado,  
goats cheese, pine nuts & basil V 12

Balfes Full Irish Breakfast 17

poached or scrambled eggs, cured back bacon, Irish sausages, black & white pudding,  
sautéed mushrooms, plum tomato & toasted sourdough

BODYBYRNE

Balfes's creative, health conscious dishes are carefully put together by Paul & Siobhán Byrne of BodyByrne Fitness with over 30 years experience of keeping the  
country fit and healthy.

Eggs & greens, harissa yoghurt  
& toasted sourdough. V 12

Toasted egg burrito  
mozzarella, turkey rasher, avocado, sour cream  
& tomato salsa. 13

Turbo energy granola  
Greek yoghurt & berries. V 8

BodyByrne Breakfast

poached or scrambled eggs, avocado, cured turkey rashers, white turkey pudding, black pudding, sweet potato cake, plum tomato & toasted sourdough.  
17

SMOOTHIES

Berry smoothie  
unsweetened almond milk, mixed berries, banana,  
greek yogurt, Skin Deep vanilla protein, raw honey 6

Wake up cup  
espresso, almond milk, banana,  
Skin Deep protein powder 6

The wellness smoothie  
unsweetened almond milk, baby spinach, banana, apple,  
Skin Deep vanilla protein, raw honey 6

Skin Deep Protein is a collagen and vitamin infused protein developed by Paul & Siobhán Byrne of BodyByrne specifically for their clients needs. They have  
developed this range of Protein smoothies for Balfes packed with nutrients and vitamins to have you feeling at your optimum health.

JUICES

Greens juice  
dark leafy greens, carrots, pineapple, ginger 5

Immune booster juice  
apple, carrot, orange, sweet potato, ginger root,  
turmeric root, celery, lemon juice 5

Antioxidant juice  
blueberries, strawberries, mango 5

TEA & COFFEE

Barry's loose leaf breakfast tea 3.5  
Earl Grey Tea 4  
Mint Tea 4  
Green Tea 4

Hot chocolate 4  
Hot chocolate with orange or chilli 4  
Americano 3.5  
Espresso 3 | 4

Macchiato 3 | 4  
Cappuccino 4  
Latte 4  
Chai Latte 4

Please always inform us of any allergies as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes.  
Detailed allergen information is available on request.  
V: Vegetarian Dishes | VE: Vegan Dishes