

# BALANS

EST. SOHO 1987

## SMALL PLATES

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

## BIG PLATES

<b>The Balans burger</b>	<b>20.5</b>	<b>Thai red curry</b>	<b>19</b>
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	
<b>Smashed avocado burger (ve)</b>	<b>20.5</b>	<b>Traditional Fish &amp; chips</b>	<b>17.5</b>
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato with fries		Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
<b>Cobb salad</b>	<b>19</b>	<b>Shepherd's pie</b>	<b>17.5</b>
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)		<b>Sausage &amp; mash</b>	<b>15</b>
<b>Wholewheat vegetable pesto penne (ve)</b>	<b>15</b>	Cumberland sausage, mashed potatoes & a rich red wine onion gravy	
Roasted fennel, olive, sundried tomato & vegan Parmesan (ve)		<b>Moules marinière</b>	<b>17</b>
<b>Club sandwich</b>	<b>16</b>	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