

BALANS

EST. SOHO 1987

BREAKFAST

Full English	17.5	Steak & eggs	21.5
2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast		Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri	
Full Vegan (ve)	17.5	H. Forman smoked salmon, avocado & scrambled egg	18
Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast		H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast	
Cheese omelette (v)	11	Balans Benedicts	
Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes		Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:	
Breakfast burrito (v)	16.5	Bacon	14.5
Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap		Spinach (v)	14.5
		H Forman smoked salmon	17

SANDWICHES

Sausage/bacon splash	8	Spanish chicken & chorizo	10
Sausage or bacon & crispy Balans potatoes		Chicken, chorizo & Mexicana cheese with smoked paprika aioli	
Green Goddess	9.5	Cobb sandwich	9.5
Avocado, greens and vegan pesto		Chicken, bacon, blue cheese and egg	
Cheese salad	6	Egg, mayo & watercress	6.5
Salad, cheese & onion		Salad, egg & mayo	

OUR FAMOUS PANCAKES & FRENCH TOAST

American pancakes (v) 13.5

With warm maple butter & a choice of bacon, banana or fresh berries

French Toast (v) 13

Eggy brioche with caramelised apples, oat granola & agave syrup

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, baked beans	3	Two pancakes & fresh berries	7.5
Crispy Balans potatoes	4.5	Sourdough or gluten free	3.5

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

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SMALL PLATES

Sticky pork belly bites	12	Chicken gyozas	9.5
Apple slaw, cashews & chilli jam		Chicken filled dumplings with an Asian dip	
Calamari	8.5	Quesadilla (v)	9.5
Crispy calamari, aioli & lemon		Tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	

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 or vegetables in a Thai red curry sauce with cashews & jasmine rice	
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		
Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots			
(without chicken and bacon 14.5)			
Club sandwich	16		
Chargrilled chicken, Woodland farm fried egg, streaky bacon, crushed avocado & fries			



SIDES

Fries	5.5
Mixed salad with Balans house dressing	4.5

ADD-ONS

Grilled chicken	6
H. Forman smoked salmon	8
Halloumi, chorizo, crushed avocado	4.5

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