

**BALANS**

EST. SOHO 1987

**SMALL PLATES**

<b>Manchego &amp; Serrano croquettes</b>	<b>10</b>
Paprika aioli	
<b>Truffle fried chicken</b>	<b>11.5</b>
Crisp oat fried chicken bound in truffle honey	
<b>H Formans smoked swordfish</b>	<b>11</b>
Jalapeño and buttermilk dressing, mango salsa & curry oil	
<b>Moroccan lamb &amp; apricot meatballs</b>	<b>10</b>
Zhoug, fire roasted red pepper, mint & tomato relish, preserved lemon	
<b>Quesadilla (v)</b>	<b>9.5</b>
Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
<b>Harissa roasted cauliflower taco (ve)</b>	<b>9</b>
Coriander hummus, dukkah, pomegranate dressing & coriander cress	
<b>Truffle mac &amp; cheese (v)</b>	<b>10.5</b>
Cheddar crumb	
<b>Pan fried scallops</b>	<b>16</b>
Cauliflower purée, crispy chorizo & pickled sea vegetables	

**SANDWICHES & SALADS**

<b>The Balans burger</b>	<b>18</b>
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun	
<b>Smashed avocado burger (ve)</b>	<b>18</b>
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato	
<b>Katsu chicken doughnut</b>	<b>17</b>
Panko chicken thigh, katsu mayo, pickled carrot slaw & fries	
<b>Non fish burger (ve)</b>	<b>17</b>
Moving Mountains fish finger, frickles, vegan tartare sauce, lettuce & fries	
<b>Cobb salad</b>	<b>19</b>
Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots (without chicken and bacon 14.5)	
<b>Sweet potato &amp; goat's cheese salad (v)</b>	<b>16</b>
Roasted sweet potatoes, caramelised goats cheese, freekeh, fire roasted peppers & hazelnuts	

**BIG PLATES**

<b>Rib-eye steak</b>	<b>31</b>
28 day aged rib-eye steak with pickled shallot salad, hand-cut chips & béarnaise sauce	
<b>Thai red curry</b>	<b>21</b>
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
<b>Squid ink linguine</b>	<b>18</b>
Preserved lemon, tomato, fennel & squid	
<b>Greek plate</b>	<b>15</b>
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, potato flatbread	
<b>Traditional Fish &amp; chips</b>	<b>19.5</b>
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
<b>Roasted chicken supreme</b>	<b>21</b>
Mashed potatoes, charred baby leeks, seasonal mushroom jus	
<b>Pan fried salmon</b>	<b>21</b>
Fondant potato, braised leeks, caviar & mussel sauce	
<b>Chicken enchiladas</b>	<b>17.5</b>
Black beans, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
<b>Beef Ragù Fusilli</b>	<b>17</b>
Slow braised beef in a rich tomato sauce, Parmesan & parsley	
<b>Confit duck leg</b>	<b>19.5</b>
Slow cooked duck leg, sherry lentils, gratin potatoes, buttered kale & a red wine jus	
<b>Asian Char Siu tofu (ve)</b>	<b>18</b>
Steamed rice, Asian greens, roasted cashew furikake & pickled carrot slaw	

**SIDES**

<b>Fries or hand-cut chips</b>	<b>5</b>
<b>New potatoes &amp; rosemary oil</b>	<b>4.5</b>
<b>Spinach</b>	<b>4.5</b>
<b>Mixed leaf salad</b>	<b>4.5</b>
<b>Roasted seasonal vegetables</b>	<b>4.5</b>

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

