



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, strawberries & honeycomb butter V €15
blueberries, bacon & maple syrup €15

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.

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,
green olives, & 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

Available from 12pm

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

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

Beer battered haddock & chips, mushy peas & tartare sauce €22

Balfes dry-aged beef burger, brioche bun,

Heggarty cheddar, bacon, tomato, club sauce & fries €22

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

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

Mixed leaf summer salad VE €5.50

DESSERTS

Chocolat Liégeois, vanilla ice cream,
chantilly, honeycomb & dark chocolate sauce V €9

Classic vanilla crème brûlée,
strawberries & almond shortbread V €9

Wexford strawberries with summer flowers,
wild strawberry sorbet & rosé prosecco VE €10

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.