

TO SHARE

Bread & dips, hummus, roast red pepper & cashew pesto	€5
Charcuterie plate, selection of cured meats, ham hock terrine, pâté, olives, pickles & crusty sourdough	€19.5
Burrata, roast cherry vine tomatoes, semi sundried tomato crème, olive oil & country loaf	€16.5
Seafood platter, grilled gambas, cured organic salmon, Castletownbere crab	€24.5

LUNCH SPECIALS

Available 12pm to 6pm €17.5

Monday - Gnocchi, parmesan cream, kale & cashew nut

Tuesday - Crispy pork belly, parmesan mash, date sauce & roast shallots

Wednesday - Pan roasted salmon fillet, spiced ratatouille, fennel & buckwheat salad

Thursday - Jospier grilled featherblade beef, confit potatoes, onions, cavalo nero & blue cheese

Friday - Grilled mackerel, cockle butter, pickled vegetables & mixed bean salad

All including complimentary fruit fool dessert pot

OPEN SANDWICHES

Available 12pm to 6pm	
Fivemiletown goat's cheese tartine, honeyed walnuts & rocket	€11.5
Marinated smoked Irish salmon, dill oil, spiced ricotta & mixed baby leaves	€12.5
BodyByrne sweet potato, roast pepper, chicken, hummus & wholemeal wrap	€14.5
Roast beef, horseradish cream, rocket salad, black radish & caramelised onion	€12.5
Add cup of soup	€5.5



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.

FISH BAR

6 Carlingford oysters, lemon, Japanese dipping sauce	€17
Tuna Tartare, avocado, goma wakame seaweed & kimchi sauce	€13
Jospier grilled gambas, harissa aioli & lime	€16.5
Mussels in a lime & coriander broth	€13.5

TO START

Today's soup	€7.5
BodyByrne miso soup, tofu, wild mushroom, kelp, cardamom infused poached egg & spring vegetables	€9.5
Castletownbere crab salad, peppered pineapple salsa & Guinness bread crisp	€13.5
Grilled chicken salad, guacamole, sweet piquillo peppers, baby gem & coriander	€14 €18
Carpaccio of Irish Angus beef, rocket, parmesan, extra virgin olive oil & Maldon salt	€12.5
Superfood salad, roast beetroot, quinoa, feta, sprouting broccoli, toasted seeds & pomegranate	€10.5 €15.5
Add grilled chicken	€4.5

MAINS

Roast hake, quinoa & sautéed greens	€23.5
Seafood skillet, salmon, cod, gambas, mussels, white wine cream sauce	€23
Fish & chips, crushed peas, tartare sauce	€18
Vegan bulgur wheat, broccoli, fresh peas, pak choi, courgettes, cashews, baby kale, chilli & sesame oil	€18.5
BodyByrne Baked salmon, quinoa crust, green beans, pickled radish & black garlic aioli	€21.5

FROM JOSPER GRILL

10oz aged Rib eye steak, caramelised onions, grilled flat cap mushroom, roast cherry tomatoes, fries, béarnaise or pepper sauce	€29
8oz Fillet steak, caramelised onions, grilled flat cap mushroom, roast cherry tomatoes, fries, béarnaise or pepper sauce	€32
Grilled chicken breast, sautéed potato, spring onion, watercress, rosemary & lemon dressing	€23.5
Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyère cheese, bacon & fries	€18
BodyByrne Turkey burger, guacamole, paprika sweet potato wedges, salsa & healthy coleslaw	€19

SIDES

Sautéed greens	BodyByrne Sweet potato wedges	€5.5
Lyonnais potatoes	Fries	
Rocket & parmesan salad	Cauliflower & tahini dressing	

DESSERTS

Mixed berries, Champagne sabayon	€8
Pecan torte, salted caramel	
Grilled pineapple, rum sauce, pink pepper, coconut sorbet	
Chocolate fondant, almond ice cream	
Selection of ice cream	
Classic crème brûlée, lemon sable biscuits	
Cheese selection	€12
Irish farmhouse cheeses, fig & almond compote	

APERITIF COCKTAILS

Exit Strategy <i>Celery Infused Beefeater Gin, Blanc Vermouth, Kaffir, Boston Bitters</i>	€13
Kill Devil <i>Plantation Grand Reserve Rum, Banana, Ginger, Almond, Palo Cortado Sherry, Lemon</i>	
Maelstrom <i>Basil Hayden's Bourbon, Grapefruit, Pear, Cinnamon, Amontillado Sherry, Rinomato L'Aperitivo</i>	
Milano-Torino <i>Sweet Vermouth, Rinomato L'Aperitivo, Vanilla, Pimento. Amontillado Sherry, Lemon, Boston Bitters, Soda</i>	
Parlor Tricks <i>Remy Martin VSOP Cognac, Basil Hayden's Bourbon, Banana, cinnamon, Oloroso Sherry, Turmeric Yogurt, Lemon</i>	
The Pattison Crash <i>Glenmorangie Scotch, Fortaleza Tequila, Beetroot, Lime, Cana Brava 12y Rum, Amer Picon, Barolo Chinato, Habanero</i>	
Venetian Spritz <i>Aperol, Campari, Apricot, Tonka, Cocoa, Manzanilla Sherry, Dandelion & Burdock Bitters, Champagne</i>	
Yayo <i>Spanish Sweet Vermouth, Glendalough gin, Honey, Creole Bitters, Champagne</i>	

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.

DIGESTIFS €7

Amaretto	Crème de Menthe	Limoncello
Armagnac	Drambuie	Irish Mist
Baileys	Grappa	Sambucca
Benedictine	Grand Marnier	Tia Maria
Calvados	Kahlua	

LIQUER 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
Café Brulot	€8.5	Hot Whiskey with apple & cinnamon	€7.5

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 & COFFEES

Barry's loose leaf breakfast tea	€4	Hot chocolate	€4
Mint tea	€4.5	Hot chocolate with orange	€4.5
Camomile flower tea	€4.5	Hot chilli chocolate	€4.5
Americano	€3.5	Espresso	€3
Cappuccino, latte, chai latte	€4	Macchiato	€3

Turmeric, ginger & lemon shot €3

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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