

# BALFES

## BRUNCH

- Wrights of Marino Irish smoked salmon & scrambled eggs, granary bread €14  
Smashed avocado, poached eggs, cherry vine tomatoes & sourdough V €14  
Prawn & avocado cocktail, Marie Rose sauce €16  
Eggs Benedict with hollandaise & back bacon €14  
Harissa baked shakshuka eggs, baby spinach, feta & garlic labneh V €15  
Buttermilk pancakes  
with banana & honeycomb butter €14 / with blueberries, bacon & maple syrup €14

## BODYBYRNE

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

- BodyByrne breakfast  
poached or scrambled eggs, avocado, cured turkey rashers,  
white turkey pudding, black pudding, sweet potato cake, plum tomato & toasted sourdough €17  
Eggs & greens  
harissa yoghurt & toasted sourdough V/VE €14  
Wholemeal wrap with chicken, avocado, mozzarella & tomato €16  
Turkey burger, guacamole, paprika sweet potato wedges, salsa & slaw €24  
Sticky soya & ginger salmon with Asian greens & mango salsa €25  
Superfood salad with quinoa, beetroot, feta V €17  
Add grilled chicken €5 / gambas €6

## STARTERS & SALADS

- Soup of the day V €8  
Carlingford Rock oysters, shallot vinaigrette  
Three €9 / Six €18 / Nine €27  
Grilled gambas, romesco & charred baguette €18  
Buffalo milk burrata, heritage tomatoes, basil & pine nuts V €15  
Heritage tomatoes, grilled halloumi, black olive & cucumber V €14

## MAINS

- Chicken schnitzel, asparagus, Caesar dressing & lemon €22  
Balfes cheeseburger with bacon, tomato relish, white cabbage slaw & fries €19.50  
Deep-fried haddock & chips, mushy peas & tartare sauce €20  
Lobster & prawn tagliolini, roasted cherry tomatoes & confit garlic €30  
Baked aubergine, mozzarella, basil & datterini tomatoes V €16.50  
Heritage 10oz ribeye steak, fries & bearnaise €36

## SIDES

- Broccoli, lemon olive oil V/VE €6  
Potatoes: Fries or buttered new V €5.50  
Rocket & parmesan V €5.50  
Gem heart, avocado, Beara Blue V €6  
Sautéed spinach €5.50  
Mac 'n' cheese V €8

## DESSERTS

- Rosé prosecco with raspberry sorbet, flowers & Wexford summer strawberries €8  
Cru Virunga chocolate mousse, honeycomb & crème fraîche V €9  
Balfes whiskey baba, 'five farms Irish cream liqueur' chantilly & raspberries V €9  
Classic crème brûlée, shortbread biscuits V €9

## SCÚP ICE CREAMS & SORBETS

Ice cream:  
vanilla, valhrona chocolate, pistachio V  
€3 per scoop

Sorbet:  
elderflower, raspberry, strawberry V/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.

🐦 @BalfesDublin

📘 /BalfesDublin

📷 @BalfesDublin