
























































































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 						Squid 						
American Pancakes			Wheat 												
Breakfast burger 24			Wheat 												
Breakfast Burrito new			Wheat 						Squid 						
Cheese & beans on toast			Wheat 												Almonds 
Cheese Omelette			Wheat  						Squid 						
Crispy duck okonomiyaki			Wheat 												
Eggs benedict with bacon			Wheat 												
Eggs benedict with ham			Wheat 												
Eggs benedict with spinach			Wheat 												
Eggs in Hell			Wheat 						Squid 						
Eggs Royale			Wheat 												















<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ 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

Baked vanilla cheesecake			Wheat ✓		⚡			⚡					⚡	⚡	
Chocolate fondant			Wheat ✓		⚡			⚡					⚡		Almonds ✓
Cornflake Ice cream			Wheat ✓					⚡							
Doughnuts			Wheat ✓		⚡			⚡							
Lemon tart			Wheat ✓									⚡	⚡		Almonds ✓
Salted caramel ice cream								⚡							
Sharing dessert 2024			Wheat ✓		⚡			⚡				⚡	⚡		Almonds ✓
Sticky toffee pudding			Wheat ✓		⚡			⚡							
Vanilla Ice cream					⚡			⚡							

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	
Mains																
BBQ half chicken		✓			✓	✓				✓	Ⓜ			✓		
Chicken & bacon cobb		✓			✓			✓		✓				✓		
Chicken Enchiladas		✓	Wheat ✓					✓						✓		
Dopiaza curry		✓	Wheat ✓	Prawns ✓												
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		✓									✓		✓			

<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> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> (M) May Contain <input type="checkbox"/> (R) 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		<input checked="" type="checkbox"/>	Wheat <input checked="" type="checkbox"/>									<input checked="" type="checkbox"/>			
Korean calamari			Wheat <input type="checkbox"/> (M)		<input checked="" type="checkbox"/>	<input type="checkbox"/> (M)		<input checked="" type="checkbox"/>	Squid <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Manchego & serrano croquette		<input checked="" type="checkbox"/>	Wheat <input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/> (M)		<input checked="" type="checkbox"/>	Squid <input type="checkbox"/> (M)	<input checked="" type="checkbox"/>	<input type="checkbox"/> (M)			<input checked="" type="checkbox"/>	
Quesadilla			Wheat <input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Smokey beans taco		<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>	<input type="checkbox"/> (M)			<input checked="" type="checkbox"/>	Almonds <input checked="" type="checkbox"/> Cashews <input checked="" type="checkbox"/>
Truffle fried chicken			Oats <input checked="" type="checkbox"/> Wheat <input checked="" type="checkbox"/>		<input type="checkbox"/> (M)	<input type="checkbox"/> (M)		<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	
Truffle Mac& cheese			Wheat <input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							

Signed by: _____ Signature: _____