

BALANS

Site: Balans - Westfield Stratford City

## Allergens Summary: Balans East September 24 Lunch + Breakfast

Contains  May Contain  R Removable		IAC	INING GLUTEN											E (SULPHITES)	
Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
		*			\$60 \$30	>40	Lupin	MILK	**		9		8.		© • 70 € 00 • 00 • 00
Breakfast															
Full English Breakfast			Wheat 🕢		•	M		•	Squid M					•	
American Pancakes			Wheat 📀		<b>Ø</b>			•						•	
Breakfast bruschetta			Wheat 🕢					•				•		•	
Breakfast burger 24			Wheat 🕢		•			•						•	
Breakfast Burrito new		•	Wheat 🕢		•	M		•	Squid M					•	
Cheese & beans on toast		•	Wheat 🕢											•	Almonds 🕢
Cheese Omelette			Wheat M R		•	M		•	Squid M						
Coconut bircher			Oats 🕢										•	•	
Crispy duck okonomiyaki			Wheat 📀		<b>Ø</b>							•	•	<b>Ø</b>	
Eggs benedict with bacon			Wheat 🕢		•			•						•	
Eggs benedict with ham			Wheat 🕢		•			•						•	
Eggs benedict with spinach			Wheat 🕢		•			•						•	

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		**	A. C.	<b>₩</b>	<b>2</b> 600		Lapin	мік			•		<i>₿</i> ъ	4	(2) G
Breakfast				I											_
Eggs in Hell		•	Wheat 🕢		•	M		<b>Ø</b>	Squid M					•	
Eggs Royale			Wheat 🕢		•	•		•						•	
Eggs your way			Wheat 🕢		•			•						•	
French toast 2024			Wheat 🕢		•			•							
Fried Chicken pancakes			Wheat 🕢		•	•		•	Squid M			•	•	•	
Full vegan			Wheat 🕢										•		
Lobster Benedict			Wheat 📀	Lobster 📀	•			•						<b>Ø</b>	
Potato flatbread with Merguez			Barley (M) Kamut (M) Oats (M) Rye (M) Spelt (M) Wheat		M			•			M	<b>②</b>	M		Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)
Salmon Avocado & Scrambled Eggs			Wheat 🕢		•	•		•							
Smoothie bowl			Oats 🕢												Almonds 🕢
Steak & Eggs			Wheat 🕢		•	M		M	Squid M					•	
Two pancakes fruit			Wheat 🕢		•			•						<b>Ø</b>	
Vegan Pancakes			Wheat 📀												Almonds 🕢

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		****	A STATE OF THE STA		€60 <b>65</b> 0	>40	Lugin	MILK			9		<b>∂</b> s.		60 C
Cocktails															
Bloody Mary		•			•	•				•				•	
Sour Society					•										
Watermelon Sugar														<b>Ø</b>	

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		*	A STATE OF THE STA	<b>₹</b> ₩		>40	Eujin	MILK	*	<b>WINTERED</b>	•		8.	4	
Desserts Cafe															
Banoffee			Wheat 🕢		•			<b>②</b>							Pecans 🕢
Creme brule			Wheat 🕢		•			<b>②</b>							Almonds 🕢
Doughnuts			Wheat 🕢		•			<b>②</b>							
Lemon tart			Wheat 🕢									•	•		Almonds 🕢
Tiramisu			Wheat 🕢		•			•							

Contains  M May Contain  R Removable  Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	NIAN	MLK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
		*			260 2 <b>8</b> 0	>40	tupis	MILK	*	COLUMN TO A STATE OF THE STATE			∂ <sub>6</sub>		<b>©</b>
Mains															
BBQ half chicken		•			•	•				•	M			•	
Chicken Enchiladas		•	Wheat 🕢					•						•	
Cobb salad		M	Wheat M		•			•		•	M			•	
Fish & chips			Wheat 🕢		•	•		M	Squid M	•	M			•	
Greek plate Hsk			Wheat 🕢			•		•				•		•	
Rump steak			Wheat M		•	M		•						•	
Thai red curry			Wheat 🕢	Prawns R	•	•		•				<b>Ø</b>	<b>Ø</b>	•	Cashews R
Wholewheat summer veg penne			Wheat 🕢							M	M		M		Pistachios 🕢

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		*			260 280	<b>&gt;40</b>	Espiri.	MILK	*	WHITEAD	4		8.	4	@ C 0 C 0 C
Sandwiches															
Katsu chicken doughnut		•	Wheat 🕢		•	M		•		•	M	•	•	•	
Non fish burger			Wheat 🕢		M	M		M					<b>Ø</b>	•	
Smashed avocado burger			Barley Oats Wheat		M	M		M					•		
The Balans burger			Wheat 🕢		•	M		•						•	

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		*	<b>A</b>		680 6 <b>3</b> 0	>40		MILK	<b>&amp;</b>	WINTERED	4		8.	4	@ C 0 0 0 0
Sides															
Balans Potatoes			Wheat M		M	M		•	Squid M						
Big Chips			Wheat M		M	M		M	Squid M						
Fries			Wheat M		M	M		M	Squid M						
Hash brown			Wheat M		•	M		M							
Mixed leaves														•	
Side spinach								<b>②</b>							

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		•	No.		£60 £50	>40		MILK	₩.	WHEERAD	95		B.		(1) p
Starter															
Aubergine parmegiano			Wheat 🕢										•	•	Cashews 🕢
Crab cakes			Wheat 🕢	Crab 🕢	•	•				•	M			•	
Harrisa roasted cauliflower taco												•			
Manchego & serrano croquette		•	Wheat 🕢		•	M		•	Squid M	•	M			•	
Quesadilla			Wheat 🕢					•							
Truffle fried chicken			Oats 🐼		M	M		•						•	
Truffle Mac& cheese			Wheat 🕢					•							

Signed by:	Signature: