

## ALL-DAY BRUNCH

<b>Eggs Benedict / Florentine</b> <sup>V</sup>	11.5
<b>Royale</b>	13
Poached woodland farm eggs with a choice of ham, H. Forman smoked salmon or spinach on an English muffin, with homemade Hollandaise sauce	
<b>Lobster Benedict</b>	19
1/2 lobster, poached woodland farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce	
<b>Steak &amp; eggs</b>	17.5
Bavette steak & 2 woodland farm eggs, cooked to your liking, with crispy Balans potatoes & chimichurri	
<b>Full English</b>	14
2 woodland farm eggs (any way), bacon, Cumberland sausage, field mushroom, tomatoes, crispy Balans potatoes & toast	
<b>Eggs in hell</b> <sup>V</sup>	11
2 woodland farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese	
<b>Salmon avocado &amp; scrambled egg</b>	13.5
H. Forman smoked salmon with scrambled woodland farm eggs, avocado & toast	
<b>Avocado &amp; quinoa bruschetta</b> <sup>V</sup>	11
Halloumi, cherry tomatoes, homemade pesto & balsamic glaze	

### OUR FAMOUS PANCAKES

**American pancakes** <sup>V</sup> 11  
With warm maple butter and a choice of bacon, banana or berries

**Vegan pancakes** <sup>Ve</sup> 11  
With maple syrup and a choice of banana or berries

<b>French toast</b> <sup>V</sup>	10
Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon	
<b>Breakfast burrito</b> <sup>V</sup>	11
Spicy scrambled woodland farm eggs in a tortilla wrap with Mexicana cheese, homemade salsa & sour cream	
<b>Cheese omelette</b> <sup>V</sup>	9.5
Woodland farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
<b>Two eggs anyway</b> <sup>V</sup>	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)	
<b>Proper porridge</b> <sup>V</sup>	5
With milk & a squeeze of honey	

### ADD-ONS

<b>2 slices of toast</b>	2
Sourdough, granary or gluten free (add jam or homemade marmalade for £1.5)	
<b>Halloumi, chorizo</b>	3.5
<b>Bacon, mushroom, egg, sausage, cheese, black pudding, baked beans</b>	2.5
<b>Avocado</b>	3
<b>H. Forman smoked salmon</b>	6
<b>Grilled chicken</b>	5
<b>Two pancakes &amp; fruit</b>	6

## SANDWICHES

<b>The Balans Burger</b>	18.5
100% British beef patty, topped with Red Leicester cheese, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
<b>Cajun &amp; chipotle vegan burger</b> <sup>VVe</sup>	17
Moving Mountains B12 patty, smoky Cajun chickpea relish, crispy onion ring, chipotle mayo, charcoal & chia seed bun, fries	
<b>Togarashi buttermilk chicken doughnut</b>	10
Togarashi marinated fried chicken, Japanese kewpie slaw, pickles, smoked bacon, Red Leicester cheese & gochujang ketchup, in a doughnut	
<b>Miso salmon burger</b>	17
Wasabi & coriander aioli, Ajadt Thai cucumber relish in a brioche bun, with fries	
<b>Falafel &amp; hummus wrap</b> <sup>VVe</sup>	10
Pickles, tomato & sweet chilli sauce	

## SIDES

<b>Fries or hand-cut chips</b>	4.5
<b>Crispy Balans potatoes</b>	4.5
<b>Spinach</b>	4.5
<b>Broccoli, lemon &amp; hazelnuts</b>	4.5
<b>Rosemary roast sweet potatoes &amp; squash</b>	4.5
<b>Mixed leaf salad</b>	4.5
With Balans house dressing	

## LUNCH & DINNER

### SMALL PLATES

<b>Manchego &amp; serrano croquettes</b>	8
Paprika aioli	
<b>Braised duck taco</b>	11
Habanero salsa, coriander	
<b>Atlantic white fish tempura</b>	9.5
Dayboat caught white fish from the British Isles, tarare sauce, lemon	
<b>Beef ragu mac &amp; cheese</b>	10
Truffle oil, parsley crumb	
<b>Courgette &amp; semi-dried tomato flatbread</b> <sup>VVe</sup>	10
Basil & courgette puree, raw courgette, basil pesto, pistachio	
<b>Three cheese quesadilla</b> <sup>V</sup>	8.5
Crispy tortilla with Mexicana, Monterey Jack & soft cheese, tomatillo and chipotle salsa, sour cream	
<b>Roasted artichoke gnocchi</b> <sup>Ve</sup>	9.5/14
Pesto, peas, feves, vegan parmesan, basil oil	

### BIG PLATES

<b>Grains &amp; greens salad</b> <sup>Ve</sup>	12
Broccoli, quinoa, avocado, amaranth, mange tout, apple, maca & almond dressing	
<b>Greek plate</b>	14
Tzatziki, taramasalata, houmous, falafel, feta & olive dressed salad, flatbread	
<b>Goat cheese pappardelle</b> <sup>V</sup>	15.5
Kale & walnut pesto	
<b>Chicken &amp; pea risotto</b>	17.5
Roasted artichokes & truffle oil	
<b>Fish &amp; chips</b>	17.5
Day-boat caught white fish from the British Isles, hand-cut chips, mushy peas	
<b>BBQ ribs</b>	24
Bourbon BBQ sauce, fries, slaw	
<b>Prawn linguine</b>	17.5
Courgettes, cherry tomatoes, garlic chilli, parsley butter	
<b>Summer squash lasagne</b> <sup>VVe</sup>	15.5
Walnut bolognese, spinach, vegan bechamel	
<b>Thai red curry</b>	17
Chicken, shrimp or vegetables in Thai red curry sauce, with cashews & choice of jasmine rice or egg noodles	
<b>Chicken &amp; bacon cobb salad</b>	15
Cashel blue cheese, avocado, watercress, cos lettuce and ranch dressing (without chicken & bacon = 11)	
<b>Chicken enchiladas</b>	14
Black beans, Monterey Jack cheese, spiced tomato sauce; in a grilled tortilla with melted Mexicana cheese & sour cream	



### DAILY SPECIALS

PLEASE ASK YOUR SERVER

CAFE • BAR

# BALANS

EST. SOHO 1987

