

BALANS

EST. SOHO 1987

LUNCH

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	
Crab cakes	13
Pickled kohlrabi, apple & jalapeño slaw, with a lime & brown crab emulsion	
Truffle fried chicken	10
Crisp oat fried chicken bound in truffle honey	
Three cheese quesadilla (v)	9
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
Harissa roasted cauliflower taco (ve)	9
Coriander hummus, dukkah, pomegranate dressing & coriander cress	
Maple roasted squash lentil dahl (ve)	10/18
Spiced red lentil dahl, aubergine pickle & coconut yoghurt	

BIG PLATES

Rump steak	30
28 day aged Scottish beef rump steak with Cavolo Nero, hand-cut chips & béarnaise sauce	
Pork ragu rigatoni	16
Roasted fennel, 'Nduja, Parmesan & herbs	
Thai red curry	19
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
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	15
Fragrant sweetcorn fritters, charred broccoli, hummus & 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)	
Chicken enchiladas	16
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
Mixed leaf salad	4.5
Chargrilled tenderstem broccoli	4.5



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