

































































































































Allergens Summary: Balans Soho Lunch Menu August 24

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
Breakfast															
Full English Breakfast			Wheat ✓		✓	(M)		✓	Squid (M)					✓	
American Pancakes			Wheat ✓		✓			✓						✓	
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 ✓		✓							✓	✓	✓	
Eggs benedict with bacon			Wheat ✓		✓			✓						✓	
Eggs benedict with ham			Wheat ✓		✓			✓						✓	
Eggs benedict with spinach			Wheat ✓		✓			✓						✓	

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
Breakfast																
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 	

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
Cocktails																
Bloody Mary																
Jazz Bug																Almonds 
Kiwi Spritzer																
Old Fashion			Barley  Rye 													
Old Fashioned Adonis																
Sour Society																
Watermelon Sugar																

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Desserts Soho															
Banoffee			Wheat 												Pecans 
Creme brule			Wheat 												Almonds 
Doughnuts			Wheat 												
Lemon tart			Wheat 												Almonds 
Sharing dessert 2024			Wheat 												Almonds  Pecans 
Tiramisu			Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Mains															
BBQ half chicken															
Chicken & bacon cobb															
Chicken Enchiladas			Wheat 												
Dopiaza curry			Wheat 												
Fish & chips			Wheat 						Squid 						
Katsu chicken doughnut			Wheat 												
Non fish burger			Wheat 												
Rib Eye new			Wheat 						Squid 						
Smashed avocado burger			Barley  Oats  Wheat 												
Squid Ink Linguine			Wheat 						Cuttlefish  Squid 						
The Balans Burger			Wheat 						Squid 						
Vegetables Pad Thai															








































- ✓ Contains
- Ⓜ May Contain
- Ⓡ Removable























































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
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Sandwiches

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Sides															
Balans Potatoes			Wheat 						Squid 						
Big Chips			Wheat 						Squid 						
Fries			Wheat 						Squid 						
Hash brown			Wheat 												
Mixed leaves															
New Potatoes															
Side spinach															

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS		
																	
Starter																	
Chickpea falafel			Wheat 														
Korean calamari			Wheat 						Squid 								
Manchego & serrano croquette			Wheat 						Squid 								
Quesadilla			Wheat 														
Smokey beans taco															Almonds  Cashews 		
Truffle fried chicken			Oats  Wheat 														
Truffle Mac& cheese			Wheat 														

Signed by: _____ Signature: _____