



BREAKFAST
BALFES

PASTRIES

Croissant au beurre
Pain au chocolat
Cinnamon roll
€4.5 each

TOAST

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

FREE RANGE EGGS

Two eggs any style, toasted sourdough €8
add cured bacon €5 / smoked salmon €9 / Irish sausage €6

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

Turkish style eggs €15
Roasted red 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, cured turkey rashers, white turkey pudding, black pudding, tomato & toasted sourdough €20
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

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

SIGNATURE

Balfes organic oat porridge €9
honey, banana & hazelnuts v
coconut milk & 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 €17
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

Flat white €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

Camomile 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

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. 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.