

DINNER

CAFE • BAR
BALANS
EST. SOHO 1987

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

STARTERS

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	
POPCORN FRIED CHICKEN	10
Crispy popcorn coated fried chicken, smoked paprika aioli & Korean BBQ sauce	
BIGG MC QUESADILLA	12
Crispy flour tortilla stuffed with ground beef, Red Leicester cheese, dill pickle gherkin, burger sauce & sesame seeds	
CAULIFLOWER & PEA PAKORAS (VE)	8.5
Mango chutney & mint yoghurt	
CHARGRILLED VEGETABLE FLATBREAD (V)	10/18
Warm tomato fondu, chargrilled courgette and peppers, smoked tomatoes, vegan feta & pesto	
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
SEASONAL VEGETABLES	5
EXTRA SAUCES	1

SANDWICHES & SALADS

HOT DOG	15	ANCIENT GRAINS & VEG SALAD (VE)	12.5
Pork dog, housemade brioche roll, caramelised onions, American mustard, ketchup, jalapeños & fries		Roasted fennel, grilled courgette, toasted walnuts, orange & grain mustard dressing	
THE BALANS BURGER	18	COBB SALAD	19
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & a red onion marmalade in a brioche bun		Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodland Farm egg, ranch dressing & crisp shallots	
SMASHED AVOCADO BURGER (VE)	18	without chicken and bacon 14.5	
Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce & tomato		SWEET POTATOES & GOAT'S CHEESE SALAD (V)	16
KATSU CHICKEN DOUGHNUT	17	Roasted sweet potatoes, caramelised goats cheese, freekeh, fire roasted peppers & hazelnuts	
Panko chicken thigh, katsu mayo, pickled carrot slaw & fries			

MAINS

JERK HALF CHICKEN	21.5	CHICKEN CHIMICHANGAS	16.5
Rice and peas, pineapple and chilli chutney & jerk sauce		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	ROASTED SALMON	19.5
Chicken, shrimp or vegetables. Malaysian spices, toasted macadamia, mangetout & jasmine rice		Charred broccoli, sautéed new potatoes, saffron aioli, crispy capers & chive oil	
GREEK PLATE	15	RIB-EYE STEAK	31
Tzatziki, taramasalata, hummus, dolmades, feta & olives dressed salad, flatbread		28 day aged rib-eye steak with house salad pickled shallots, hand-cut chips & béarnaise sauce	
TRADITIONAL FISH & CHIPS	19.5	VEGETABLE PAD THAI (VE)	16.5
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce		Wok fried broccoli, mangetout and bean sprouts, rice noodles, spicy peanut & tamarind sauce	
RIBS & WINGS COMBO	26.5	add chicken, shrimp 3	
Half rack of pork ribs, chicken wings, housemade Dr Pepper BBQ sauce, slaw & fries			

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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