



# BALFES

## BRUNCH

Turkish style eggs, garlic yoghurt, smoked paprika, chili, dukkah & naan bread V €17 (1 wheat, 3, 7, 8 hazelnut, almond, pistachio, 11)

Eggs Benedict & herb salad, honey roasted ham & hollandaise €18 (1 wheat, 3, 7, 12)

Balfes vegan breakfast VE €19 (1 wheat, 6, 10, 11)

Warm hummus, sautéed mushroom, spinach, sweet potato, avocado,

Buttermilk pancakes banana & honeycomb butter €17 V

or

Blueberries, bacon & maple syrup €17 (1 wheat, 3, 7)

Crispy chicken & home-made waffle, pancetta, hot sauce, herbs & yoghurt €23 (1 wheat, 3, 7, 12)

Available from 12pm

## 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 & crispy potato pancake, smoked salmon, hollandaise €19 (1 wheat, 3, 4, 7, 12)

Mediterranean eggs & hollandaise, crispy kale, spinach & cherry tomato V €17 (1 wheat, 3, 6, 7, 12)

Prosciutto eggs Benedict & parmesan, hollandaise €18 (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 & 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, 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

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

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, Hegarty cheddar, beef tomato, crispy onion, pickles, club sauce & fries €26  
Add crispy pancetta €2 (1 wheat, 3, 6, 7, 10, 12)

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

Roaring Water Bay organic moules frites marinière,

## SIDES

French fries (1 wheat, 6) or buttered heritage potatoes (7) V €6

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

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

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

Hash brown VE €7 (1 wheat, 6)

## DESSERTS

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

Warm apple crumble & vanilla ice cream V €12 (1 wheat), 3, 7)

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, Valrhona chocolate, Bourbon vanilla V/GF €3.5 per scoop (3, 7)

BodyByrne\* Balfes creative, health conscious dishes are carefully put together by Siobhán & Paul Byrne of BodyByrne Fitness