

BALANS

EST. SOHO 1987

LUNCH

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	

SMALL PLATES

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

BIG PLATES

BBQ half chicken	22
Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw	
Thai red curry	21
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Greek plate	15
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread	
Traditional Fish & Chips	19.5
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Truffle mushroom risotto (ve)	15
Seasonal mushrooms, Parmesan, parsley & truffle oil	
Chicken enchiladas	17.5
Black beans, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
Roasted cod	20
Braised puy lentils, roasted artichokes & buttered kale	
Beef Bourguignon	19
Braised beef in a rich red wine, bacon and mushroom sauce, carrot & swede puree, mashed potatoes	
Rib-eye steak	31
28 day aged rib-eye steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce	
Shepherd's pie	17.5
Mince lamb in a rich gravy, cheesy mash potatoes and seasonal roasted vegetables	
SIDES	
Fries or hand-cut chips	5
Crispy Balans potatoes	4.5
New potatoes with rosemary oil	4.5
Spinach	4.5
Mixed leaf salad	4.5
Roasted seasonal vegetables	4.5
Extra sauces	1