



# BALFES

BAR & RESTAURANT

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## STARTERS

Carlingford oysters, lemon & Japanese sauce

3 oysters €11 - 6 oysters €21 (1 wheat, 4, 6, 11, 14)

Add a glass of Charles Heidsieck NV Brut €23

Pan-fried gambas & crusty baguette,  
garlic butter, smoked romesco (1 wheat, 2, 7, 8 almonds, 12)

4 gambas €16 - 8 gambas €32

Chicken liver parfait, apple & raisin chutney,  
toasted brioche €17 (1 wheat, 3, 7, 12)

Roaring Water Bay moules marinière & garlic baguette,  
white wine, shallots & butter GF €13/€23 (1 wheat, 7, 12, 14)

Buffalo milk burrata & crusty baguette, peperonata,  
crispy capers & basil pesto V €17 (1 wheat, 6, 7, 8 almond, 12)

Soup du Jour & warm crusty baguette V €11 (1 wheat, 7)

Vegan tartare & corn tortilla VE €16 (1 wheat, 6, 11, 12)  
tomato, avocado, artichokes, peppers & cucumber

Bresaola, apple & celeriac rémoulade €18 (1 wheat, 3, 7, 9, 10)

## 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.

Wholemeal chicken wrap €20 (1 wheat, 7, 10, 12)  
Avocado, tomato, mozzarella & honey mustard  
45g - Carbs | 37g - Protein | 27g - Fat | 490 Calories  
Available until 4pm daily

Turkey burger GF €26 (6, 7, 10, 12)  
Guacamole, paprika sweet potato wedges,  
tomato salsa & slaw  
31g - Carbs | 35g - Protein | 19g - Fat | 420 Calories

Roasted sticky soya & ginger salmon poke bowl €30  
Brown rice, radish, pickled cucumber & carrot,  
black beans & mushroom (1 wheat, 4, 6, 11, 12)  
60g - Carbs | 52g - Protein | 38g - Fat | 580 Calories

## SALADS & SANDWICHES

Balfes classic Caesar salad, rosemary croutons,  
parmesan & anchovy dressing €16 (1 wheat, 3, 4, 7, 10)

Superfood salad, quinoa, baby spinach, golden beetroot,  
pomegranate & feta V/VE/GF €18 (7, 10, 11, 12)

Add to your choice of salad:

grilled chicken €7 / gambas €10 (2, 7, 12) / avocado €4

Steak sandwich, toasted ciabatta, caramelised onions,  
mustard mayonnaise, green salad & fries €26 (1 wheat, 3, 6, 10, 12)

Creamy vegan feta & beetroot focaccia,  
rocket salad & mixed seeds VE €17 (1 wheat, 8 almond, 11)

Available until 4pm

## MAINS

Chicken Milanese, rocket, parmesan,  
lemon & caper sauce €26 (1 wheat, 3, 7, 12)

Balfes seafood skillet & creamy bisque,  
warm crusty baguette €33 (1 wheat, 2, 4, 7, 12, 14)

Dexter beef burger, brioche bun, Heggarty cheddar,  
beef tomato, crispy onion, pickles, club sauce & fries €25

Add crispy pancetta €2 (1 wheat, 3, 6, 7, 10, 12)

Pan-fried gnocchi, roasted sun dried cherry tomato,  
baby spinach, Cashel blue & basil pesto V €23 (1 wheat, 3, 7, 8 pine nut)

Seafood linguini & roasted cherry tomato,  
white wine sauce €30 (1 wheat, 2, 3, 7, 12, 14)

Balfes vegan burger, pickle, tomato, pesto, spinach,  
vegan mayonnaise & fries VE €21 (1 wheat, 6, 8 cashew, 10, 12)

12-hour slow cooked lamb shoulder, baby carrots,  
potato & parsnip purée, rosemary jus GF €36 (7, 12)

Beer-battered haddock & chips,  
mushy peas & tartare sauce GF €26 (3, 4, 6, 10, 12)

Steak frites 6oz, peppercorn sauce,  
green salad & vinaigrette GF €31 (6, 7, 12)

Grass-fed 10oz ribeye steak & fries,  
caramelised onions, confit tomato GF €48 (6, 7, 12)  
with choice of peppercorn (7, 12) or béarnaise sauce (3, 7, 12)

Add grilled gambas €10 (2, 7, 12)

## SIDES

French fries V/GF €6 (6)

Buttered heritage potatoes V/GF €6 (7)

Roasted carrots, honey & garlic yoghurt,  
crushed pistachio VE/GF €8 (7, 8 pistachio)

Truffle & parmesan fries GF €8 (6, 7)

Endive salad, pear & walnut, blue cheese,  
honey & orange mustard GF €9 (7, 8 walnut, 10, 12)

Tenderstem broccoli, hazelnut & lemon VE/GF €8 (8 hazelnut)

V - Vegetarian | VE - Vegan | GF - Gluten free | 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