



BALFES

BAR & RESTAURANT

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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, green olives & basil pesto V €16
- Wrights of Marino oak-smoked salmon, lemon & crème fraîche & house bread €15
- Charcuterie plate & warm crusty baguette €18

SALADS & SANDWICHES

- Balfes classic Caesar salad, rosemary focaccia, parmesan & anchovy dressing €14
- Superfood herb salad, quinoa, beetroot, pomegranate & feta V/VE €17
- Endive salad, Cashel Blue, pear, walnut & wholegrain mustard dressing V €16
- Add grilled chicken €6 / gambas €9 / avocado €4*
- Croque Monsieur, Irish baked ham, gruyère, green salad & fries €17
- Mozzarella, avocado & tomato open focaccia V €16
- Available until 4pm*

MAINS

- Chicken Milanese, rocket, parmesan & Maybridge Fare extra virgin oil €25
- Balfes seafood skillet, spicy bisque & charred sourdough €30
- Balfes dry-aged beef burger, brioche bun, Heggarty cheddar, bacon, tomato, club sauce & fries €22
- Pan-fried gnocchi, spinach, Cashel Blue, pine nut crumbs & formaggi sauce V €22
- Tiger prawns linguini, garlic, lemon & chilli €29
- Balfes bean burger, pickle, tomato, pesto, spinach, spicy vegan mayonnaise & fries VE €19.5
- Beer-battered haddock & chips, mushy peas & tartare sauce €22
- Steak frites, peppercorn sauce, green salad & vinaigrette €29
- Grass-fed 10oz striploin 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* Steak sandwich, caramelised onions, mustard mayonnaise, watercress, green salad & fries €23
- Wednesday* Fish du jour €POA
- Thursday* Thai chicken salad, peanut butter dressing, avocado & nuts €22
BodyByrne
- 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
- Mixed leaf summer 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.