

BALANS

EST. SOHO 1987

DINNER

SANDWICHES & SALADS

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

Cobb salad 19

Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodlands Farm egg, ranch dressing, crisp shallots

(without chicken and bacon 14.5)

Sweet potato & goat's cheese salad 16

Roasted sweet potatoes, caramelised goats cheese, freekeh, radicchio, fire roasted peppers, hazelnuts & house dressing

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

Thai red curry 19

Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles

Pork ragu rigatoni 16

Roasted fennel, Nduja, parmesan & herbs

Greek plate 15

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

Cajun salmon 20

Roasted sweet potatoes, chargrilled tenderstem & mango salsa

Beef Peposo 21

Peppered red wine beef stew, herb and Parmesan wet polenta & pickled walnuts

Chicken enchiladas 16

Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream

Chargrilled lamb steak 29

Crushed potatoes, caramelised artichokes, tahini dressing & za'atar

SIDES

Fries or hand-cut chips 5**Crispy Balans potatoes** 4.5**Cornish mid potatoes & rosemary oil** 4.5**Spinach** 4.5**Mixed leaf salad** 4.5**Chargrilled tenderstem broccoli** 4.5