



BALFES

BAR & RESTAURANT

f/BalfesDublin @BalfesDublin

BALFES

STARTERS

Soup du Jour, warm crusty baguette V €9

Grilled gambas & toasted Pan de Cristal,
wild garlic butter, smoked romesco €19

Buffalo milk burrata, heritage tomatoes, Kalamata olives,
caper berries & basil pesto V €16

Wrights of Marino oak-smoked salmon,
lemon & crème fraîche & house bread €15

Pan-fried potato gnocchi, formaggi sauce,
datterini tomatoes, basil & toasted pine nuts V €14

SALADS & SANDWICHES

Balfes classic Caesar salad, rosemary focaccia,
parmesan & anchovy dressing €14

Superfood herb salad, quinoa, beetroot,
pomegranate & feta V/VE €17
Add grilled chicken €6 / gambas €9 / avocado €4

Croque Monsieur, Irish baked ham, gruyère,
green salad & fries €17

Roasted romano pepper & goats cheese tartine,
black olives, fresh basil & capers V/VE €15

Available until 4pm

MAINS

Chicken Milanese, grilled asparagus,
lemon & Caesar dressing €25

Balfes seafood skillet, spicy bisque,
aioli & charred sourdough €30

Balfes dry-aged beef burger, brioche bun, Heggarty cheddar,
bacon, tomato, club sauce & fries €22

Aubergine parmigiana, green salad V €18

Deep-fried haddock & chips, mushy peas & tartare sauce €22

Balfes bean burger, pickle, tomato, pesto, spinach,
spicy vegan mayonnaise & fries VE €19.5

Tiger prawns linguini, garlic, lemon & chilli €29

Steak frites, peppercorn sauce,
green salad & vinaigrette €29

Heritage 10oz ribeye steak & fries,
caramelised onions & confit tomato €42
(with choice of peppercorn or béarnaise sauce)
Add grilled gambas €9

PLATS DU JOUR

Monday Balfes fish pie €28

Tuesday Thornhill duck confit, petit pois
à la française €29

Wednesday Fish du jour €POA

Thursday Thai chicken salad, peanut butter
BodyByrne dressing, avocado & nuts €22

Friday Roaring Water Bay moules frites,
cream, garlic & parsley €23

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 chicken wrap, avocado,
mozzarella & tomato salsa €16
35g - Carbs | 37g - Protein | 29g - Fat | 490 Calories
Available until 4pm daily

Turkey burger, guacamole, paprika sweet potato wedges,
salsa & slaw €24
31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Sticky soya & ginger salmon,
Asian greens & mango salsa €28
24g - Carbs | 21g - Protein | 35g - Fat | 480 Calories

SIDES

Fries V €5.50

Buttered heritage potatoes V €5.50

Steamed broccoli, lemon & olive oil V €6

Truffle & parmesan fries V €7.50

Sautéed garlic mushrooms VE €6

House green herb salad VE €5.50

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.