

BALFES

SNACKS & STARTERS

Grilled Gambas with smoky romesco relish, sea vegetable butter, sourdough & charred lemon €18

Honey glazed chorizo & smashed cashew nuts €6

Nocellara olives & smoked almonds V/VE €9

Potted salmon with granary toast & dill pickled cucumber €15

Soup of the day with house bread V/VE €8

Buffalo milk Mozzarella with thyme roasted squash & pistachio pesto V €15

Romano pepper & aubergine caponata with basil & grilled polenta V €14

Sprouted grain hummus open sandwich, avocado & pickled vegetables V €12

SALADS

Grilled chicken Caesar salad, with avocado, anchovy, parmesan & crispy panchetta €19

Watermelon, feta, cucumber & mint with toasted pumpkin seeds VE €12

BODYBYRNE SPECIALS

Dishes designed by Paul Byrne from 30 years in the fitness industry

Wholemeal wrap with chicken, avocado, mozzarella & tomato €14

Grilled salmon, spinach, butter beans & lemon caper dressing €25

Superfood mixed grain salad V €17
add grilled chicken €5
add gambas €6 each

MAINS

Chicken alla Milanese with rocket, parmesan, capers & lemon €22

10oz Heritage Higgins butchers Ribeye, bearnaise & chips €36 add Grilled Gambas €6 each

Deep-fried haddock & chips, mushy peas & tartare sauce €20

Roasted Mediterranean vegetables, chickpea tabbouleh, smokey aubergine, mint yoghurt & grilled flat bread V €16.5

Dry-aged beef burger, brioche bun, tomato relish, mature Irish cheddar, club sauce & fries €19.5
add bacon €1.5

Chickpea burger, crisp lettuce, tomato, pickled red onion & spicy tofu mayonnaise V €18.5

Balfes seafood tagliolini with chilli, lemon & parsley €24

SIDES

Basil tabbouleh with cherry plum tomatoes V €6

Buttered Ratties & house tartare €5.5

Fries €5.5

Roasted sweet potato wedges with rosemary salt V/VE €6

Steamed tenderstem broccoli, garlic & parmesan V €6

DESSERTS

Classic vanilla crème brûlée with blueberries & lemon shortbread V €9

Masala rice pudding with caramelised figs & pistachios VE €9

Affogato, vanilla bean ice cream & caramelised almonds €7 add Amaretto shot €7

Baked lemon tart with raspberry sorbet V €9

Cru Virunga chocolate fondant with golden honeycomb & crème fraiche V €9

Ice cream; Vanilla, chocolate, pistachio V €3 per scoop
Sorbet; Roasted mango, raspberry, strawberry VE €3 per scoop

V - Vegetarian | VE - Vegan

All our Meat and Poultry is 100% Irish and is traceable from farm to fork.

For those with special dietary requirements or allergies, or who may wish to know about the ingredients used, please refer to our allergen book available from your server.

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