



## Allergens Summary: Balans Soho Lunch Menu August 24

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	Lupis	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 🕢		•			•						0	
Eggs benedict with ham			Wheat 🕢		•			•						0	
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 📀	•			•						•	
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 🕢

Contains  May Contain Removable  Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	NIdn	MLK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
		*					E STATE	MILK	<b>&amp;</b>	WINTERAD	45		B.		(2) 60 (2) 60 (3)
Cocktails															
Bloody Mary		•			•	•				•				•	
Jazz Bug															Almonds 📀
Kiwi Spritzer														•	
Old Fashion			Barley M												
Old Fashioned Adonis														•	
Sour Society					•										
Watermelon Sugar														•	

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		***	B. W.	<b>**</b>	2000 <b>25</b> 0	>40	Lupin	MILK	*		2		B.		© 0 7 0 0 0 0 0 0 0
Desserts Soho															
Banoffee			Wheat 🕢		•			•							Pecans 🕢
Creme brule			Wheat 🕢		<b>Ø</b>			•							Almonds 🕢
Doughnuts			Wheat 🕢		•			•							
Lemon tart			Wheat 🕢									•	•		Almonds 🕢
Sharing dessert 2024			Wheat 📀		<b>Ø</b>			<b>Ø</b>				•	•		Almonds 🐼
Tiramisu			Wheat 🕢		•			<b>Ø</b>							

✓ Contains			7											$\widehat{\mathfrak{g}}$	
May Contain			LUTE											HITES	
R Removable	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	S		Z		MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	A	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Menu Dishes	NO.	CEL	CER	CRL	EGGS	FISH	LUPIN	MILK	NOI	MUS	PEA	SES	SOYA	SUL	TRE
		***	A SECTION AND A		600 600	>40	Lupin	MIX	*		•		B.		@ C (2) 0 @ O
Mains															
BBQ half chicken		•			•	•				•	M			•	
Chicken & bacon cobb		•			•			•		•				•	
Chicken Enchiladas		•	Wheat 📀					•						•	
Dopiaza curry		•	Wheat 🕢												
Fish & chips			Wheat 🕢		•	•		M	Squid M	•	M			•	
Katsu chicken doughnut		•	Wheat 🕢		•	M		•		•	M	•	•	•	
Non fish burger			Wheat 🕢		M	M		M					•	•	
Rib Eye new		M	Wheat 🕢		M	•		•	Squid M	•	M			•	
Smashed avocado burger			Barley  Oats  Wheat		M	M		M					•		
Squid Ink Linguine			Wheat 🕢		•	•		•	Cuttlefish 🗸				M	•	
The Balans Burger			Wheat 🕢		•	M		•	Squid M					•	
Vegetables Pad Thai		•									•		•		

			Z											(6	
M May Contain			LUTE											HITE	
Removable  Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	NIAN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
		***	A Service		<i>6</i> 60	>40	Lupin	MILK		(MICHAEL)			8.		800 800 800
Sandwiches															

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		*			280 30	>40	Capin	MILK	₩.	manage and the same and the sam	<b>3</b>		<i>A</i> .		<b>©</b> 00 32 00 <b>©</b> 02
Sides															
Balans Potatoes			Wheat M		M	M		<b>Ø</b>	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														•	
New Potatoes								•							
Side spinach								•							

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		*	A. C.		\$60 <b>3</b> 0	<b>&gt;</b>	Lagin	MILK	*	<b>WILLIAMS</b>	•		8.		<b>8</b> € € € € € € € € € € € € € € € € € € €
Starter															
Chickpea falafel		•	Wheat 🕢									•			
Korean calamari			Wheat M		•	M		<b>Ø</b>	Squid 🕢	<b>Ø</b>		•	•	•	
Manchego & serrano croquette		•	Wheat 📀		•	M		•	Squid M	<b>②</b>	M			•	
Quesadilla			Wheat 📀					•							
Smokey beans taco		•								•	M			•	Almonds Cashews
Truffle fried chicken			Oats 🕢 Wheat 🕢		M	M		•						•	
Truffle Mac& cheese			Wheat 🕢					<b>Ø</b>							

Signed by:	Signature:
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