



# BALFES

## BRUNCH

Smashed avocado, poached eggs,  
roasted vine tomatoes & sourdough V €16

Clare Island smoked salmon,  
scrambled eggs & house bread €16

Eggs Florentine, hollandaise & spinach V €14

Eggs Benedict, hollandaise & back bacon €15

Eggs Royale, hollandaise & smoked salmon €17

Turkish eggs, Aleppo pepper & dill yogurt, rustic loaf V €15

Buttermilk pancakes  
banana & honeycomb butter V €15  
blueberries, bacon & maple syrup €15

## BODYBYRNE

Balfes' 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.

### BodyByrne Breakfast

Poached or scrambled eggs, avocado, sweet potato cake,  
cured turkey rashers, white turkey pudding,  
black pudding, tomato & toasted sourdough €19  
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

Wholemeal chicken wrap, avocado  
mozzarella & tomato salsa €16 Available from 12pm  
35g - Carbs | 37g - Protein | 29g - Fat | 490 Calories

Sticky soya & ginger salmon,  
Asian greens & mango salsa €28 Available from 12pm  
24g - Carbs | 21g - Protein | 35g - Fat | 480 Calories

## STARTERS & SALADS

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

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

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

Add grilled chicken €6

## MAINS

Served from 12pm

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

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

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

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

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

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

## SIDES

Fries or buttered heritage potatoes V €5.50

Truffle & parmesan fries V €7.50

Steamed broccoli, lemon & olive oil V €6

House green herb salad VE €5.50

## DESSERTS

Chocolat Liégeois, vanilla ice cream,  
chantilly, honeycomb & dark chocolate sauce V €9  
Classic vanilla crème brûlée & almond shortbread V €9

Coconut panna cotta,  
poached rhubarb & shortbread VE €9

Café gourmand: Three miniature desserts  
& your selection of tea or coffee V €12

## SCÚP GELATO & SORBETS

Gelato  
strawberry, chocolate, vanilla V  
€3 per scoop

Sorbet  
mango, raspberry, blackberry VE  
€3 per scoop

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.