

BALANS

EST. SOHO 1987

Crispy duck okonomiyaki	17	Steak & eggs	21.5
Pickled ginger, hoisin sauce, gochujang mayo, Woodlands Farm egg		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
Cheese & beans on toast (ve)	11	The Balans breakfast burger	15.5
Jalapeño cornbread, smoky beans, vegan feta & chipotle and maple butter		Sausage patty, house hash brown, fried egg, smoked cheese & rhubarb ketchup	
Proper porridge (v)	10	Mushroom bruschetta (v)	12
With milk, caramelised apple & cinnamon sugar		Toasted brioche, sautéed mushrooms, garlic and parsley butter, Woodlands farm fried egg & chimichurri	
H. Forman smoked salmon, avocado & scrambled egg	17.5	Potato flatbread with Merguez	15
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Grilled Merguez, labneh, roasted pepper and mint dressing & lemon tahini	
Full English	17	Breakfast burrito (v)	16
2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast		Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap	
Full Vegan (ve)	17	Eggs in hell (v)	12.5
Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast		2 Woodlands Farm eggs poached, spicy harrisa tomato sauce, served with crispy Balans potatoes & fire roasted peppers	
Cheese omelette (v)	10	High Society Eggs Benedict	21.5
Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes		1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce	
Two eggs any way (v)	7.5	Balans Benedicts	
Poached, fried, scrambled or boiled Woodlands Farm eggs on toast (add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)		Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:	
		Ham	13
		Bacon	13
		Spinach (v)	13
		H Forman smoked salmon	16

OUR FAMOUS PANCAKES & FRENCH TOAST

American pancakes (v) 13.5

With warm maple butter & a choice of bacon, banana or fresh berries

French Toast (v) 13

Eggy brioche with caramelised apples, oat granola & agave syrup

Fried chicken pancakes 14.5

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 or marmalade +1.5)	

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

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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 peppers & hazelnuts	

SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Truffle mac & cheese (v)	10
Cheddar crumb	
Gambas Pil Pil	12.5
Sautéed prawns in garlic and chilli oil, chargrilled bread, lemon & parsley	
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	15
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread	
Traditional Fish & Chips	17.5
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Truffle mushroom risotto (ve)	15
Seasonal mushrooms, Parmesan, parsley & truffle oil	
Chicken enchiladas	16
Black beans, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
Roasted cod	20
Braised puy lentils, roasted artichokes & buttered kale	
Beef Bourguignon	19
Braised beef in a rich red wine, bacon and mushroom sauce, carrot & swede puree, mashed potatoes	
Rib-eye steak	31
28 day aged rib-eye steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce	
Shepherd's pie	17.5
Mince lamb in a rich gravy, cheesy mash potatoes and seasonal roasted vegetables	

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
Roasted seasonal vegetables	4.5
Extra sauces	1

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