

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



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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SMALL PLATES

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

SANDWICHES & SALADS

The Balans burger	18
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun	
Smashed avocado burger (ve)	18
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato	
Katsu chicken doughnut	17
Panko chicken thigh, katsu mayo, pickled carrot slaw & fries	
Non fish burger (ve)	17
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	

BIG PLATES

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

SIDES

Fries or hand-cut chips	5
New potatoes & rosemary oil	4.5
Spinach	4.5
Mixed leaf salad	4.5
Roasted seasonal vegetables	4.5

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

