

# BALFES

## BRUNCH

Wrights of Marino Irish smoked salmon & scrambled eggs, granary bread €15  
Smashed avocado, poached eggs, cherry vine tomatoes & sourdough V €15  
Eggs Florentine, hollandaise & spinach V €14  
Eggs Benedict, hollandaise & back bacon €15  
Eggs Royale, hollandaise & smoked salmon €15  
Buttermilk pancakes  
banana & 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, cured turkey rashers,  
white turkey pudding, black pudding, sweet potato cake, plum tomato & toasted sourdough €17

Wholemeal wrap, chicken, avocado, mozzarella & tomato salsa €16  
Available from 12pm

Sticky soya & ginger salmon, Asian greens & mango salsa €27  
Available from 12pm

## STARTERS & SALADS

Soup of the day, warm crusty baguette V €8.50

Grilled gambas, garlic butter & smoked almond romesco €18

Buffalo milk burrata, roasted cherry tomatoes, basil & toasted pine nuts V €16

Classic Caesar salad, rosemary croutons & parmesan €14  
Add grilled chicken €5

Superfood salad, quinoa, beetroot, feta V €17

## MAINS

Available from 12pm

Corn fed chicken milanese, parmesan, rocket, capers & lemon vinaigrette €23

Balfes dry aged beef burger, Sheridans "15 Fields" cheddar, bacon, tomato & fries €21

Deep-fried haddock & chips, mushy peas & tartare sauce €21

Balfes plant-based bean burger, spicy tofu mayonnaise & pickles VE €19.50

Steamed Roaring Water Bay mussels, cream, garlic, parsley & charred sourdough €19

Heritage 10oz ribeye steak, fries & béarnaise €38  
Add grilled gambas €6 / sautéed wild mushrooms €4 / Kerry blue €4

## SIDES

Sprouting broccoli, Kerry blue & hazelnuts V €6

Green herb salad, vinaigrette VE €5.50

Potatoes: Fries or buttered heritage V €5.50

Sautéed spinach V €5.50

## DESSERTS

Sheridans Irish cheese selection, crackers & red onion chutney V €14

Smashed honeycomb sundae, vanilla ice cream & hot chocolate sauce V €9

Warm Cru Virunga chocolate tart & mandarin sorbet V €10

Sticky date & toffee pudding, roasted banana ice cream & candied pecans V €9

Classic vanilla crème brûlée, Armagnac prunes & almond shortbread V €9

## SCÚP GELATO & SORBETS

Gelato:  
strawberry, chocolate, vanilla  
€3 per scoop

Sorbet:  
mango, raspberry, clementine VE  
€3 per scoop

V - Vegetarian | VE - 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.

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