

BALANS

EST. SOHO 1987

ALL DAY BRUNCH

Eggs Benedict / Florentine (v) 13

Poached Woodlands Farm eggs with a choice of ham, bacon or spinach on an English muffin, with homemade Hollandaise sauce

Eggs Royale 15.5

Poached Woodlands Farm eggs with H. Forman smoked salmon on an English muffin, with homemade Hollandaise sauce

Lobster Benedict 21

1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce

Full English 16.5

2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast

Eggs in hell (v) 12

2 Woodlands Farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese

Two eggs any way (v) 7.5

Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon +3, sausages for +5.5 or crushed avocado for +4.5)

Breakfast burrito (v) 15

Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap

H. Forman smoked salmon, avocado & scrambled egg 17.5

H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast

Cheese omelette (v) 10

Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes

Steak & eggs 21.5

Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri

Potato flatbread with avocado (ve) 12

Charred flatbread, crushed avocado, dukkah, house salsa Fresca, & hazelnut Romesco

French Toast (v) 11

Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon

Proper porridge (v) 9

With milk & a squeeze of honey and fresh berries

OUR FAMOUS PANCAKES

American pancakes (v) 13

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

Vegan pancakes (ve) 13

With maple syrup & a choice of banana or fresh berries

Fried chicken pancakes 14.5

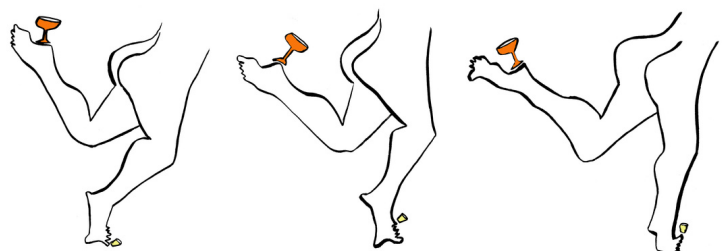
With kimchi salad, oat fried chicken & spicy Korean honey

ADD-ONS

Halloumi, chorizo, crushed avocado 4.5**Two Cumberland sausages 5.5****Bacon, mushroom, cheese, black pudding, baked beans 3****Crispy Balans potatoes 4.5****Egg (your way) 2.8****Grilled chicken 6****H. Forman smoked salmon 8****Two pancakes & crushed berries 7.5****2 slices of toast 3.5**

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

The Balans burger	20.5
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
Korean vegan burger (ve)	19
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion with fries	
BBQ pork doughnut	16
BBQ glazed shredded pork, crackling & pickled chillis with fries	
Falafel & hummus wrap (ve)	16
Pickles, tomato & a sweet chilli sauce with fries	

SMALL PLATES

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

BIG PLATES

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

SIDES

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



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