

BRUNCH

APERITIF COCKTAIL

€13

Milano-Torino - Sweet Vermouth, Rinomato L'Aperitivo, Vanilla, Pimento, Amontillado Sherry, Lemon, Boston Bitters, Soda

Venetian Spritz - Aperol, Campari, Apricot, Tonka, Cocoa, Manzanilla Sherry, Dandelion & Burdock Bitters, Champagne

Yayo - Spanish Sweet Vermouth, Glendalough gin, Honey, Creole Bitters, Champagne

Kill Devil - Plantation Grand Reserve Rum, Banana, Ginger, Almond, Palo Cortado Sherry, Lemon

TO SHARE

Bread & dips, hummus, dukkah & olive oil

€6

Charcuterie plate, selection of cured meats, ham hock terrine, pâté, olives, pickles & crusty sourdough

€20.5

FREE RANGE FARM FRESH EGGS

Smashed avocado on toasted sourdough & poached eggs

€13.5

Add dry cured bacon or barrel aged feta

€2.5

Smoked salmon

€4

BodyByrne Eggs Florentine, wholemeal bread, yoghurt dressing

€13.5

Poached eggs - Benedict, Florentine or Royale served on English breakfast muffin

€13.5

3 Egg Omelette, fries & salad

€14.5

Ham & cheese | Smoked salmon & chive | Egg white omelette, spinach & toasted seeds

Add dry cured bacon

€2.5

BodyByrne Full Breakfast, poached or scrambled egg, avocado, cured turkey rashers, white turkey pudding, black pudding, sweet potato cake, vine tomato & toasted ancient grain sourdough bread

€17.5

PANCAKES

BodyByrne oat pancakes, cooked in coconut oil

€13

Berries, walnuts & agave nectar | Scrambled eggs & avocado | Organic almond butter & banana | Blueberries, bacon & maple syrup

SALADS

Classic Caesar salad, aged parmesan, anchovies & croûtes

€13 | €16

Add grilled chicken

€5

Superfood salad, roast beetroot, quinoa, feta, sprouting broccoli, toasted seeds & pomegranate

€12.5 | €16.5

Add grilled chicken €5

Roast Spring vegetables, thyme, crispy kale, almonds, lemon zest, poached egg & toasted sourdough

€12

BALFES CLASSICS

Josper grilled gambas, harissa aioli & lime

€18

GF Fish & chips, crushed mint peas & tartare sauce

€19.5

Prime beef burger, brioche bun, smoked paprika mayo, tomato, tomato relish, Hegarty cheddar, bacon & fries

€19.5

BodyByrne Turkey burger, guacamole, paprika sweet potato wedges, salsa & slaw

€20

OPEN SANDWICHES

Fivemiletown goats cheese tartine honeyed walnuts & rocket

€13

Marinated smoked Irish salmon, dill oil, spiced ricotta & mixed baby leaves

€14

Roast beef, horseradish cream, rocket salad, black radish & caramelised onion

€14

BodyByrne Sweet potato, roast pepper, chicken, hummus & wholemeal wrap

€15.5

Add bowl of soup

€6

SIDES

€6

Sautéed greens | Sweet potato wedges | Fries | Rocket & Parmesan

Balfes takes pride in sourcing the very best of quality Irish artisan produce. All our beef is 100% Irish and grass fed. Our steaks are 28 day dry aged. All our eggs from Happy Hens on free range farms. Our food could contain nut traces. Allergen booklet available upon request.



BODYBYRNE
TRAINING

Balfes's creative, health conscious dishes are carefully put together by Paul Byrne of BodyByrne Fitness with over 27 years experience of keeping the country fit and healthy.

DESSERTS

Mixed berries, Champagne sabayon	€8.5
Pecan torte, salted caramel	€8.5
Praline parfait, poppy seed croquant, poached pear, Baileys ice cream	€8.5
Chocolate fondant, cocoa nibs, stout ice cream	€8.5
Selection of ice cream	€8.5
Classic crème brulee, lemon sable biscuits	€8.5
Cheese selection	€13
Irish farmhouse cheese, house chutney & grapes	

LIQUEUR COFFEES & HOT TODDIES

Irish Coffee	€8.5	French Coffee	€8.5
Baileys Coffee	€8.5	Hot Port	€6.5
Calypso Coffee	€8.5	Hot Whiskey	€6.5

CHAMPAGNE, PROSECCO, DESSERT WINE & PORT

Dow's White Port	€7	Alasia Moscato Passito "Palazzina"	€8
Dow's late bottled vintage Port	€7	Casa Gheller, Prosecco Superiore	€9.8
Dow's Nirvana Chocolate Reserve Port	€8	Perrier-Jouet Grand Brut NV	€20

TEA & COFFEE

Barry's loose leaf breakfast tea	€4.2	Hot chocolate	€4.2
Earl Grey tea	€4.7	Hot chocolate with orange or chilli	€4.7
Mint tea	€4.7	Americano	€3.7
Green tea	€4.7	Espresso Macchiato	€3.2
Camomile tea	€4.7	Cappuccino Latte Chai Latte	€4.2

Turmeric, ginger & lemon shot €3.5

BREAKFAST

Monday - Friday 8am - 11.30am

BRUNCH

Saturday 9am - 3pm | Sunday 9am - 4pm

ALL DAY DINING MENU

Monday - Thursday 12pm - 10pm | Friday 12pm - 10.30pm | Saturday 5pm - 10.30pm | Sunday 5pm - 10pm

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balfes



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