

BALANS

EST. SOHO 1987

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	18	Thai red curry	21
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun		Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Smashed avocado burger (ve)	18	Traditional Fish & chips	19.5
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato		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	5.5
Sweet potatoes fries	6.5
Truffle & Parmesan fries	7.5
Mixed salad with Balans house dressing	4.5
Roasted 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