

BALANS

EST. SOHO 1987

ALL DAY BRUNCH

Full English breakfast	15.5
2 Woodland Farm eggs (your way), bacon, Cumberland sausage, field mushroom, tomato, crispy Balans potatoes & toast	
American pancakes	11
With maple butter and a choice of bacon, banana or crushed berries (option to make vegan)	
Fried chicken pancakes	11
With kimchi salad, oat fried chicken & spicy Korean honey	
French toast (v)	10
Eggy brioche with pecans, caramelised banana, warm maple butter and a pinch of cinnamon	
Potato flatbread with avocado (ve)	12
Charred flatbread, crushed avocado, dukkah, house pickled onion & salsa Fresca	
Eggs your way (v)	7.5
Poached, fried, scrambled or boiled Woodland Farm eggs on sourdough, granary or GF toast	
Cheese omelette (v)	9.5
With crispy Balans potatoes	
Eggs Benedict / Florentine (v)	11.5
Poached Woodland Farm eggs with ham, bacon or spinach on an English muffin with homemade Hollandaise	
Eggs Royale	13
Poached Woodland Farm eggs with H. Forman smoked salmon on an English muffin with homemade Hollandaise	
Lobster Benedict	19
1/2 lobster, poached Woodland Farm eggs with avocado & crispy bacon on an English muffin with homemade Hollandaise sauce	
Breakfast burrito (v)	14.5
Spicy scrambled Woodland Farm eggs, halloumi, crispy Balans potatoes & spiced tomato in a tortilla wrap	
H. Forman smoked salmon, avocado & scrambled eggs	16.5
H. Forman smoked salmon, with scrambled Woodland Farm eggs, crushed avocado & toast	
ADD-ONS	
2 slices of toast (sourdough, granary or GF)	3.5
Bacon, mushroom, sausage, cheese, black pudding, baked beans	2.5
Egg	2.8
Avocado/halloumi	3.5
H. Forman smoked salmon	8

SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Three cheese quesadilla (v)	8.5
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
Truffle fried chicken	9
Crisp oat fried chicken bound in truffle honey	
Spiced calamari	12
With pickled sea vegetables & Korean spiced mayo	
Cobb salad	19
Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodland Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	

SANDWICHES

The Balans burger	
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, tomato, dill pickle & red onion marmalade in a brioche bun with fries	
Korean Vegan burger (ve)	19.5
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion with fries	
BBQ pork doughnut	18.5
BBQ glazed shredded pork, crackling & pickled chillis with fries	
Falafel & hummus wrap (v)	16
Pickles, tomato & a sweet chilli sauce with fries	

BIG PLATES

Steak & eggs	
Bavette steak & 2 Woodland Farm eggs (your way), crispy Balans potatoes & chimichurri	
Fish & Chips	19.5
Haddock from the British Isles, hand-cut chips, mushy peas	
Prawn linguine	17.5
Courgettes, cherry tomatoes, garlic, chilli & parsley butter	
Thai red curry	18
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & jasmine rice	
SIDES	19
Crispy Balans potatoes/fries/hand-cut chips	5
Fried corn ribs, garlic & rosemary salt	4.5
Mixed salad with Balans house dressing	3.5

ABANDON ALL PLANS

CAFE • BAR

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