

BALFES

STARTERS

Soup du Jour & warm crusty baguette V €11

(1 wheat, 7)

French onion soup with Gruyère croute €14

(1 wheat, 7, 12)

Salmon ceviche, avocado, soy & sesame, corn tortilla €18

(1 wheat, 4, 6, 11)

Crispy duck egg, asparagus, parma ham & hollandaise sauce €17

(1 wheat, 3, 6, 7, 12)

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

Buffalo milk burrata & crusty baguette, Heritage tomatoes, pine nuts
basil pesto V €18 (1 wheat, 6, 7, 8 almond, pine nut, 12)

Roast aubergine pâté, red onion & peppers, toasted naan bread VE €16

(1, 10, 12)

Goat's cheese croquettes, mango & chili salsa and pecan nuts V €18

(1 wheat, 3, 6, 7, 8 pecan)

Carlingford oysters, lemon & Japanese dipping sauce

3 oysters €12 - 6 oysters €23

(1 wheat, 4, 6, 11, 14)

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

Homemade 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

Poke Bowl €32 Jasmine rice, radish, pickled cucumber &
carrot, black beans & mushroom with
roasted sticky soy & ginger salmon (1 wheat, 4, 6, 11, 12)
60g - Carbs | 52g - Protein | 38g - Fat | 580 Calories

SALADS & SANDWICHES

Balfes classic Caesar salad, rosemary croutons,
aged parmesan & anchovie 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 €9 (2, 7, 12) / avocado €4

Parisian-style croque monsieur baked ham, Gruyère,
Béchamel, mixed salad & crispy hand-cut frites

(1, 3, 6, 7) €27

Mushroom & spinach focaccia open sandwich, vegan feta cream &
sweet potato crisps €18 VE (1 wheat, 8, 12)

Available until 4pm

MAINS

Chicken Milanese, rocket, aged parmesan,
lemon & caper sauce €28 (1 wheat, 3, 7, 12)

Balfes seafood skillet & creamy bisque,
warm crusty baguette €36 (1 wheat, 2, 4, 7, 12, 14)

Pan-fried gnocchi, creamy wild mushroom, baby spinach,
pine nuts, vegan parmesan VE €27

(1, 3, 7, 8 (pine nuts))

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)

Wrights of Marino roasted cod fillet asparagus, baby potato, clams,
red peppers, spinach and black, olive tapenade €38

(4, 6, 7, 12, 14)

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)

Roaring Water Bay moules marinière & garlic baguette, white wine,
shallots & butter €26 (1, 7, 12, 14)

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)

Crispy cauliflower, chimichurri sauce, harissa mayo VE €8 (6, 10, 12)

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

Heritage tomato salad, red onion & rocket salad VE/GF €8 (8, 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