



BALFES

PASTRIES

Croissant au beurre
Pain au chocolat
€4.5 each

TOASTED

Granary, sourdough or gluten free V
with Irish butter & preserves
€4.5 each

FREE RANGE EGGS

Two eggs any style, toasted sourdough €7
add cured bacon €5 / smoked salmon €9 / Irish sausage €6

Eggs benedict €15
toasted English muffin, hollandaise & back bacon

Turkish eggs €15
Aleppo pepper & dill yogurt, rustic loaf V

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

BODYBYRNE

Balfes 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, sweet potato cake, cured turkey rashers, white turkey pudding, black pudding, tomato & toasted sourdough €19
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

Smashed avocado €16

poached eggs, cherry vine tomatoes & sourdough V
25g - Carbs | 15g - Protein | 24g - Fat | 371 Calories

High protein crêpes €15

vanilla greek yogurt & berries V
10g - Carbs | 11g - Protein | 6g - Fat | 110 Calories

BREAKFAST

Balfes organic oat porridge €9
honey, banana & hazelnuts V
coconut milk & fresh summer berries VE

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

Buttermilk pancakes €15
banana & honeycomb butter V
blueberries, bacon & maple syrup

Balfes Vegan breakfast €15
Warm hummus, sautéed mushroom,
spinach, sweet potato cake, avocado
& roasted cherry tomato VE

TEA, COFFEE & JUICE

Americano €3.70

Espresso €3.70

Cappucino €4

Latte €4.2

Macchiato €4.2

Iced Americano €4

Iced latte €4.50

Hot Chocolate €4.2

Chai Latte €4.2

Irish breakfast tea €3.70

Earl Grey €4.2

Mint Tea €4.2

Green Tea €4.2

Orange €4

Apple €4

Grapefruit €4

Pineapple €4

Cranberry €4

Tomato €4

V - Vegetarian | VE - Vegan | V/VE - can be made suitable for 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.