



BALFES

BAR & RESTAURANT

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BALFES

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 €28

Wrights of Marino crab rilette
& toasted Guinness bread €18 (1 wheat, 2, 3, 10, 12)

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

Irish Angus beef carpaccio & grissini,
rocket, crispy capers & parmesan €17 (1 wheat, 6, 7, 12)

Buffalo milk burrata & crusty baguette, Heritage tomatoes,
basil & pine nuts pesto V €17 (1 wheat, 6, 7, 8 almond, pine nut, 12)

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

Chargrilled asparagus & crispy baguette,
chimichurri, crispy onions VE €16 (1 wheat, 6, 8 pistachio, 12)

Goat's cheese croquettes, endive salad, orange, pomegranate,
walnut & honey mustard V €18 (1 wheat, 3, 6, 7, 8 walnut, 10, 12)

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.

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 (3, 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

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

Roasted artichokes & vegan feta focaccia,
crushed avocado, rocket, pomegranate VE €18 (1 wheat, 12)

Available until 4pm

MAINS

Chicken Milanese, asparagus, 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)

Harissa cauliflower steak, crispy chickpea, charred pepper,
cauliflower & potato purée VE/GF €24 (6, 12)

Atlantic pan-fried cod fillet & chargrilled asparagus,
new baby potato, tomato confit GF €33 (4, 7, 12)

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

Slow-cooked lamb shank & Colcannon,
pearl onions, Beaujolais sauce GF €38 (6, 7, 12)

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

Steak frites 6oz & green salad, peppercorn sauce GF €32 (6, 7, 12)
Add melted Wicklow brie cheese €4 (7) / caramelised onions €4 (12) /
grilled gambas €6 (2, 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)

Grilled asparagus & lemon VE/GF €8

Truffle & parmesan fries GF €8 (6, 7)

Endive salad, Wicklow blue cheese & walnut GF €7 (7, 8 walnut, 10, 12)

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

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