



BREAKFAST
BALFES

PASTRIES

Croissant au beurre
Pain au chocolat
Cinnamon roll
€5 each (1 wheat, 3, 7)

TOAST

Granary, sourdough or gluten free v
with Irish butter & preserves
€5 each (1 wheat, 7, 12)

FREE RANGE EGGS

Two eggs any style, toasted sourdough €8 (1 wheat, 3)
add cured bacon €5 / smoked salmon €9 (4) / Irish sausage (6) €6

Eggs benedict €16 (1 wheat, 3, 7, 12)
toasted English muffin, hollandaise & back bacon

Turkish style eggs €16 (1 wheat, 3, 7, 12)
Roasted red pepper, dill yogurt & rustic loaf v

Three egg omelette €16 (1 wheat, 3, 7)
with choice of cheddar cheese / cured bacon / sautéed mushrooms / smoked salmon (4)

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 €21 (1 wheat, 3, 6, 7)
Poached or scrambled eggs, avocado, sweet potato, cured turkey rashers, white turkey pudding, black pudding, tomato & toasted sourdough
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

BodyByrne smashed avocado €17 (1 wheat, 3)
poached eggs, cherry vine tomatoes & sourdough v
25g - Carbs | 15g - Protein | 24g - Fat | 371 Calories

Huevos rancheros & corn tortilla €18 (1 wheat, 3, 6)
red pepper & tomato, eggs, potato, avocado
53g - Carbs | 20g - Protein | 25g - Fat | 512 Calories

SIGNATURE

Balfes organic oat porridge €9 (8 variable, 11)
honey, banana & hazelnuts v (7, 8 hazelnut)
coconut milk & berries VE (6)

Balfes house granola €9 (6, 8 variable, 11)
pecan, sour cherry & coconut yoghurt VE

Buttermilk pancakes €16 (1 wheat, 3, 7)
strawberry & honeycomb butter v
blueberries, bacon & maple syrup

Balfes Vegan breakfast VE €18 (1 wheat, 6, 10, 11)
Warm hummus, sautéed mushroom, spinach,
sweet potato, avocado, vegan sausage
& roasted cherry tomato

TEA, COFFEE & JUICE

Americano €3.9
Espresso €3.9
Cappuccino €4.5 (7)
Latte €4.5 (7)
Flat white €4.5 (7)
Macchiato €4.5 (7)
Iced Americano €4.2
Iced latte €4.5 (7)

Hot Chocolate €4.5 (7)
Chai Latte €4.5 (7)
Irish breakfast tea €3.9
Earl Grey €4.2
Mint Tea €4.2
Green Tea €4.2
Camomile tea €4.2

Orange €4
Apple €4
Grapefruit €4
Pineapple €4
Cranberry €4
Tomato €4
Echo Triple Filtered Water €2 per person
Unlimited refills, still or sparkling

V - Vegetarian | VE - Vegan | We strive to source all of our fish and seafood from sustainable sources.
All our Meat and Poultry is 100% Irish and is traceable from farm to fork. Our teas and coffees are sustainably certified.
List of allergen: 1 Gluten - 2 Crustaceans - 3 Egg - 4 Fish - 5 Peanut - 6 Soy - 7 Dairy & Milk - 8 Nuts - 9 Celery -
10 Mustard - 11 Sesame - 12 Sulphur Dioxide & Sulphites - 13 Lupin - 14 Molluscs