

Nº.60
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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OLD COMPTON STREET

SANDWICHES

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

SMALL PLATES

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

BIG PLATES

Squid ink linguine	18	Keralan Curry	19
Preserved lemon, tomato, fennel & squid dressing, bottarga		Chicken, shrimp or vegetables (v), coconut, cashews, jasmine rice	
Cobb salad	19	Chicken enchiladas	15
Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodlands Farm egg, ranch dressing, crisp shallots		Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
(without chicken and bacon 14.5)		Fish & chips	17.5
Rib-eye steak	35	Haddock from the British Isles, hand-cut chips & mushy peas	
Smoked bone marrow butter, burnt onion and mushroom ketchup, hand-cut chips and truffle mac & cheese		Corn fritters (ve)	14
Iberian Chicken	20	Fragrant sweetcorn fritters, charred Kentish broccoli with a watercress salad & miso dressing	
Brined, roasted chicken with chorizo, chickpeas, spinach & a herb oil dressing			

SIDES

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

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