

BALFES

SNACKS & STARTERS

Soup of the day *with house bread* €8

Grilled gambas *with chilli, lime & coriander butter* €18

Buffalo milk burrata *with roasted vine tomatoes, basil pesto & toasted pine nuts* V €15

Wrights of Marino smoked salmon, *picked shallots & horseradish crème fraîche* €14

Open sandwich of hummus, *charred red peppers, caramelised onions & tamari-roasted seeds* VE €12

Available until 5pm daily

Chicken liver parfait *with black truffle butter, toasted brioche & soft leaves* €16

SALADS

Caesar salad, *rosemary croutons & parmesan* €14

Grilled squash, quinoa, baby kale, pomegranate & feta V €17

GRILL served with french fries & bearnaise

Heritage 10oz ribeye steak, Beara blue cheese €36
add *Grilled Gambas* €6

28 day 8oz dry-aged Hereford fillet steak, *roasted vine tomatoes* €39
add *Grilled Gambas* €6

BODYBYRNE SPECIALS

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

Wholemeal wrap *with chicken, avocado, mozzarella & tomato* €16

Available until 5pm daily

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

Superfood Salad *with quinoa, beetroot, feta, greens, mixed seeds and pomegranate dressing* V €17
add *grilled chicken* €5
add *Gambas* €6

MAINS

Thyme-roasted chicken *with dauphinoise potatoes, wild mushroom and bacon fricassee* €22

Balfes plant-based bean burger *with spicy tofu mayonnaise* VE €18.5

Thai-style mussels *with lemongrass, red chilli & coconut* €16

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

Chargrilled winter squash *with piri piri, charred leeks & feta* V €16.5

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

Balfes seafood tagliolini *with chilli, lemon & parsley* €24

SIDES

Purple sprouting broccoli, *Kerry Blue & hazelnuts* V €6

Wild mushroom & bacon fricassee €5.5

Potatoes: *Rosemary sweet potato or fries* V/VE €6

Buttered baby potatoes V €5.5

Steamed carrots & fine beans, *confit shallots* V €6

DESSERTS

Beara Blue cheese, *fruitcake & damson jam* V €9

Dark chocolate fondant, *griottine cherries & mascarpone ice cream* V €9

Vanilla crème brûlée *with blackberries & lemon shortbread* V €9

Treacle tart *with clotted cream & Armagnac prunes* V €9

Pistachio coupe *with nougat & dark hot chocolate sauce* V €9

Affogato, *vanilla bean ice cream & caramelised almonds* €9 add *Amaretto shot* €7

Ice cream; *vanilla, valhrona chocolate, pistachio* V €3 per scoop
Sorbet; *rhubarb & ginger, raspberry, blackberry* 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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