

DINNER

CAFE • BAR
BALANS
EST. SOHO 1987

Vegetarian (V)
Vegan (VE)
Please inform your server of any allergies.

STARTERS

MANCHEGO & SERRANO CROQUETTES 10

Paprika ailoi

TRUFFLE FRIED CHICKEN 11.5

Crisp oat fried chicken bound in truffle honey

CRISPY COCONUT PRAWNS 9.5/14.5

Sweet and sour red pepper dressing & mango salsa

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

SMOKEY BEAN TACOS (VE) 9.5

Smashed avocado, house beans, vegan sour cream & pickles

TRUFFLE MAC & CHEESE (V) 10.5

Cheddar crumb

SIDES

FRIES OR HAND CUT CHIPS 5

NEW POTATOES WITH ROSEMARY OIL 4.5

SPINACH 4.5

MIXED LEAF SALAD 4.5

SEASONAL VEGETABLES 5

SANDWICHES & SALADS

THE BALANS BURGER 18

100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & a 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

MAINS

CHICKEN CHIMICHANGAS 16.5

Pulled chicken, Mexicana cheese, black beans, spicy tomato sauce wrapped in tortilla, deep fried, with avocado purée, salsa fresca & sour cream

MALAYSIAN CURRY (VE) 19

Chicken, shrimp or vegetables. Malaysian spices, toasted macadamia, mangetout & jasmine rice

GREEK PLATE 15

Tzatziki, taramasalata, hummus, dolmades, feta & olives dressed salad, flatbread

TRADITIONAL FISH & CHIPS 19.5

Beer battered haddock, hand-cut chips, mushy peas & tartare sauce

PESTO CHICKEN SUPREME 21

Smoked tomato risotto, grilled courgettes & basil oil

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, Woodland Farm egg, ranch dressing & crisp shallots without chicken and bacon 14.5

SWEET POTATOES & GOAT'S CHEESE SALAD (V) 16

Roasted sweet potatoes, caramelised goats cheese, freekeh, fire roasted peppers & hazelnuts

ROASTED SALMON CAESAR SALAD 20

Classical Caesar salad, croutons, Parmesan & anchovies

BEEF RAGU FUSILLI 17

Slow braised beef in a rich tomato sauce, Parmesan & parsley

VEGETABLE PAD THAI (VE) 16.5

Wok fried broccoli, mangetout and bean sprouts, rice noodles, spicy peanut & tamarind sauce add chicken, shrimp 3

RIB-EYE STEAK 31

28 day aged rib-eye steak with house salad pickled shallots, hand-cut chips & béarnaise sauce

SOMETHING SWEET

STICKY TOFFEE PUDDING 10

Caramel sauce, clotted cream ice cream

WARM DARK CHOCOLATE FONDANT 10

Crème fraîche, chocolate soil & a passion fruit gel

BAKED VANILLA CHEESECAKE 10

Spiced apple and pear compôte, cranberry & orange sauce

LEMON TART 10

Lychee gel, fresh grapefruit, orange & coconut granola, served with clementine sorbet

WARM DOUGHNUTS 10

With crème pâtissière & chocolate sauce

SCOOP OF ICE CREAM UNION ICE CREAM OR SORBET 3

Please ask your server for today's available flavours

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