

ALL-DAY BRUNCH

Eggs Benedict / Florentine ^V	11
Royale	12.5
Poached woodland farm eggs with a choice of ham, H. Forman smoked salmon or spinach on an English muffin, with homemade Hollandaise sauce	
Lobster Benedict	18.5
1/2 lobster, poached woodland farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce	
Steak & eggs	16
Bavette steak & 2 woodland farm eggs, cooked to your liking, with crispy Balans potatoes & chimichurri	
Full English	12.5
2 woodland farm eggs (any way), bacon, Cumberland sausage, field mushroom, tomatoes, crispy Balans potatoes & toast	
Eggs in hell ^V	9.5
2 woodland farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese	
Salmon avocado & scrambled egg	13
H. Forman smoked salmon with scrambled woodland farm eggs, avocado & toast	
Avocado & quinoa bruschetta ^V	9
Halloumi, cherry tomatoes, homemade pesto & balsamic glaze	

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	

French toast ^V	9.5
Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon	
Breakfast burrito ^V	10
Spicy scrambled woodland farm eggs in a tortilla wrap with Mexicana cheese, homemade salsa & sour cream	
Cheese omelette ^V	9
Woodland farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
Two eggs anyway ^V	6.5
Poached, fried, scrambled or boiled woodland farm eggs on sourdough, granary or gluten free toast (add crispy bacon, sausage for +2 or sliced avocado for +3)	
Proper porridge ^V	4.5
With milk & a squeeze of honey	

ADD-ONS

Halloumi, chorizo	3.5
2 slices of toast	2
Sourdough, granary or gluten free (add jam or homemade marmalade for £1.5)	
Bacon, mushroom, egg, sausage, cheese, black pudding, baked beans	2
Avocado	3
H. Forman smoked salmon	6
Grilled chicken	5
Two pancakes & fruit	6

SANDWICHES

The Balans Burger	17.5
100% British beef patty, topped with Red Leicester cheese, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
Cajun & chipotle vegan burger ^{VVe}	16.5
Smoky Cajun chickpea relish, crispy onion ring, Moving Mountains B12 patty, chipotle mayo with charcoal and chia seed bun	
Togarashi buttermilk chicken doughnut	9.5
Togarashi marinated fried chicken, Japanese kewpie slaw, pickles, smoked bacon, Red Leicester cheese & gochujang ketchup, in a doughnut	
Miso salmon burger	16
Wasabi & coriander aioli, Ajadt Thai cucumber relish in a brioche bun, with fries	
Falafel & hummus wrap ^{VVe}	8.5
Pickles, tomato & sweet chilli sauce	

SIDES

Fries or hand-cut chips	4
Crispy Balans potatoes	4
Cabbage and bacon	4
Broccoli, lemon & hazelnuts	4
Rosemary roast sweet potatoes & squash	4
Mixed leaf salad	4
With Balans house dressing	

LUNCH & DINNER

SMALL PLATES

Manchego & serrano croquettes	8
Paprika aioli	
Cobble Lane charcuterie	12
Bresaola, coppa, salami, cornichons	
Scallops	13/20
Black pudding, pancetta and seasonal mushrooms	
Beef ragu mac & cheese	8
Truffle oil, parsley crumb	
Roasted squash flatbread ^V	10
Roasted & puréed squash, pickled walnuts, seasonal mushroom, roasted brussels sprouts, parmesan	
Three cheese quesadilla ^V	8
Crispy tortilla with Mexicana, Monterey Jack & soft cheese, tomatillo and chipotle salsa, and sour cream	
Warm Cajun, mushroom, pumpkin and broccoli salad ^{VVe}	8.5
With cashew, lime & coriander dressing	
Parsnip, cauliflower and chickpea korma ^V	8.5
Creamy coconut curry, spices, naan bread	
Chicken enchiladas	11.5
Black beans, Monterey Jack cheese, spiced tomato sauce; in a grilled tortilla with melted Mexicana cheese & sour cream	



DAILY SPECIALS

PLEASE ASK YOUR SERVER

BIG PLATES

Goat's cheese pappardelle ^V	15
Kale & walnut pesto	
Chicken breast, fennel, olive and pumpkin tagine ^{VVe}	17
Herb couscous, harissa	
Fish & chips	16.5
Day-boat caught white fish from the British Isles, hand-cut chips & mushy peas	
Braised duck leg	16
Lentils, roasted carrot, cabbage & bacon	
Hake cassoulet	17.5
White bean & chorizo stew, herb crumb and roasted fennel	
Korean spiced tofu ^{VVe}	15.5
Miso spinach, gochujang roast sweet potato, sesame	
Thai red curry	16.5
Chicken, shrimp or vegetables in Thai red curry sauce, with cashews & choice of jasmine rice or egg noodles	
Chicken & bacon cobb salad	12
Cashel blue cheese, avocado, watercress, cos lettuce and ranch dressing (without chicken & bacon = 10)	

CAFE BAR

BALANS

EST. SOHO 1987

