

BALANS

EST. SOHO 1987

ALL DAY BRUNCH

Eggs Benedict / Florentine (v) 11.5

Poached Woodland Farm eggs with a choice of ham, bacon or spinach on an English muffin, with homemade Hollandaise sauce

Eggs Royale 13

Poached Woodland Farm eggs with smoked salmon on an English muffin, with homemade Hollandaise sauce

Lobster Benedict 19

1/2 lobster, poached Woodland Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce

Full English 15.5

2 Woodland Farm eggs (your way), bacon, Cumberland sausage, field mushroom, tomato, crispy Balans potatoes & toast

Eggs in hell (v) 11

2 Woodland Farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese

Two eggs any way (v) 7.5

Poached, fried, scrambled or boiled Woodland Farm eggs on sourdough, granary or gluten free toast (add crispy bacon, sausage for +2.5 or sliced avocado for +3.5)

Breakfast burrito (v) 11

Scrambled Woodland Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap

Salmon, avocado & scrambled egg 16.5

Smoked salmon with scrambled Woodland Farm eggs, crushed avocado & toast

Cheese omelette (v) 9.5

Woodland Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes

Steak & eggs 19.5

Bavette steak & 2 Woodland Farm eggs (your way), with crispy Balans potatoes & chimichurri

Potato flatbread with avocado 10

Charred flatbread, crushed avocado, nut dukkah, house salsa Fresca, hazelnut Romesco

French Toast (v) 10

Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon

Proper porridge (v) 5

With milk & a squeeze of honey

OUR FAMOUS PANCAKES

American pancakes (v) 11

With warm maple butter and a choice of bacon, banana or berries

Vegan pancakes (ve) 11

With maple syrup and a choice of banana or berries

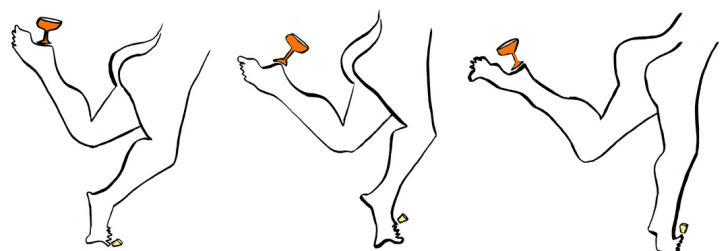
Fried chicken pancakes 11

2 pancakes topped with kimchi salad, oat fried chicken & spicy Korean honey

ADD-ONS

Halloumi, chorizo, avocado 3.5**Bacon, mushroom, egg, sausage, cheese, black pudding, baked beans 2.5****Grilled chicken 5****Smoked salmon 6****Two pancakes & fruit 6****2 slices of toast 3.5**

Sourdough, granary or gluten free (add jam or homemade marmalade for +1.5)



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(v) vegetarian (ve) vegan. Please inform your server if you have any food allergies

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LUNCH & DINNER

SANDWICHES

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

SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Truffle mac & cheese (v)	10
Parmesan crumb	
Spiced calamari	12
With pickled sea vegetables & Korean spiced mayo	
Truffle fried chicken	9
Crisp oat fried chicken bound in truffle honey	
London burrata	12
Produced by La Latteria in North Acton, creamy burrata served with Isle of Wight tomatoes, crisp focaccia & walnut pesto	
Three cheese quesadilla (v)	8.5
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
Beetroot fritter taco (ve)	10.5
Fragrant fried vegetables, shaved coconut & tamarind with a mango dressing	
Asparagus & pea risotto (ve)	9.5/14
New season asparagus & peas with pickled courgette	

BIG PLATES

Thai red curry	19
Chicken, shrimp or vegetables (v) in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Prawn linguine	18
Courgettes, cherry tomatoes, garlic, chilli & parsley butter	
Greek plate (v)	14
Tzatziki, taramasalata, hummus, falafel, feta & olive dressed salad, flatbread	
Fish & chips	17.5
Dayboat caught white fish from the British Isles, hand-cut chips & mushy peas	
Roast cauliflower galette (ve)	16.5
Puff pastry with burnt cauliflower puree, romesco sauce, watercress & pickled radish	
Olive brined chicken	19
With butter beans, baby spinach & pistachio sauce	
Cobb salad	14.5
Blue cheese, avocado, roast tomatoes, soft boiled Woodland Farm egg, ranch dressing, crisp shallots (add chicken +5 add bacon +2.5)	
Suffolk pork tomahawk	25
Brined Suffolk pork, charred Jersey Royals, apple & chicory, burnt apple dressing	
Chicken enchiladas	15
Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	

SIDES

Crispy Balans potatoes, fries or hand-cut chips	5
Cornish mid potatoes with garden herbs	4.5
Spinach	4.5
Fried corn ribs with garlic & rosemary salt	4.5
Hispi cabbage	4.5
Parmesan (option to make vegan)	
Mixed leaf salad	3.5
With Balans house dressing	

