

BREAKFAST AT  
**BALFES**

BAKERY

Croissant au beurre  
Pain au chocolate  
Pain au raisin  
€4 each

TOAST

White, granary, sourdough, buttermilk soda bread  
Gluten free: white or seeded  
with Irish butter & preserves  
with lemon curd & chocolate spread  
€4 each

BREAKFAST

Classic organic porridge oats  
honey, banana & hazlenuts €9

Fresh summer berries  
Greek yoghurt & honey €9

Balfes house granola  
pecan, sour cherry & coconut yoghurt V/VE €9

Buttermilk pancakes  
with banana & honeycomb butter €14  
with blueberries, bacon & maple syrup €14

Balfes Vegan breakfast skillet  
Crispy tamari tofu, vine tomatoes, sauteed spinach,  
hash browns & field mushrooms VE €15

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 €14

Smashed avocado, poached eggs, cherry vine tomatoes & sourdough V €14

FREE-RANGE EGGS

Two eggs any style  
on toasted sourdough €6  
add cured bacon €4 / smoked salmon €6 / Irish sausage €5

Eggs Benedict  
hollandaise & back bacon €14

Three-egg omelette with choice of  
cheddar cheese / cured bacon / sautéed mushrooms / smoked salmon  
€15

TEA & COFFEE

Barry's loose leaf breakfast tea €3.50

Early Grey €4

Mint tea €4

Green tea €4

Hot chocolate €4

Hot chocolate with orange or chilli €4

Americano €3.50

Espresso €3|4

Macchiato €3|4

Cappuccino €4

Latte €4

Chai Latte €4

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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