

BALANS

small plates

duck spring rolls

cucumber & plum soy
4.50

nachos

guacamole, sour cream & salsa fresca
4.75

pork gyozas

sambal olek dip
4.95

potato, spinach & feta samosas

tamarind dip
4.95

crispy calamari

sweet chilli dip
4.95

greek plate

stuffed vine leaves, lamb keftedes
houmous, olives & warm pitta
5.25

quesadilla

salsa fresca & sour cream
4.75

crab cakes

mango papaya salsa & chipotle remoulade
5.95

taleggio & leek tart

dressed rocket salad
4.95

big plates

thai curry

stir fried chicken strips, thai spices, peppers, chilli
white onions, jasmine rice or sesame egg noodles
9.95

baked jacket potato

any two fillings: chilli, beans, cheese, ham, sour cream
6.25

chilli con carne

nachos & sour cream, rice or baked potato
7.95

wild boar sausages

celeriac mash & onion gravy
10.25

salmon fishcakes

wilted spinach & chive beurre blanc
8.95

10 oz balans burger

pure ground beef, cheddar cheese
streaky bacon, salad garnish & fries
9.50

north african chicken supreme

toasted almond & raisin cous cous
harrisa & mint yoghurt
9.95

8 oz rib eye steak

big chips, grilled mushroom & steak sauce
12.50

beer battered haddock

hand cut chips & tartar sauce
9.50

salads & sandwiches

cobb salad

grilled chicken, avocado, bacon, blue cheese
watercress, cos, honey mustard dressing
7.25

crowdaddy club

crayfish, avocado, tomato, rocket, crisp lettuce
florida cocktail sauce on toasted onion bread
salad & fries
7.50

chicken sandwich

grilled chicken, bacon, tomato, avocado & mayo
on toasted onion bread, salad & fries
7.95

asian duck wrap

shredded duck, cucumber, spring onions
bean sprouts & hoi sin in a flour tortilla, salad & fries
7.50

seared salmon salad

citrus tossed greens, new potatoes
dill, capers, saffron & chive yoghurt
6.95

vegetable & houmous sandwich

grilled mediterranean vegetables, houmous
tomato & rocket on toasted onion bread
salad & fries
6.95

all day breakfast

berry bowl

raspberries, strawberries & blackberries
greek yoghurt & honey
4.75

ham & eggs

grilled gammon steak, two eggs & balans potatoes
7.95

porridge

brown sugar or honey
3.95

two eggs "any way" on toast

3.50
add sausage, bacon, tomato, beans
or mushrooms
1.00

full english breakfast

two eggs, bacon, sausage, beans, mushrooms
grilled tomato, balans potatoes & sourdough toast
7.50

steak & eggs

skirt steak, two eggs & balans potatoes
8.50

american pancakes

fresh fruit or bacon & canadian maple syrup
5.25

eggs benedict

poached eggs on toasted muffin & hollandaise
bacon, ham, spinach or smoked salmon
sngle 3.95 / dble 6.50

breakfast burrito

spiced scrambled eggs in toasted tortilla
mexicana, salsa fresca & sour cream
5.50

salmon & eggs

smoked salmon, scrambled eggs & granary toast
6.50

sourdough toast or crumpets

butter & preserves
2.75

omelette

three egg omelette with fries
add any two fillings: mushrooms, tomato, ham
spinach, sausage or cheese
5.95

desserts 4.95

raspberry cheesecake

blackberry sauce

warm chocolate cake

whipped cream

bread & butter pudding

vanilla bean custard

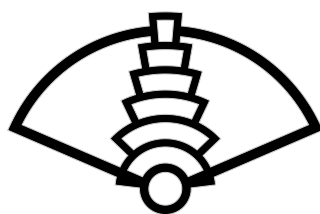
banoffi pie

toffee sauce

side orders 2.75

fries or balans potatoes ~ wilted spinach ~ mixed leaves ~ baked potato

an optional service charge of 10% will be added to your bill
menu items may contain nuts or trace elements
cheques not accepted
WI-FI access available



balans royalty card

join our programme
for special offers & discounts

SOHO CAFE
TEL: 020 7439 3309

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EARL'S COURT
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KENSINGTON
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WESTFIELD
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B A L L A N S

white wine

chenin blanc chardonnay el lapiz, argentina	11.95 / 4.25 / 3.15
sauvignon blanc valdivieso, chile	13.95 / 4.95 / 3.60
pinot grigio ca marengo, italy	14.95 / 5.25 / 3.90

champagne

perrier jouet grand brut, nv	29.95 / 6.00
perrier jouet blason rose, nv	43.95 / 8.25

coffees & teas

americano	1.95
cappuccino	2.10
café au lait	2.10
espresso	1.90
double espresso	1.95
double machiato	1.95
hot chocolate	2.50
hot chocolate whipped cream & flake	2.75
mocha	2.10
earl grey tea	1.75
green tea	1.75
camomile tea	1.75
peppermint tea	1.75

cold drinks

frozen cappuccino or mocha	2.20
cranberry juice	1.65
grapefruit juice	1.65
fresh apple or orange juice	2.25
red bull	1.90
mineral water still or sparkling	1.30
coke / diet coke	1.20
7-up	1.20
fanta orange	1.20

red wine

shiraz malbec el lapiz, argentina	11.95 / 4.25 / 3.15
rioja tempranillo castillo de clavijo, spain	13.95 / 4.95 / 3.60
merlot saint etalon, france	14.95 / 5.25 / 3.90

rose wine

pinno rose 2007/08 graham beck, south africa	14.95 / 5.25 / 3.90
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cocktails

martinis vodka, gin, chocolate, flavoured	4.95
bloody mary	4.95
absolut bull	5.75
bucks fizz	4.95
kir royale	6.00
cosmopolitan	4.95
sea breeze	4.95
mojito	4.95
daiquiri strawberry or passion fruit	5.95
caipirinha	5.50
margarita	5.75
strawberry margarita	5.95

spirits

from £4.50
all spirits are double shots with mixer

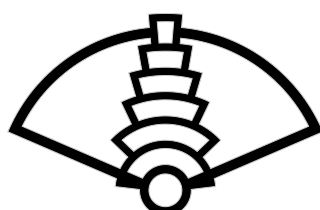
absolut vodka	
bombay sapphire gin	
jack daniels	
bacardi rum	
martell brandy	
tequila	
baileys	

beers

corona	2.75
stella	2.75

wi fi available

cheques not accepted
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allergy concerns should be referred to the manager



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