















































































Site: Balans - Westfield Stratford City

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








































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
<b>Breakfast</b>															
Full English Breakfast			Wheat						Squid						
American Pancakes			Wheat												
Breakfast bruschetta			Wheat												
Breakfast burger 24			Wheat												
Breakfast Burrito new			Wheat						Squid						
Cheese & beans on toast			Wheat												Almonds
Cheese Omelette			Wheat						Squid						
Coconut bircher			Oats												
Crispy duck okonomiyaki			Wheat												
Eggs benedict with bacon			Wheat												
Eggs benedict with ham			Wheat												
Eggs benedict with spinach			Wheat												







































<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>Breakfast</b>															
Eggs in Hell			Wheat 						Squid 						
Eggs Royale			Wheat 												
Eggs your way			Wheat 												
French toast 2024			Wheat 												
Fried Chicken pancakes			Wheat 						Squid 						
Full vegan			Wheat 												
Lobster Benedict			Wheat 	Lobster 											
Potato flatbread with Merguez			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Salmon Avocado & Scrambled Eggs			Wheat 												
Smoothie bowl			Oats 												Almonds 
Steak & Eggs			Wheat 						Squid 						
Two pancakes fruit			Wheat 												
Vegan Pancakes			Wheat 												Almonds 



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<b>Cocktails</b>															
Bloody Mary															
Sour Society															
Watermelon Sugar															

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<b>Desserts Cafe</b>															
Banoffee			Wheat 												Pecans 
Creme brule			Wheat 												Almonds 
Doughnuts			Wheat 												
Lemon tart			Wheat 												Almonds 
Tiramisu			Wheat 												

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<b>Mains</b>																
BBQ half chicken																
Chicken Enchiladas			Wheat 													
Cobb salad			Wheat 													
Fish & chips			Wheat 						Squid 							
Greek plate Hsk			Wheat 													
Rump steak			Wheat 													
Thai red curry			Wheat 	Prawns  											Cashews  	
Wholewheat summer veg penne			Wheat 												Pistachios 	

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<b>Sandwiches</b>																
Katsu chicken doughnut			Wheat 													
Non fish burger			Wheat 													
Smashed avocado burger			Barley  Oats  Wheat 													
The Balans burger			Wheat 													

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<b>Sides</b>															
Balans Potatoes			Wheat 						Squid 						
Big Chips			Wheat 						Squid 						
Fries			Wheat 						Squid 						
Hash brown			Wheat 												
Mixed leaves															
Side spinach															

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<b>Starter</b>																
Aubergine parmegiano			Wheat 													Cashews 
Crab cakes			Wheat 	Crab 												
Harrisa roasted cauliflower taco																
Manchego & serrano croquette			Wheat 						Squid 							
Quesadilla			Wheat 													
Truffle fried chicken			Oats  Wheat 													
Truffle Mac& cheese			Wheat 													

Signed by: \_\_\_\_\_ Signature: \_\_\_\_\_