

BALFES

BREAKFAST (Monday to Friday 8am to 11.30am)

BAKERY

Pain au chocolate, croissant, cinnamon wheel, scone	€4
Toasted sourdough, brown multiseed soda bread served with preserves & farmhouse butter	€4

GRAINS & CEREALS

BodyByrne Turbo Energy Granola, Greek yoghurt & berries	€7
BodyByrne Acai bowl, granola, berries, banana & coca nibs	€9
Organic porridge, honey, apple & cinnamon	€7
<i>Porridge can also be ordered with unsweetened oat milk</i>	

FREE RANGE FARM FRESH EGGS

Smashed avocado, toasted sourdough & poached eggs	€12
Add dry cured bacon or turkey rashers	€2.5
Smoked salmon	€4
Scrambled eggs, dry cured bacon & toasted sourdough	€11
Scrambled eggs, smoked salmon & toasted sourdough	€11
BodyByrne Eggs & Greens, harissa yoghurt & toasted sourdough	€11
BodyByrne Toasted Egg Burrito, mozzarella, turkey rasher, avocado, crème fraîche & tomato salsa	€12
Poached eggs - Benedict, Florentine or Royale on English breakfast muffin	€11
3 Egg Omelette - Ham & cheese Smoked salmon & chive Egg white omelette, spinach & toasted seeds	€11
<i>Add dry cured bacon or turkey rashers</i>	€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
Vegan Breakfast, scrambled tofu, tomato, avocado, mushroom & toasted sourdough	€10
Sautéed wild mushrooms, crème fraîche, tarragon & toasted sourdough	€9

PANCAKES

BodyByrne oat pancakes, cooked in coconut oil	
Berries, walnuts & agave nectar	€11.5
Scrambled eggs & avocado	€11.5
Organic almond butter & banana	€11.5
Blueberries, bacon & maple syrup	€11.5

ON THE SIDE

Dry cured bacon roast cherry tomato barrel aged feta avocado turkey rasher	€2.5
Smoked salmon berry bowl	€4

JUICE & SMOOTHIES

Apple, orange or grapefruit	€3	Apple, celery, spinach, avocado & lime	€5
Carrot, orange & ginger	€5	Mixed berries & banana smoothie	€5
Tumeric, ginger & lemon shot	€3		

TEA & COFFEE

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

Mon - Fri 8.00am - 11.30am

BRUNCH

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

ALL DAY DINING MENU

Mon-Thu 12pm-10pm | Friday 12pm-10.30pm | Saturday 4pm-10.30pm | Sunday 5pm-10pm

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balfes



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