



# BALFES

BAR & RESTAURANT

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## STARTERS

Soup du Jour & warm crusty baguette,  
salted Irish butter V €9 (1 wheat, 7)

Pan-fried gambas & toasted Pan de Cristal,  
garlic butter, smoked romesco €19 (1 wheat, 2, 7, 8 almonds, 12)

Buffalo milk burrata & crusty baguette, Heritage tomatoes,  
basil pesto & pine nuts V €17 (1 wheat, 7, 8 almond, 12)

Salmon ceviche, avocado, soy & sesame,  
corn tortilla €15 (1 wheat, 4, 6, 11)

Irish Angus beef carpaccio, rocket, grilled peppers,  
capers & parmesan, extra virgin olive oil & Maldon salt €19  
(1 wheat, 7, 12)

Grilled asparagus & wild garlic hummus,  
vegan feta & hazelnut pesto VE €14 (8 hazelnut, 11)

Carlingford oysters, lemon & Japanese sauce  
3 oysters €10 - 6 oysters €19.5 (1 wheat, 4, 6, 11, 14)  
Add a glass of Charles Heidsieck NV Brut €20

## 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 €19 (1 wheat, 7, 11, 12)  
Avocado, mozzarella & tomato salsa  
35g - Carbs | 37g - Protein | 29g - Fat | 490 Calories  
Available until 4pm daily

Turkey burger €25 (1 wheat, 6, 7, 12)  
Guacamole, paprika sweet potato wedges,  
tomato salsa & slaw  
31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Sticky soya & ginger salmon poke bowl €29  
Jasmine rice, radish, pickled cucumber & carrot,  
sugar snaps & white mushroom (1 wheat, 4, 6, 11, 12)  
91g - Carbs | 52g - Protein | 38g - Fat | 800 Calories

## SALADS & SANDWICHES

Balfes classic Caesar salad, rosemary focaccia,  
parmesan & anchovy dressing €15 (1 wheat, 3, 4, 7, 10)

Superfood salad, quinoa, beetroot,  
pomegranate & feta V/VE €17 (7, 12)

Add to your choice of salad:  
grilled chicken €7 / gambas €9 (2, 7, 12) / avocado €4

Steak sandwich & Pan de Cristal, onion relish,  
mustard mayonnaise, green salad & fries €25 (1 wheat, 3, 6, 10, 12)

Beetroot hummus & focaccia tartine,  
avocado, vegan feta, rocket & pomegranate VE €14 (1 wheat, 11, 12)

Available until 4pm

## MAINS

Chicken Milanese, rocket, parmesan, lemon & capers,  
Maybridge Fare extra virgin oil €25 (1 wheat, 3, 7, 12)

Balfes seafood skillet & creamy bisque,  
warm crusty baguette €32 (1 wheat, 2, 4, 7, 12, 14)

Balfes dry-aged beef burger, brioche bun, Heggarty cheddar,  
tomato relish, beef tomato, club sauce & fries €24  
Add crispy pancetta €2 (1 wheat, 3, 6, 7, 10, 12)

Pan-fried bulgur wheat, green vegetables, cashew nuts,  
baby kale, chili & sesame oil VE €18 (1 wheat, 8 cashew, 11, 12)

Seafood linguini & roasted cherry tomato,  
white wine sauce €29 (1 wheat, 2, 3, 7, 12, 14)

Balfes bean burger, pickle, tomato, pesto, spinach,  
vegan mayonnaise & fries VE €20 (1 wheat, 6, 8 cashew, 10, 12)

Roaring Water Bay moules frites, white wine,  
chilli & lime €23 (4, 6, 7, 10, 12, 14)

Beer-battered haddock & chips,  
mushy peas & tartare sauce €24 (3, 4, 6, 12)

Steak frites 6oz, peppercorn sauce,  
green salad & vinaigrette €30 (6, 7, 12)

Grass-fed 10oz ribeye steak & fries,  
caramelised onions, confit tomato €44 (6, 7, 12)  
with choice of peppercorn (7, 12) or béarnaise sauce (3, 7, 12)  
Add grilled gambas €9 (2, 7, 12)

## SIDES

French fries V €6 (6)

Buttered heritage potatoes V €6 (7)

Tenderstem broccoli, lemon & olive oil VE €7

Truffle & parmesan fries €8 (6, 7)

Gem heart tomato & avocado salad, mimosa dressing VE €7 (12)

Sautéed greens VE €7

V - Vegetarian | VE - 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. Our teas and coffees are sustainably certified.

List of allergen: 1 Gluten - 2 Crustaceans - 3 Egg - 4 Fish - 5 Peanut - 6 Soy - 7 Dairy & Milk - 8 Nuts - 9 Celery - 10 Mustard - 11 Sesame - 12 Sulphur Dioxide & Sulphites - 13 Lupin - 14 Molluscs