

BALANS

EST. SOHO 1987

ALLERGENS MENUS

Cereals containing gluten - G / Milk (Dairy) D / Soybeans - SO / Peanuts - P / Eggs - E
/ Nuts - N / Fish - F / Lupin - L / Celery - C / Sesame - S / Mustard - M / Molluscs - MO Crustaceans
- CR / Sulphur dioxide & sulfites - SD

1. ALL DAY MENU

BRUNCH

Eggs Benedict (F, E, G, D, SD)
Lobster Benedict (CR, E, G, D, SD)
Steak & Two Eggs 'Any Way' (G, E, SD)
Full English (E, G, D, SD)
Eggs in Hell (E, G, D, C, SD)
Garlic Mushroom brioche (G, E, D, SF)
Salmon Avocado & Scrambled Eggs (F, E, G, D)
Avocado & Quinoa Bruschetta (N, G, D, SD)
French Toast (E, G, D, N, SD)
Bacon butty: (G, SD, D)
Breakfast Burrito (E, G, D)
Kedgerie (E, F, D, SD)
Cheese Omelette (G, D, E)
Two Eggs (E, G, D, SD)
Porridge (G, D)
House-Baked Granola (N, G, D, SD)
Sourdough Toast (G, D)
Pancakes (E, G, D, SD)
Vegan Pancakes (G)

SANDWICHES

The Balans Burger: (E, G, D, SD)
Cajun & chipotle vegan burger: (M, C, G, SO, N, SD)
Togarashi buttermilk chicken sandwich (D, E, SD, G S)
Miso Salmon burger : (F, SF, D, E, M, SO, G).
Bavette steak charcoal flatbread (G, SD, D, M, E)
Vietnamese BBQ pork bun: (S, SO, C, F, E, SD)
Falafel and hummus wrap: (C, G, SD, S)

EASY TO SHARE

Manchego & serrano croquettes (E, G, D, M, SD, C)

Cobble lane charcuterie (SD)

Socca (S, SD)

SMALLER PLATES

Three Cheese quesadilla (D, G)

Squash salad (G, C, SD)

Halloumi salad (D, SD, N)

Chicken enchiladas (G, SD, D, C)

BIG PLATES

Goats cheese Papardelle (G, N, D, E)

Pan fried Chicken (D, SD, C)

Fish & chips: (E, G, F, SD, M)

King prawn salad (C, SD, CR)

Seared Salmon (F, MO, C, SD)

Korean spiced fried tofu (SO, SD, S)

Thai curry: (F, S, N, G, E, CR, D)

Chicken & bacon cobb (E, M, C, D, SD)

2. SIDES & ADD ONS

Pancake & Fruit (E, G, D, SD)

Black Pudding (SD, G)

Smoked Salmon (F)

Hand-Cut Chips or Fries (G)

Cumberland Sausage (SD, G)

Baked Beans (SD)

One Egg Any Way (E)

Balans Potatoes (D, G)

Mixed Leaf Salad (SD)

Greens (D)

Summer squash (N, S, M)

Mac & Cheese (G, D, M, E)

Spinach (SO)
potatoes (D)
Tenderstem (N, D)

2. PUDDINGS

Caramel Cheesecake (G, D, E, N)
Vegan Black Forest Gateaux (SO)
Sticky Toffee Pudding (G,D E)
Bakewell Sundae (G,D,E,N)
Warm Doughnuts (G, D, E, SO)
Hackney Gelato Ice Creams (E, D, check for N)

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- F Lupin - L Celery - C Sesame - S Mustard - M Molluscs - MO Crustaceans - CR Sulphur
dioxide & sulphites - SD

We cannot guarantee that any items are completely allergen free as they are prepared in a kitchen with ingredients that contain allergens.