



# BALFES

## BRUNCH

Balfes smashed avocado, poached eggs, rocket salad, feta, roasted vine tomatoes, pomegranate, mix seeds & sourdough V €19 (1 wheat, 3, 7, 12)

Eggs Florentine & herb salad, hollandaise & spinach V €16 (1 wheat, 3, 7, 12)

Eggs Benedict & herb salad, hollandaise & back bacon €17 (1 wheat, 3, 7, 12)

Eggs Royale & herb salad, hollandaise & smoked salmon €18 (1 wheat, 3, 4, 7, 12)

Clare Island smoked salmon, scrambled eggs & brown bread €17 (1 wheat, 3, 4, 7, 11)

Turkish style eggs, roasted red pepper & capers, dill yogurt & rustic loaf V €16 (1 wheat, 3, 7, 12)

Balfes vegan breakfast VE €18 (1 wheat, 6, 10, 11)

Warm hummus, sautéed mushroom, spinach, sweet potato, avocado, vegan sausage & roasted cherry tomato

Buttermilk pancakes (1 wheat, 3, 7) strawberries & honeycomb butter V €16 blueberries, bacon & maple syrup €16

## STARTERS & SALADS

Available from 12pm

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)

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 grilled chicken €7 / Avocado €6

## 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 €21 (1 wheat, 3, 6, 7)

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

Wholemeal chicken wrap €19 (1 wheat, 7, 11, 12)

Avocado, mozzarella & tomato salsa

Available from 12pm

35g - Carbs | 37g - Protein | 29g - Fat | 490 Calories

## MAINS

Available from 12pm

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

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

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

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)

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

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

## SIDES

French fries or buttered heritage potatoes V €6 (6, 7)

Tenderstem broccoli, lemon & olive oil VE €7

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

Truffle & parmesan fries V €8 (6, 7)

Hash brown VE €7 (6)

## DESSERTS

Chocolat Liégeois, vanilla ice cream, chantilly, honeycomb & dark chocolate sauce V €10 (1 wheat, 3, 7)

Classic vanilla crème brûlée, strawberry & lemon sablé biscuit V €10 (1 wheat, 3, 7, 8 almond)

Balfes vegan chocolate brownie & vanilla ice cream, candied pecan VE €10 (8 pecan)

Café gourmand: Three miniature desserts & your selection of tea or coffee V €13 (variable)

SCÚP Gelato - strawberry, chocolate, vanilla V €3 per scoop (3, 7)

SCÚP Sorbet - raspberry, lemon, rhubarb VE €3 per scoop

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