

# BALANS

EST. SOHO 1987

## ALL DAY BRUNCH

<b>Eggs Benedict / Florentine (v)</b>	<b>11.5</b>	<b>Breakfast burrito (v)</b>	<b>14.5</b>
Poached Woodlands Farm eggs with a choice of ham, bacon or spinach on an English muffin, with homemade Hollandaise sauce		Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap	
<b>Eggs Royale</b>	<b>13</b>	<b>H. Forman smoked salmon, avocado &amp; scrambled egg</b>	<b>16.5</b>
Poached Woodlands Farm eggs with H. Forman smoked salmon on an English muffin, with homemade Hollandaise sauce		H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast	
<b>Lobster Benedict</b>	<b>19</b>	<b>Cheese omelette (v)</b>	<b>9.5</b>
1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce		Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
<b>Full English</b>	<b>15.5</b>	<b>Steak &amp; eggs</b>	<b>19.5</b>
2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, tomato, crispy Balans potatoes & toast		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
<b>Eggs in hell (v)</b>	<b>11</b>	<b>Potato flatbread with avocado (ve)</b>	<b>12</b>
2 Woodlands Farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese		Charred flatbread, crushed avocado, dukkah, house salsa Fresca, & hazelnut Romesco	
<b>Two eggs any way (v)</b>	<b>7.5</b>	<b>French Toast (v)</b>	<b>10</b>
Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon, sausage for +2.5 or crushed avocado for +3.5)		Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon	
		<b>Proper porridge (v)</b>	<b>5</b>
		With milk & a squeeze of honey	

## OUR FAMOUS PANCAKES

**American pancakes (v) 11**

With warm maple butter & a choice of bacon, banana or crushed berries

**Vegan pancakes (ve) 11**

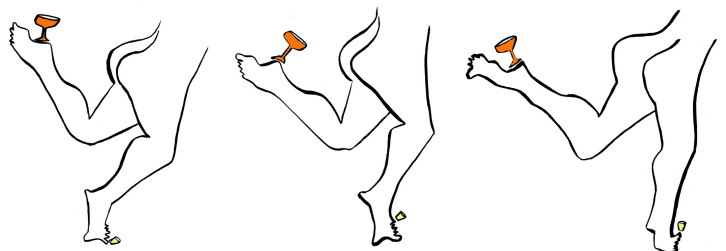
With maple syrup & a choice of banana or crushed berries

**Fried chicken pancakes 11**

With kimchi salad, oat fried chicken & spicy Korean honey

## ADD-ONS

<b>Halloumi, chorizo, crushed avocado</b>	<b>3.5</b>
<b>Bacon, mushroom, sausage, cheese, black pudding, baked beans</b>	<b>2.5</b>
<b>Egg (your way)</b>	<b>2.8</b>
<b>Grilled chicken</b>	<b>5</b>
<b>H. Forman smoked salmon</b>	<b>8</b>
<b>Two pancakes &amp; crushed berries</b>	<b>6</b>
<b>2 slices of toast</b>	<b>3.5</b>
Sourdough or gluten free (add jam or homemade marmalade for +1.5)	



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(v) vegetarian (ve) vegan. Please inform your server if you have any food allergies

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## LUNCH & DINNER

### SANDWICHES

<b>The Balans burger</b>	<b>19.5</b>
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
<b>Korean vegan burger (ve)</b>	<b>18.5</b>
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion with fries	
<b>BBQ pork doughnut</b>	<b>16</b>
BBQ glazed shredded pork, crackling & pickled chillis with fries	
<b>Falafel &amp; hummus wrap (ve)</b>	<b>16</b>
Pickles, tomato & a sweet chilli sauce with fries	

### SMALL PLATES

<b>Manchego &amp; Serrano croquettes</b>	<b>10</b>
Paprika aioli	
<b>Truffle mac &amp; cheese (v)</b>	<b>10</b>
Parmesan crumb	
<b>Spiced calamari</b>	<b>12</b>
With pickled sea vegetables & Korean spiced mayo	
<b>Truffle fried chicken</b>	<b>9</b>
Crisp oat fried chicken bound in truffle honey	
<b>Three cheese quesadilla (v)</b>	<b>8.5</b>
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
<b>Crisp beetroot taco (ve)</b>	<b>9</b>
Fragrant fried vegetables, shaved coconut & tamarind with a mango dressing	
<b>Cauliflower risotto (ve)</b>	<b>12</b>
Caramelised cauliflower, parsnip & walnut pesto	

### BIG PLATES

<b>Thai red curry</b>	<b>19</b>
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
<b>Prawn linguine</b>	<b>18</b>
Courgettes, cherry tomatoes, garlic, chilli & parsley butter	
<b>Greek plate</b>	<b>14</b>
Tzatziki, taramasalata, hummus, falafel, feta & olive dressed salad, flatbread	
<b>Fish &amp; chips</b>	<b>17.5</b>
Haddock from the British Isles, hand-cut chips & mushy peas	
<b>Corn fritters</b>	<b>14</b>
Fragrant sweetcorn fritters, charred Kentish broccoli with a watercress salad & miso dressing	
<b>Iberian chicken</b>	<b>20</b>
Brined, roasted chicken with chorizo, chickpeas, spinach and a herb oil dressing	
<b>Cobb salad</b>	<b>19</b>
Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodlands Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	
<b>Rump steak</b>	<b>28</b>
28 day aged Scottish beef rump steak with Cavolo Nero, hand-cut chips & a mustard cream sauce	
<b>Chicken enchiladas</b>	<b>15</b>
Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	

### SIDES

<b>Crispy Balans potatoes, fries or hand-cut chips</b>	<b>5</b>
<b>Cornish mid potatoes with rosemary oil</b>	<b>4.5</b>
<b>Spinach</b>	<b>4.5</b>
<b>Fried corn ribs with garlic &amp; rosemary salt</b>	<b>4.5</b>
<b>Hispi cabbage</b>	<b>4.5</b>
Parmesan (option to make vegan)	
<b>Mixed leaf salad</b>	<b>3.5</b>
With Balans house dressing	



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