

# BALANS

EST. SOHO 1987

## DINNER

### 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	

### SMALL PLATES

<b>Manchego &amp; Serrano croquettes</b>	<b>10</b>
Paprika aioli	
<b>Truffle mac &amp; cheese (v)</b>	<b>10.5</b>
Cheddar crumb	
<b>Gambas Pil Pil</b>	<b>12.5</b>
Sautéed prawns in garlic and chilli oil, chargrilled bread, lemon & parsley	
<b>Truffle fried chicken</b>	<b>11.5</b>
Crisp oat fried chicken bound in truffle honey	
<b>Quesadilla (v)</b>	<b>9.5</b>
Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
<b>Harissa roasted cauliflower tacos (ve)</b>	<b>9</b>
Coriander hummus, dukkah, pomegranate dressing & coriander cress	
<b>Aubergine Parmigiano (ve)</b>	<b>10/18</b>
Roasted aubergine, rich tomato sauce & vegan parmesan	

### BIG PLATES

<b>BBQ half chicken</b>	<b>22</b>
Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw	
<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>Greek plate</b>	<b>15</b>
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread	
<b>Traditional Fish &amp; Chips</b>	<b>19.5</b>
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
<b>Truffle mushroom risotto (ve)</b>	<b>15</b>
Seasonal mushrooms, Parmesan, parsley & truffle oil	
<b>Chicken enchiladas</b>	<b>17.5</b>
Black beans, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
<b>Roasted cod</b>	<b>20</b>
Braised puy lentils, roasted artichokes & buttered kale	
<b>Beef Bourguignon</b>	<b>19</b>
Braised beef in a rich red wine, bacon and mushroom sauce, carrot & swede puree, mashed potatoes	
<b>Rib-eye steak</b>	<b>31</b>
28 day aged rib-eye steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce	
<b>Shepherd's pie</b>	<b>17.5</b>
Mince lamb in a rich gravy, cheesy mash potatoes and seasonal roasted vegetables	

### SIDES

<b>Fries or hand-cut chips</b>	<b>5</b>
<b>Crispy Balans potatoes</b>	<b>4.5</b>
<b>New potatoes with 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>
<b>Extra sauces</b>	<b>1</b>

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