

Nº.60

BALANS

EST. SOHO 1987

Chorizo con papas	14	House granola	8
Crispy chorizo and Balans potatoes Woodlands Farm fried eggs, salsa fresca		Summer berries purée, Greek style yoghurt & house granola	
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	
Steak & eggs	21.5	Mushroom bruschetta (v)	12
Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri		Toasted brioche, sautéed mushrooms, garlic and parsley butter, Woodland farm fried egg & chimichurri	
H. Forman smoked salmon, avocado & scrambled egg	18	Breakfast burrito (v)	16.5
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, spiced tomato in a tortilla wrap & sour cream	
Full English	17.5	Eggs in hell (v)	13
2 Woodlands Farm eggs (your way), bacon, Cumberland 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	
Full Vegan (ve)	17.5	High Society Eggs Benedict	21.5
Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast		1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce	
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:	
Two eggs any way (v)	8	Ham	14.5
2 Woodlands Farm eggs on toast (add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)		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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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 & a 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

Seafood fettucine	17	Malaysian Curry	19
Prawns, crayfish, soft herb lemon & cream sauce		Chicken, shrimp or vegetables, Malaysian spices, toasted macadamia, mangetout & jasmine rice	
Cobb salad	19	Chicken chimichangas	16.5
Chicken, bacon, Cashel Blue cheese, avocado, Woodlands Farm egg, ranch dressing, crisp shallots		Pulled chicken, Mexicana cheese, black beans, spicy tomato sauce wrapped in tortilla, deep fried, with avocado purée, salsa fresca & 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		Pea, courgette & lemon risotto	14
Jerk half chicken	21.5	Arborio rice, broad beans, herbs, avocado purée & vegan parmesan	
Rice and peas, pineapple and chili chutney & jerk sauce			

SIDES

Seasonal 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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