



# BALFES

## BRUNCH

Mushroom & Spinach Focaccia, poached egg, roasted paprika sauce, almond & feta cheese V €17 (1 wheat, 3, 7, 8 almonds, 12)

Eggs Benedict, baby spinach, honey roast ham, herb salad, hollandaise, sourdough bread €19 (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 with banana, raspberry, vanilla ice cream & honeycomb butter V €17 (1 wheat, 3, 7)

or

Blueberry filled pancakes with bacon & maple syrup €17  
(1 wheat, 3, 7, 8 pecan)

Crispy chicken burger, coleslaw, beef tomato, gem salad, red onion, harissa mayo & sweet potato fries €26 (1 wheat, 3, 6, 7, 10, 12)

## BALFES FAVOURITES

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

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

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

Balfes Eggs Royale, red onion, crispy capers, salad, smoked salmon, Guinness bread & hollandaise €19 (1 wheat, 3, 4, 6, 7, 12)

Grilled halloumi on sourdough toast, squash, poached eggs, chimichurri & hollandaise sauce V €19 (1 wheat, 3, 7, 12)

Prosciutto eggs Benedict & parmesan, hollandaise €19 (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, Heritage tomatoes, pine nuts, basil pesto, olives & red onion, toasted baguette V €18 (1 wheat, 6, 7, 8 almond, pine nut, 12)

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

Balfes classic Caesar salad, rosemary croutons, aged parmesan & anchovy dressing €17 (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

## MAINS

Available from 12pm

Parisian-style croque monsieur with Irish baked ham, Gruyère, Béchamel, mixed salad & crispy hand-cut fries  
€27 (1 wheat, 3, 6, 7)

Balfes vegan burger, pickle, tomato, pesto, spinach, vegan mayonnaise & fries VE €23 (1 wheat, 6, 8 cashew, 10, 12)

Beer-battered haddock & chips, mushy peas & tartare sauce €27 (1 wheat, 3, 4, 6, 10, 12)

Dexter beef burger, brioche bun, fried egg, bacon, beef tomato, lettuce, red onion & fries €26 (1 wheat, 3, 6, 7, 10, 12)

6 oz striploin, wild mushroom, poached eggs, hollandaise sauce & fries €36 (1 wheat, 6, 7, 12)

Roaring Water Bay organic moules frites marinière, white wine, shallots & butter €26 (1 wheat, 6, 7, 12, 14)

## SIDES

French fries (1 wheat, 6) €6

Sweet potato fries (7) V/GF €7

Hash brown VE €7 (1 wheat, 6)

Truffle & parmesan fries €8 (1 wheat, 6, 7)

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

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

## DESSERTS

Cherry Amarena pavlova, black cherry ice cream & Chantilly cream V/GF €12 (3, 7, 12)

Affogato; hazelnuts, Italian meringue & vanilla ice cream €13 (3, 7, 8 hazelnuts)

Balfes vegan chocolate brownie & vanilla ice cream, candied pecan VE/GF €14 (7, 8 pecan)

Café gourmand; Three miniature desserts & your selection of tea or coffee V €14 (8, cashew, almond, 3, 7)

SCÚP Gelato - Black cherry, Rum & Raisin, Bourbon vanilla V/GF €3.5 per scoop (3, 7)

SCÚP Sorbet - Peach, Blackcurrant, Wexford strawberry VE/GF €3.5 per scoop

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.

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