

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

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

French Toast (v) 13

Eggy brioche with caramelised apples, oat granola & agave syrup

Fried chicken pancakes 14.5

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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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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