

BALFES

EARLY BIRD MENU

Monday-Friday 3:30pm-5:30pm

STARTER

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

Goat's cheese croquettes, pear salad, pecan nuts & honey mustard V

(1 wheat, 3, 6, 7, 8 walnuts, 10, 12)

French onion soup with Gruyère croute (1 wheat, 7, 12)

MAIN COURSE

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

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

Pan-fried gnocchi, baby spinach, Cashel blue, pine nuts & creamy basil pesto V (1 wheat, 3, 8 pine nut, almond, 7)

Steak frites 6oz & green salad, peppercorn sauce (1 wheat, 6, 7, 12)

(€5 supplement)

SIDE

Tenderstem broccoli & flaked almonds VE/GF €8 (8 almond)

French fries V €6 (1 wheat, 6)

Heritage tomato salad, red onion & rocket salad VE/GF €7 (12)

DESSERT

Strawberry panna cotta & peach sorbet V/GF (7)

Cherry Amarena pavlova, black cherry ice cream & Chantilly cream (3, 7, 12)

Scup gelato & sorbets (3, 7)

Cheese selection (€5 supplement) (1 wheat, 7, 12)

2-course €39 | 3-course €45

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

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