



BALFES

BAR & RESTAURANT

[f/BalfesDublin](https://www.facebook.com/BalfesDublin) [@BalfesDublin](https://www.instagram.com/BalfesDublin)

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

Salmon ceviche, avocado, soy & sesame,

corn tortilla €18 (1 wheat, 4, 6, 11)

Pan-fried gambas Pil Pil & sourdough baguette

4 gambas €16 - 8 gambas €32 (1 wheat, 2, 7)

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 €18 (1 wheat, 6, 7, 8 almond, pine nut, 12)

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

Roasted aubergine, spicy caponata

& almonds VE €16 (6, 8 almond, 11)

Salade de chèvre chaud V €17 (1 wheat, 3, 6, 7, 8 walnut, pine nut, 12)

Warm French goat's cheese croquettes, lardons, walnut,

pine nut, baby gem & cherry tomato

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 €23 (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 €27 (1 wheat, 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 €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

Steak sandwich, toasted ciabatta, caramelised onions,

mustard mayonnaise, green salad & fries €26 (1 wheat, 3, 6, 10, 12)

Roasted summer squash & focaccia, vegan feta

rocket, pumpkin seeds, pomegranate VE €18 (1 wheat, 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, baby spinach, Cashel blue, sundried tomato,

pine nut & creamy basil pesto €25 (1 wheat, 3, 8 pine nut, 7)

Wrights of Marino roasted cod fillet & green beans,

red onion, roasted peppers, new baby potato

& spicy mango salsa GF €35 (4, 6, 7, 11, 12)

Balfes vegan burger, pickle, tomato, pesto, spinach,

vegan mayonnaise & fries VE €23 (1 wheat, 6, 8 cashew, 10, 12)

Seafood linguini & roasted cherry tomato,

white wine sauce €34 (1 wheat, 2, 3, 7, 12, 14)

Beer-battered haddock & chips,

mushy peas & tartare sauce €27 (1 wheat, 3, 4, 6, 10, 12)

Steak frites 6oz & green salad, peppercorn sauce €32 (1 wheat, 6, 7, 12)

Add melted Wicklow brie cheese €4 (7) / caramelised onions €4 (12)

28-day dry-aged Hereford Prime 10oz ribeye steak & fries,

caramelised onions, confit tomato €49 (1 wheat, 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 €6 (1 wheat, 6)

Buttered heritage potatoes V/GF €6 (7)

Rocket, radish, parmesan & pine nuts GF €8 (7, 8 pine nut, 12)

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

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