

BALANS

EST. SOHO 1987

LUNCH

SANDWICHES

The Balans burger	20.5
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100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries

Smashed avocado burger (ve)	20.5
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Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato with fries

Katsu chicken doughnut	15
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Panko chicken thigh, katsu mayo, pickled carrot slaw & fries

Non fish burger (ve)	15
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Moving Mountains fish finger, frickles, vegan tartare sauce, lettuce & fries

SMALL PLATES

Manchego & Serrano croquettes	10
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Paprika aioli

Truffle mac & cheese (v)	10
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Parmesan crumb

Crab cakes	13
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Pickled kohlrabi, apple & jalapeño slaw, with a lime & brown crab emulsion

Truffle fried chicken	10
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Crisp oat fried chicken bound in truffle honey

Quesadilla (v)	9
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Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream

Harissa roasted cauliflower taco (ve)	9
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Coriander hummus, dukkah, pomegranate dressing & coriander cress

Aubergine Parmigiano (ve)	10/18
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Roasted aubergine, rich tomato sauce & vegan parmesan

BIG PLATES

BBQ half chicken	20
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Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw

Thai red curry	19
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Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles

Greek plate	14
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Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread

Traditional Fish & Chips	17.5
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Beer battered haddock, hand-cut chips, mushy peas & tartare sauce

Wholewheat vegetable pesto penne (ve)	15
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Roasted broccoli, courgette and pea with pistachio & mint pesto

Rump steak	30
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28 day aged Scottish beef rump steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce

Cobb salad	19
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Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots

(without chicken and bacon 14.5)

Chicken enchiladas	16
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Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream

SIDES

Fries or hand-cut chips	5
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Crispy Balans potatoes	4.5
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New potatoes with rosemary oil	4.5
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Spinach	4.5
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Mixed leaf salad	4.5
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Chargrilled tenderstem broccoli	4.5
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BBQ sauce	1
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(v) vegetarian (ve) vegan. Please inform your server if you have any food allergies