



BALFES

BRUNCH

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

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

Eggs Florentine, hollandaise & spinach V €14

Eggs Benedict, hollandaise & back bacon €15

Eggs Royale, hollandaise & smoked salmon €17

Turkish style eggs, roasted red pepper,
dill yogurt & rustic loaf V €15

Balfes Vegan breakfast VE €17
Warm hummus, sautéed mushroom, spinach,
sweet potato cake, avocado & roasted cherry tomato

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

STARTERS & SALADS

Available from 12pm

Soup du Jour & warm crusty baguette V €9

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

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

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

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

Add grilled chicken €7 / Avocado €6

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,
cured turkey rashers, white turkey pudding,
black pudding, tomato & toasted sourdough €20
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

Wholemeal chicken wrap, avocado
mozzarella & tomato salsa €18

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

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

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

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

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

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

SIDES

French fries or buttered heritage potatoes V €5.50

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

Truffle & parmesan fries V €7.50

Baby spinach, blue cheese salad & walnut V €5.50

DESSERTS

Balfes sticky toffee pudding, rum & raisin ice cream V €10

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

Vegan tiramisu VE €10

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

SCÚP GELATO & SORBETS

Gelato
strawberry, chocolate, vanilla, rum & raisin V
€3 per scoop

Sorbet
mango, raspberry, blackberry VE
€3 per scoop

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.