

BALANS

EST. SOHO 1987

Crispy duck okonomiyaki	17	The Balans breakfast burger	15.5
Pickled ginger, hoisin sauce, gochujang mayo, Woodlands Farm egg		Sausage patty, house hash brown, fried egg, smoked cheese & rhubarb ketchup	
Proper porridge (v)	10	Steak & eggs	21.5
With milk, caramelised apple & cinnamon sugar		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
H. Forman smoked salmon, avocado & scrambled egg	17.5	Two eggs any way (v)	7.5
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)	
Full English	17	High Society Eggs Benedict	21.5
2 Woodlands Farm eggs (your way), bacon, Cumberland 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	
Full Vegan (ve)	17	Balans Benedicts	
Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast		Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:	
Cheese omelette (v)	10	Ham	13
Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes		Bacon	13
Breakfast burrito (v)	16	Spinach (v)	13
Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap		H Forman smoked salmon	16

OUR FAMOUS PANCAKES & FRENCH TOAST

American pancakes (v) 13.5	French Toast (v) 13	Fried chicken pancakes 14.5
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

Halloumi, chorizo, crushed avocado	4.5	Grilled chicken	6
Two Cumberland sausages	5.5	H. Forman smoked salmon	8
Bacon, mushroom, cheese, black pudding, baked beans	3	Two pancakes & fresh berries	7.5
Crispy Balans potatoes	4.5	Hash browns	4.5
Egg (your way)	2.8	Sourdough or gluten free (add jam 1.50)	

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SMALL PLATES

Cauliflower & pea pakoras (ve)	8	BBQ chicken wings	9/17
Mango chutney & mint yoghurt		Homemade BBQ sauce & spring onions	
Sticky pork belly bites	12	Crispy Brie (v)	10
Apple slaw, cashews & chilli jam		Panko crusted brie & sriracha honey	
Calamari	8.5	Moroccan lamb & apricot meatballs	10
Crispy calamari, aioli & lemon		Zhoug, fire roasted red pepper, mint & tomato relish, preserved lemon	
Padron peppers (ve)	9.5		
Roasted peppers & togarashi			

BIG PLATES

The Balans burger	20.5	Thai red curry	19
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries		Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Smashed avocado burger (ve)	20.5	Traditional Fish & chips	17.5
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato with fries		Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Cobb salad	19	Shepherd's pie	17.5
Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots		Mince lamb in a rich gravy, cheesy mash potatoes and seasonal roasted vegetables	
(without chicken and bacon 14.5)		Sausage & mash	15
Wholewheat vegetable pesto penne (ve)	15	Cumberland sausage, mashed potatoes & a rich red wine onion gravy	
Roasted fennel, olive, sundried tomato & vegan Parmesan (ve)		Moules marinière	17
Club sandwich	16	Steamed mussels in a garlic, white wine and cream sauce & sourdough bread	
Chargrilled chicken, Woodland farm fried egg, streaky bacon, crushed avocado & fries			

Try our famous and original recipe Porn Star Martini, served with a shot of Champagne



SIDES

Fries or Sweet potatoes fries	5.5
Mixed salad with Balans house dressing	4.5
Raasted seasonal vegetables	5

ADD-ONS

Halloumi, chorizo, crushed avocado	4.5
Bacon, cheese	3
Grilled chicken	6
H. Forman smoked salmon	8

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