

BALFES

STARTERS

- Soup of the day, warm crusty baguette V €8.50
Grilled gambas, garlic butter & smoked almond romesco €18
Buffalo milk burrata, roasted cherry tomatoes, basil & toasted pine nuts V €16
Wrights of Marino oak-smoked salmon, lemon & crème fraîche €14
Duck liver terrine, toast & winter leaves €16
Harissa-roasted pumpkin, hummus, pomegranate, feta & rocket open sandwich on rustic loaf V €13
Available until 4pm daily

SALADS

- Endive salad with Kerry blue, pear, walnut & wholegrain mustard dressing V €14
Classic Caesar salad, rosemary croutons & parmesan €14
Add grilled chicken €5 / gambas €6
Superfood salad, quinoa, beetroot, feta V €17
Add grilled chicken €5 / gambas €6 / avocado €4

MAINS

- Market catch of the day €POA
Corn fed chicken supreme, wild mushroom, bacon fricassee, fondant potato & sage €24
Steamed Roaring Water Bay mussels, cream, garlic, parsley & charred sourdough €19
Balfes dry aged beef burger, Sheridans "15 Fields" cheddar, bacon, tomato & fries €21
Roasted winter squash, Galway goats cheese, caramelised red onions & salsa verde V €17
Deep-fried haddock & chips, mushy peas & tartare sauce €21
Balfes vegan bean burger, house pickles & spicy tofu mayonnaise VE €19.50
Crispy pork belly, apple, melted onions & mustard mash €30
Grass fed 8oz fillet steak & fries €39
Heritage 10oz ribeye steak & fries €38
(with choice of peppercorn or béarnaise sauce)
Add grilled gambas €6 / sautéed wild mushrooms €4 / Kerry blue €4

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.

- Wholemeal wrap, chicken, avocado, mozzarella & tomato salsa €16
Available until 4pm daily
Turkey burger, guacamole, paprika sweet potato wedges, salsa & slaw €24
Sticky soya & ginger salmon, Asian greens & mango salsa €27

SIDES

- Sprouting broccoli, Kerry blue & hazelnuts V €6
Potatoes: Fries or buttered heritage V €5.50
Sautéed spinach V €5.50
Green herb salad, vinaigrette VE €5.50
Wild mushroom fricassee €6

DESSERTS

- Sheridans Irish cheese selection, crackers & red onion chutney €14
Balfes Festive Galette, apple, almond & brandy cream €10
Smashed honeycomb sundae, vanilla ice cream & hot chocolate sauce €9
Warm Cru Virunga chocolate tart & mandarin sorbet V €10
Sticky date & toffee pudding, roasted banana ice cream & candied pecans V €9
Classic vanilla crème brûlée, Armagnac prunes & almond shortbread V €9

SCÚP GELATO & SORBETS

Gelato:
strawberry, chocolate, vanilla VE
€3 per scoop

Sorbet:
mango, raspberry, clementine V/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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