

BALFES

BREAKFAST (Monday to Friday 8am to 11.30am)

A Choice of Morning Pastries	€3.5
Pain au chocolat, croissant, scone, toasted sourdough, brown multiseed soda bread served with preserves & farmhouse butter	
Date & almond energy balls	€3.5
Scrambled eggs, dry cured bacon & sourdough	€10.5
 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	€16.5
 Bodybyrne Eggs Florentine, wholemeal toast & yoghurt dressing	€10.5
Free range poached eggs - Benedict, Florentine or Royale on English breakfast muffin	€10.5
3 Egg Omelette - Ham & cheese Smoked salmon & chive Egg white omelette & spinach	€10.5
Add dry cured bacon	€2
 Bodybyrne oat pancakes, cooked in coconut oil	
Berries, walnuts & agave nectar	€10
Scrambled eggs & avocado	€11
Organic almond butter & banana	€11
Blueberry pancakes & maple syrup	€10
Add dry cured bacon	€2
Avocado & tomato tartine	€9.5
Organic porridge, honey, apple & cinnamon	€7.5
Organic porridge, honey & Irish Mist Liqueur	€9.5
<i>Porridge can also be ordered with unsweetened almond milk</i>	
 Bodybyrne Turbo Energy Granola, Greek yoghurt & berries	€8.5
 Bodybyrne Bircher Muesli Energy booster & berry compote	€8.5

JUICES

Apple, orange or grapefruit	€4	Apple, celery, spinach, avocado & lime	€5.5
Carrot, orange & ginger	€5.5	Mixed berries & banana smoothie	€5.5
Tumeric, ginger & lemon shot	€3		

TEA & COFFEE

Barry's loose leaf breakfast tea	€4	Hot chocolate	€4
Earl Grey tea	€4.5	Hot chocolate with orange or chilli	€4.5
Mint tea	€4.5	Americano	€3.5
Green tea	€4.5	Espresso Macchiato	€3
Camomile tea	€4.5	Cappuccino Latte Chai Latte	€4

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.

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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