



BALFES

BAR & RESTAURANT

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BALFES

STARTERS

Soup du Jour & warm crusty baguette, salted Irish butter V €9

Pan-fried gambas & toasted Pan de Cristal,
garlic butter, smoked romesco €19

Buffalo milk burrata, chargrilled peppers, datterini & capers V €17

Salmon tartare, avocado, soy & sesame, corn tortilla €15

Chicken liver parfait, caramelised onion chutney
& toasted brioche €15

Balfes charcuterie & cheese plate,
Noccelara olives, grissini (to share) €28

MAINS

Chicken Milanese, rocket, parmesan, lemon & capers,
Maybridge Fare extra virgin oil €25

Balfes seafood skillet,
creamy bisque & warm crusty baguette €30

Balfes dry-aged beef burger, brioche bun, Heggarty cheddar,
tomato relish, beef tomato, club sauce & fries €23
Add crispy pancetta €2

Roasted winter squash, chickpea salsa,
pumpkin seeds & pomegranate dressing VE €18

Atlantic prawns linguine, garlic, lemon & chilli €29

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

Roaring Water Bay moules frites, coconut, chilli & lime €23

Beer-battered haddock & chips, mushy peas & tartare sauce €23

Steak frites 6oz, peppercorn sauce, green salad & vinaigrette €29

Grass-fed 10oz ribeye steak & fries,
caramelised onions, confit tomato €43
(with choice of peppercorn or béarnaise sauce)
Add grilled gambas €9

SALADS & SANDWICHES

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

Superfood salad, quinoa, beetroot,
pomegranate & feta V/VE €17

Add grilled chicken €7 / gambas €9 / avocado €4

Steak sandwich, onion relish, mustard mayonnaise,
green salad & fries €25

Roasted red pepper & focaccia tartine,
Kalamata olives, capers & feta V/VE €14
Available until 4pm

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 €18

Avocado, mozzarella & tomato salsa
35g - Carbs | 37g - Protein | 29g - Fat | 490 Calories
Available until 4pm daily

Turkey burger €24

Guacamole, paprika sweet potato wedges,
tomato salsa & slaw
31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Sticky soya & ginger salmon poke bowl €28
Jasmine rice, radish, pickled cucumber & carrot,
sugar snaps & white mushroom
91g - Carbs | 52g - Protein | 38g - Fat | 800 Calories

SIDES

French fries V €5.50

Buttered heritage potatoes V €5.5

Truffle & parmesan fries V €7.5

Mac & Cheese €6.5

Baby spinach, blue cheese & walnut salad V €5.50

Tenderstem broccoli, fine beans, lemon & olive oil VE €6

V - Vegetarian | VE - Vegan | V/VE - can be made suitable for 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.
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.