

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)	12.5	The Balans breakfast burger	16
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	18	Potato flatbread with Merguez	15.5
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Grilled Merguez, labneh, roasted pepper and mint dressing & lemon tahini	
Full English	17.5	Breakfast burrito (v)	16.5
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)	17.5	Eggs in hell (v)	13
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)	11	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)	8	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	14.5
		Bacon	14.5
		Spinach (v)	14.5
		H Forman smoked salmon	17

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



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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