

BREAKFAST  
**BALFES**

**PASTRIES**

Croissant au beurre  
Pain au chocolat  
Cinnamon roll  
€5 each (1 wheat, 3, 7)

**TOAST**

Guinness, sourdough or gluten free v  
with Irish butter & preserves  
€5 each (1 wheat, 7, 12)

**BODYBYRNE**

Balfes 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.

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  
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

Smashed avocado & toasted sourdough €18 (1 wheat, 3)  
poached eggs, cherry vine tomatoes, red onion & olive oil v  
25g - Carbs | 15g - Protein | 24g - Fat | 371 Calories

Wholemeal seeded bagel & smoked salmon, fried egg, avocado, rocket €19 (1 wheat, 3, 4, 7, 12)  
54g - Carbs | 30.5g - Protein | 16g - Fat | 480 Calories

Yoghurt & granola bowl GF €11 (7, 8 variable)  
greek yoghurt, mixed berries, granola, chia seeds & honey  
45g - Carbs | 30g - Protein | 30g - Fat | 480 Calories

BodyByrne three-egg omelette €17 (3, 7)  
spinach, tomato, peppers, mushroom & mozzarella  
5g - Carbs | 24g - Protein | 20g - Fat | 380 Calories

**FREE RANGE EGGS**

Two eggs any style, toasted sourdough €10 (1 wheat, 3)  
add cured bacon €5 / smoked salmon €9 (4) /  
Irish sausage (6) €6

Eggs benedict €17 (1 wheat, 3, 7, 12)  
toasted English muffin, hollandaise  
& honey roast ham

Three-egg omelette & sourdough €18 (1 wheat, 3, 7)  
with choice of cheddar cheese / cured bacon /  
sautéed mushrooms / smoked salmon (4)

**SIGNATURE**

Balfes organic oat porridge €11 GF (8 variable, 11)  
honey, banana & hazelnuts v (7, 8 hazelnut)  
coconut milk & berries VE (6)

Buttermilk pancakes €17 (1 wheat, 3, 7)  
strawberry, banana & honeycomb butter v  
blueberries, bacon & maple syrup

Balfes Vegan breakfast VE €19 (1 wheat, 6, 10, 11)  
Warm hummus, sautéed mushroom, spinach,  
sweet potato, avocado, vegan sausage  
& roasted cherry tomato

**TEA, COFFEE & JUICE**

Americano €4.4  
Espresso €4.4  
Cappucino €5 (7)  
Latte €5 (7)  
Flat white €5 (7)  
Macchiato €5 (7)  
Iced Americano €4.7  
Iced latte €5 (7)

Hot Chocolate €5 (7)  
Chai Latte €5 (7)  
Irish breakfast tea €4.5  
Earl Grey €4.7  
Mint Tea €4.7  
Green Tea €4.7  
Camomile tea €4.7

Orange €5  
Apple €5  
Grapefruit €5  
Pineapple €5  
Cranberry €5  
Tomato €5

Echo Triple Filtered Water €2 per person  
Unlimited refills, still or sparkling

V - Vegetarian | VE - Vegan | 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