

BALANS

EST. SOHO 1987

Crispy duck okonomiyaki	17	Steak & eggs	21.5
Pickled ginger, hoisin sauce, gochujang mayo, Woodlands Farm egg		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
Cheese & beans on toast (ve)	11	The Balans breakfast burger	15.5
Jalapeño cornbread, smoky beans, vegan feta & chipotle and maple butter		Sausage patty, house hash brown, fried egg, smoked cheese & rhubarb ketchup	
Coconut bircher (ve)	8	Breakfast bruschetta (v)	11
12 hour oats, roasted coconut, pumpkin seeds, apple & fresh seasonal berries		Minted pea hummus, feta cheese, grilled courgette, pickled pink onions, sumac & chilli oil	
Smoothie bowl (ve)	9	Potato flatbread with Merguez	15
Fresh seasonal berries, premium British oats & almond butter smoothie		Grilled Merguez, labneh, roasted pepper and mint dressing & lemon tahini	
H. Forman smoked salmon, avocado & scrambled egg	17.5	Breakfast burrito (v)	16
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap	
Full English	17	Eggs in hell (v)	12.5
2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast		2 Woodlands Farm eggs poached, spicy harrisa tomato sauce, served with crispy Balans potatoes & fire roasted peppers	
Full Vegan (ve)	17	High Society Eggs Benedict	21.5
Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast		1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce	
Cheese omelette (v)	10	Balans Benedicts	
Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes		Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:	
Two eggs any way (v)	7.5	Ham	13
Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)		Bacon	13
		Spinach (v)	13
		H Forman smoked salmon	16

OUR FAMOUS PANCAKES & FRENCH TOAST

American pancakes (v) 13.5	French Toast (v) 13	Fried chicken pancakes 14.5
With warm maple butter & a choice of bacon, banana or fresh berries	Eggy brioche with caramelised apples, oat granola & agave syrup	With kimchi salad, oat fried chicken & spicy Korean honey

Try our vegan fresh berries or banana pancakes

Proudly serving Julius Meinl premium coffee, using the finest Arabica coffee beans from high quality farms all over the world



Julius Meinl

ADD-ONS

Halloumi, chorizo, crushed avocado	4.5	Grilled chicken	6
Two Cumberland sausages	5.5	H. Forman smoked salmon	8
Bacon, mushroom, cheese, black pudding, baked beans	3	Two pancakes & crushed berries	7.5
Crispy Balans potatoes	4.5	Hash browns	4.5
Egg (your way)	2.8	Sourdough or gluten free (add jam or homemade marmalade +1.5)	

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

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SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Three cheese quesadilla (v)	8.5
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
Truffle fried chicken	10
Crisp oat fried chicken bound in truffle honey	
Spiced calamari	12
With pickled sea vegetables & Korean spiced mayo	
Cobb salad	19
Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodlands Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	

SANDWICHES

The Balans burger	20.5
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, tomato, dill pickle & 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 (v)	16
Pickles, tomato & a sweet chilli sauce with fries	

BIG PLATES

Steak & eggs	21.5	Prawn linguine	18
Bavette steak & 2 Woodlands Farm eggs (your way), crispy Balans potatoes & chimichurri		Courgettes, cherry tomatoes, garlic, chilli & parsley butter	
Fish & Chips	17.5	Thai red curry	19
Haddock from the British Isles, hand-cut chips, mushy peas		Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & jasmine rice	



SIDES

Fries or hand-cut chips	5
Crispy Balans potatoes	4.5
Fried corn ribs, garlic & rosemary salt	4.5
Mixed salad with Balans house dressing	3.5

Try our famous and original recipe Porn Star Martini, served with a shot of Champagne

