

BALANS

EST. SOHO 1987

DINNER

SANDWICHES & SALADS

The Balans burger	20.5
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
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato with fries	
Katsu chicken doughnut	15
Panko chicken thigh, katsu mayo, pickled carrot slaw & fries	
Non fish burger (ve)	15
Moving Mountains fish finger, frickles, vegan tartare sauce, lettuce & fries	
Cobb salad	19
Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	
Sweet potato & goat's cheese salad (v)	16
Roasted sweet potatoes, caramelised goats cheese, freekeh, fire roasted pepppers & hazelnuts	

SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Truffle mac & cheese (v)	10
Parmesan crumb	
Crab cakes	13
Pickled kohlrabi, apple & jalapeño slaw, with a lime & brown crab emulsion	
Truffle fried chicken	10
Crisp oat fried chicken bound in truffle honey	
Quesadilla (v)	9
Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
Harissa roasted cauliflower tacos (ve)	9
Coriander hummus, dukkah, pomegranate dressing & coriander cress	
Aubergine Parmigiano (ve)	10/18
Roasted aubergine, rich tomato sauce & vegan parmesan	

BIG PLATES

BBQ half chicken	20
Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw	
Thai red curry	19
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Greek plate	14
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread	
Traditional Fish & Chips	17.5
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Wholewheat vegetable pesto penne (ve)	15
Roasted broccoli, courgette and pea with pistachio & mint pesto	
Rump steak	30
28 day aged Scottish beef rump steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce	
Chicken enchiladas	16
Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
Cajun salmon	20
Roasted sweet potatoes, chargrilled tenderstem & mango salsa	
Pork holstein	20
Breaded pork escalope, Woodland Farm fried egg, capers and celeriac, apple & grain mustard remoulade	
Chargrilled lamb steak	29
Crushed potatoes, caramelised artichokes, tahini dressing & za'atar	

SIDES

Fries or hand-cut chips	5
Crispy Balans potatoes	4.5
New potatoes with rosemary oil	4.5
Spinach	4.5
Mixed leaf salad	4.5
Chargrilled tenderstem broccoli	4.5
BBQ sauce	1

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