

BALFES

STARTERS

- Soup of the day V €8
- Grilled gambas, romesco & charred baguette €18
- Buffalo milk burrata, heritage tomatoes, basil & pine nuts V €16
- Tuna tartare, honey, soy & sesame €16
- San Danielle prosciutto & honeymoon melon €13
- Balfes smashed chickpea, avocado & tomato open salad sandwich on rustic loaf €13
Available until 4pm daily

SALADS

- Classic Caesar salad, rosemary croutons & parmesan €14
- Superfood salad with quinoa, beetroot, feta V €17
Add grilled chicken €5 / gambas €6

MAINS

- Corn fed chicken milanese with parmesan, rocket, caper & lemon vinaigrette €23
- Steamed Roaring Water Bay mussels with cream, garlic, parsley & charred sourdough €19
- Balfes cheeseburger with bacon, tomato relish, white cabbage slaw & fries €21
- Dukkah roasted lamb rump, chickpea relish & herb tabbouleh €30
- Deep-fried haddock & chips, mushy peas & tartare sauce €21
- Balfes vegan bean burger, house pickles & spicy tofu mayonnaise VE €19.50
- Seafood skillet with haddock, chorizo & mixed shellfish in spicy bisque €29
- Baked aubergine, mozzarella, basil & datterini tomatoes V €17
- Heritage 10oz ribeye steak, fries & bearnaise €37
Add grilled gambas €6 / Beara Blue €3.50

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 with chicken, avocado, mozzarella & tomato salsa €16
Available until 4pm daily
- Turkey burger, guacamole, paprika sweet potato wedges, salsa & slaw €24
- Sticky soya & ginger salmon with Asian greens & mango salsa €26

SIDES

- Broccoli, lemon olive oil V/VE €6
- Potatoes: Fries or buttered new VE €5.50
- Rocket & parmesan V €5.50
- Gem heart, avocado, Beara Blue V €7
- Sautéed spinach V €5.50
- Mac 'n' cheese V €8

DESSERTS

- Rosé prosecco with raspberry sorbet, flowers & Wexford strawberries V/VE €9.5
- Cru Virunga chocolate mousse, honeycomb & crème fraîche V €9
- Balfes whiskey baba, 'five farms Irish cream liqueur' chantilly & raspberries V €9
- Classic vanilla crème brûlée, shortbread biscuits V €9

SCÚP GELATO & SORBETS

Gelato:
vanilla, valrhona chocolate, pistachio V
€3 per scoop

Sorbet:
peach, raspberry, strawberry 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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