

Nº.60

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, Woodland 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)	3.5

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

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BALANS

OLD COMPTON STREET

SANDWICHES

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

SMALL PLATES

Manchego & Serrano croquettes	10	Smokey bean tacos (ve)	9.5
Paprika aioli		Smashed avocado, house beans, vegan sour cream & pickles	
Truffle mac & cheese (v)	10.5	Quesadilla (v)	9.5
Cheddar crumb		Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
Chickpea falafels (ve)	9	Spiced calamari	12.5
Hummus, pomegranate molasses & grilled flatbread		With pickled sea vegetables & Korean spiced mayo	
Truffle fried chicken	11.5		
Crisp oat fried chicken bound in truffle honey			

BIG PLATES

Squid ink linguine	18	Malaysian Curry	19
Preserved lemon, tomato, fennel & squid dressing		Chicken, shrimp or vegetables, Malaysian spices, toasted macadamia, mangetout & jasmine rice	
Cobb salad	19	Chicken enchiladas	17.5
Chicken, bacon, Cashel Blue cheese, avocado, Woodlands Farm egg, ranch dressing, crisp shallots		Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	
(without chicken and bacon 14.5)		Traditional Fish & Chips	19.5
Rib-eye steak	35	Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Smoked bone marrow butter, burnt onion and mushroom ketchup, hand-cut chips and truffle mac & cheese		Vegetable Pad Thai (ve)	16.5
BBQ half chicken	22	Wok fried broccoli, carrots, courgettes and bean sprouts, rice noodles, spicy peanut & tamarind sauce	
Roasted chicken, Balans BBQ sauce with smokey beans & coleslaw			

add chicken, shrimp 3

SIDES

Roasted vegetables	5	Fries or hand-cut chips	5
Mixed leaf salad	4.5	Crispy Balans potatoes	4.5
Balans house dressing		New potatoes	5.5
Spinach	4.5	Extra sauces	1

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