



BALFES

BRUNCH

Italian style eggs, peperonata, crispy kale, basil ricotta & toasted sourdough V €17 (1 wheat, 3, 6, 7)

Eggs Benedict & herb salad, honey roast ham & hollandaise €18 (1 wheat, 3, 7, 12)

Balfes vegan breakfast VE €19 (1 wheat, 6, 10, 11)

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

Buttermilk pancakes €17 (1 wheat, 3, 7) banana & honeycomb butter V blueberries, bacon & maple syrup

Crispy chicken & waffle, pancetta, hot sauce, herbs & yoghurt €23 (1 wheat, 3, 7, 12)
Available from 12pm

BALFES FAVOURITES

Balfes smashed avocado, poached eggs, rocket, feta, roasted vine tomatoes, pomegranate, mix seeds & sourdough V €20 (1 wheat, 3, 7, 11, 12)

BodyByrne* Breakfast €22 (1 wheat, 3, 6, 7)

Poached or scrambled eggs, avocado, sweet potato, cured turkey rashers, white turkey pudding, black pudding, tomato & toasted sourdough

Balfes eggs Royale & crispy potato pancake, smoked salmon, hollandaise GF €19 (3, 4, 7, 12)

Mediterranean eggs & hollandaise, crispy kale, spinach & cherry tomato V €17 (1 wheat, 3, 6, 7, 12)

Prosciutto eggs Benedict & parmesan, hollandaise €18 (1 wheat, 3, 7, 12)

STARTERS & SALADS

Available from 12pm

Pan-fried gambas & crusty baguette, garlic butter, smoked romesco €20 (1 wheat, 2, 7, 8 almonds, 12)

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, salted Irish butter V €11 (1 wheat, 7)

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, 11, 12)

Add grilled chicken €7 / Avocado €6

MAINS

Available from 12pm

BodyByrne* Wholemeal chicken wrap €20 (1 wheat, 7, 10, 12) Avocado, tomato, mozzarella & honey mustard

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

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

Dexter beef burger, brioche bun, Heggarty cheddar, beef tomato, onion, pickles, club sauce & fries €25
Add crispy pancetta €2 (1 wheat, 3, 6, 7, 10, 12)

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

Roaring Water Bay moules frites marinière, white wine, shallots & butter GF €25 (7, 12, 14)

SIDES

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

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

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

Truffle & parmesan fries GF €8 (6, 7)

Hash brown VE/GF €7 (6)

DESSERTS

Fig & grape pavlova, chantilly cream & honeycomb butter V/GF €11 (3, 7)

Classic vanilla crème brûlée, berries & lemon sablé biscuit V €11 (1 wheat, 3, 7, 8 almond)

Balfes vegan chocolate brownie & vanilla ice cream, candied pecan VE/GF €12 (8 pecan)

Café gourmand: Three miniature desserts & your selection of tea or coffee V €14 (variable)

SCÚP Gelato - cherry, blueberry & white chocolate, Bourbon vanilla V/GF €3.5 per scoop (3, 7)

SCÚP Sorbet - Wexford strawberry, passion fruit, pear VE/GF €3.5 per scoop

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.

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