

ALL-DAY BRUNCH

Eggs Benedict / Florentine^V Royale	11.5 13	Breakfast burrito^V	11
Poached woodland farm eggs with a choice of ham, smoked salmon or spinach on an English muffin, with homemade Hollandaise sauce		Spicy scrambled woodland farm eggs in a tortilla wrap with Mexicana cheese, homemade salsa & sour cream	
Lobster Benedict	19	Cheese omelette^V	9.5
1/2 lobster, poached woodland farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce		Woodland farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
Steak & eggs	17.5	Two eggs any way^V	7.5
Bavette steak & 2 woodland farm eggs, cooked to your liking, with crispy Balans potatoes & chimichurri		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)	
Full English	14	Proper porridge^V	5
2 woodland farm eggs (any way), bacon, Cumberland sausage, field mushroom, tomatoes, crispy Balans potatoes & toast		With milk & a squeeze of honey	
Eggs in hell^V	11	ADD-ONS	
2 woodland farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese		Halloumi, chorizo	3.5
Salmon avocado & scrambled egg	13.5	2 slices of toast	2
H. Forman smoked salmon with scrambled woodland farm eggs, avocado & toast		Sourdough, granary or gluten free (add jam or homemade marmalade for +1.5)	
Courgette fritters^{Ve}	12	Bacon, mushroom, egg, sausage, cheese, black pudding, baked beans	2.5
Corn and courgette fritters with feta, hummus & romesco sauce		Avocado	3
French toast^V	10	H. Forman smoked salmon	6
Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon		Grilled chicken	5
		Two pancakes & fruit	6

OUR FAMOUS PANCAKES

American pancakes^V	11
With warm maple butter and a choice of bacon, banana or berries	
Vegan matcha pancakes^{Ve}	11
With maple syrup and a choice of banana or berries	

SANDWICHES

The Balans burger	18.5
100% British chuck steak patty, topped with Red Leicester cheese, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
Korean vegan burger^{Ve}	17.5
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion with fries	
Salted pork doughnut	16
Treacle glazed salted pork doughnut, crackling & pickled chillis with fries	
Falafel & hummus wrap^{Ve}	16
Pickles, tomato and sweet chilli sauce with fries	

SIDES

Fries or hand-cut chips	4.5
Cornish mid potatoes with winter garden herbs	4.5
Spinach	4.5
Fried corn ribs with rose harissa dressing	4.5
Hispi cabbage	4.5
Parmesan (option to make vegan)	
Mixed leaf salad	3.5
With Balans house dressing	

LUNCH & DINNER

SMALL PLATES

Manchego & serrano croquettes	9
Paprika aioli	
Truffle mac & cheese^V	10
Parmesan crumb	
Atlantic white fish tempura	9.5
Dayboat caught white fish from the British Isles, tartare sauce & lemon	
Vegan TINDLE™ Taco^{Ve}	10.5
Tindle made from plants, with soy and pulled oats, dressed with tomatilla relish & burnt jalapeno	
London burrata	12
Charred sourdough & green olive tapenade	
Roasted artichoke gnocchi^{Ve}	9.5/14
Pesto, peas, faves, vegan parmesan, basil oil	
Truffle fried chicken	9
Crisp oat fried chicken bound in truffle honey	
Three cheese quesadilla^V	8.5
Crispy tortilla with Mexicana, Monterey Jack & soft cheese, tomatillo and chipotle salsa, and sour cream	

BIG PLATES

Thai red curry^{Ve}	17.5
Chicken, shrimp or vegetables in 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	
Burnt cauliflower^{Ve}	16.5
Runner beans, romesco sauce & pickled romanesque on charcoal flatbread	
Olive brined chicken	18.5
Faro broth, shredded kale with lemon, garlic, chilli and feta & pistachio dressing	
Butternut squash & chickpea pie^{Ve}	16
Puff pastry pie with mushroom and parsley root cream, kale & pickled walnut emulsion	
Old Spot pork tomahawk	21.5
Coffee brined Old Spot served with sweet potato crush, cavolo nero & black pepper cream	
Chicken enchiladas	14
Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	

CAFE • BAR

BALANS

EST. SOHO 1987



DAILY SPECIALS

PLEASE ASK YOUR SERVER

