

Nº.60  
**BALANS**

EST. SOHO 1987

<b>Crispy duck okonomiyaki</b>	<b>17</b>	<b>Steak &amp; eggs</b>	<b>21.5</b>
Pickled ginger, hoisin sauce, gochujang mayo, Woodlands Farm egg		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
<b>Cheese &amp; beans on toast (ve)</b>	<b>11</b>	<b>The Balans breakfast burger</b>	<b>15.5</b>
Jalapeño cornbread, smoky beans, vegan feta & chipotle and maple butter		Sausage patty, house hash brown, fried egg, smoked cheese & rhubarb ketchup	
<b>Coconut bircher (ve)</b>	<b>8</b>	<b>Breakfast bruschetta (v)</b>	<b>11</b>
12 hour oats, roasted coconut, pumpkin seeds, apple & fresh seasonal berries		Minted pea hummus, feta cheese, grilled courgette, pickled pink onions, sumac & chilli oil	
<b>Smoothie bowl (ve)</b>	<b>9</b>	<b>Potato flatbread with Merguez</b>	<b>15</b>
Fresh seasonal berries, premium British oats & almond butter smoothie		Grilled Merguez, labneh, roasted pepper and mint dressing & lemon tahini	
<b>H. Forman smoked salmon, avocado &amp; scrambled egg</b>	<b>17.5</b>	<b>Breakfast burrito (v)</b>	<b>16</b>
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	
<b>Full English</b>	<b>17</b>	<b>Eggs in hell (v)</b>	<b>12.5</b>
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	
<b>Full Vegan (ve)</b>	<b>17</b>	<b>High Society Eggs Benedict</b>	<b>21.5</b>
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	
<b>Cheese omelette (v)</b>	<b>10</b>	<b>Balans Benedicts</b>	
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:	
<b>Two eggs any way (v)</b>	<b>7.5</b>	<b>Ham</b>	<b>13</b>
Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)		<b>Bacon</b>	<b>13</b>
		<b>Spinach (v)</b>	<b>13</b>
		<b>H Forman smoked salmon</b>	<b>16</b>

**OUR FAMOUS PANCAKES & FRENCH TOAST**

<b>American pancakes (v) 13.5</b>	<b>French Toast (v) 13</b>	<b>Fried chicken pancakes 14.5</b>
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**

<b>Halloumi, chorizo, crushed avocado</b>	<b>4.5</b>	<b>Grilled chicken</b>	<b>6</b>
<b>Two Cumberland sausages</b>	<b>5.5</b>	<b>H. Forman smoked salmon</b>	<b>8</b>
<b>Bacon, mushroom, cheese, black pudding, baked beans</b>	<b>3</b>	<b>Two pancakes &amp; crushed berries</b>	<b>7.5</b>
<b>Crispy Balans potatoes</b>	<b>4.5</b>	<b>Hash browns</b>	<b>4.5</b>
<b>Egg (your way)</b>	<b>2.8</b>	Sourdough or gluten free (add jam or marmalade +1.5)	

(v) vegetarian (ve) vegan. Please inform your server if you have any food allergies

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# BALANS

OLD COMPTON STREET

## SANDWICHES

<b>The Balans burger</b>	<b>20.5</b>	<b>Katsu chicken doughnut</b>	<b>15</b>
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade, brioche bun with fries		Panko chicken thigh, katsu mayo, pickled carrot slaw & fries	
<b>Smashed avocado burger (ve)</b>	<b>20.5</b>	<b>Non fish burger (ve)</b>	<b>15</b>
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato with fries		Moving Mountains fish finger, frickles, vegan tartare sauce, lettuce & fries	

## SMALL PLATES

<b>Manchego &amp; Serrano croquettes</b>	<b>10</b>	<b>Smokey bean tacos (ve)</b>	<b>8</b>
Paprika aioli		Smashed avocado, house beans, vegan sour cream & pickles	
<b>Truffle mac &amp; cheese (v)</b>	<b>10</b>	<b>Quesadilla (v)</b>	<b>9</b>
Parmesan crumb		Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
<b>Chickpea falafels (ve)</b>	<b>8</b>	<b>Spiced calamari</b>	<b>12</b>
Hummus, pomegranate molasses & grilled flatbread		With pickled sea vegetables & Korean spiced mayo	
<b>Truffle fried chicken</b>	<b>10</b>		
Crisp oat fried chicken bound in truffle honey			

## BIG PLATES

<b>Squid ink linguine</b>	<b>18</b>	<b>Dopiazza curry</b>	<b>19</b>
Preserved lemon, tomato, fennel & squid dressing		Chicken, shrimp or vegetables (v), Indian spices, crispy onions & jasmine rice	
<b>Cobb salad</b>	<b>19</b>	<b>Chicken enchiladas</b>	<b>16</b>
Chicken, bacon, Cashel Blue cheese, avocado, 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)		<b>Traditional Fish &amp; Chips</b>	<b>17.5</b>
<b>Rib-eye steak</b>	<b>35</b>	Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Smoked bone marrow butter, burnt onion and mushroom ketchup, hand-cut chips and truffle mac & cheese		<b>Vegetable Pad Thai (ve)</b>	<b>14</b>
<b>BBQ half chicken</b>	<b>20</b>	Wok fried broccoli, carrots, courgettes and bean sprouts, rice noodles, spicy peanut & tamarind sauce	
Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw		add chicken, shrimp	<b>3</b>

## SIDES

<b>Stir fry courgette &amp; tenderstem broccoli</b>	<b>5</b>	<b>Fries or hand-cut chips</b>	<b>5</b>
<b>Mixed leaf salad</b>	<b>3.5</b>	<b>Crispy Balans potatoes</b>	<b>4.5</b>
Balans house dressing		<b>New potatoes with seaweed butter</b>	<b>5.5</b>
<b>Spinach</b>	<b>4.5</b>	<b>BBQ sauce</b>	<b>1</b>

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