



BALFES

BAR & RESTAURANT

f/BalfesDublin @BalfesDublin

BALFES

STARTERS

Wrights of Marino salmon gravlax, crème fraîche, fennel & cucumber, Balfes granary bread €18 (1 wheat, 4, 7, 12)

Pan-fried gambas & crusty baguette, garlic butter, smoked romesco (1 wheat, 2, 7, 8 almonds, 12)
4 gambas €16 - 8 gambas €32

Duck & 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, charred red peppers, crispy capers & basil pesto V €17 (1 wheat, 6, 7, 8 almond, 12)

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

Crispy cauliflower, red pepper, olive & caper salsa, toasted almonds VE/GF €16 (6, 8 almond, 11, 12)

Goat's cheese croquettes, beetroot & apple rémoulade, cranberry sauce & pecan V €18 (1 wheat, 3, 6, 7, 8 pecan)

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.

Free-range chicken wrap €22 (1 wheat, 7, 10, 12)
Avocado, tomato, mozzarella & honey mustard
45g - Carbs | 37g - Protein | 27g - Fat | 490 Calories
Available until 4pm daily

Home-made 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 €32
Jasmine 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, aged 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

Roast beef & brie, toasted ciabatta & fries €26 (1 wheat, 3, 6, 7, 12)
rocket, caramelised onions & horseradish mayonnaise

Creamy vegan feta & butternut squash focaccia, rocket salad & pumpkin seeds VE €17 (1 wheat, 6, 12)

Available until 4pm

MAINS

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

Balfes seafood skillet & creamy bisque, warm crusty baguette €35 (1 wheat, 2, 4, 7, 12, 14)

Dexter beef burger, brioche bun, Heggarty cheddar, beef tomato, crispy onion, pickles, club sauce & fries €26
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 €26 (1 wheat, 3, 7, 8 pine nut)

Atlantic pan-fried cod fillet & sauce vierge, lemon crushed potato GF €32 (4, 7, 12)

Balfes vegan burger, pickle, tomato, pesto, spinach, vegan mayonnaise & fries VE €22 (1 wheat, 6, 8 cashew, 10, 12)

Duck breast, glazed carrots, caramelised figs, potato gratin & jus €39 (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 €32 (6, 7, 12)

28-day dry-aged 10oz ribeye steak & fries, caramelised onions, confit tomato GF €49 (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 €7 (7, 8 pistachio)

Truffle & parmesan fries GF €8 (6, 7)

Rocket salad, golden beetroot, Granny Smith apple & pumpkin seeds VE/GF €7 (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