

Nº.60  
**BALANS**

EST. SOHO 1987

<b>Chorizo con papas</b>	<b>14</b>	<b>House granola</b>	<b>8</b>
Crispy chorizo and Balans potatoes Woodlands Farm fried eggs, salsa fresca		Greek style yoghurt, seasonal berry purée & house granola	
<b>Cheese &amp; beans on toast (ve)</b>	<b>12.5</b>	<b>Breakfast burrito (v)</b>	<b>16.5</b>
Jalapeño cornbread, smoky beans, vegan feta & chipotle and maple butter		Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, spiced tomato in a tortilla wrap & sour cream	
<b>Steak &amp; eggs</b>	<b>21.5</b>	<b>Eggs in hell (v)</b>	<b>13</b>
Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri		2 Woodlands Farm eggs poached, spicy harrisa tomato sauce, served with crispy Balans potatoes & fire roasted peppers	
<b>H. Forman smoked salmon, avocado &amp; scrambled egg</b>	<b>18</b>	<b>Balans Benedicts</b>	
H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast		Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:	
<b>Full English</b>	<b>17.5</b>	<b>Ham</b>	<b>14.5</b>
2 Woodlands Farm eggs (your way), bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast		<b>Bacon</b>	<b>14.5</b>
<b>Cheese omelette (v)</b>	<b>11</b>	<b>Spinach (v)</b>	<b>14.5</b>
Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes		<b>H Forman smoked salmon</b>	<b>17</b>

**OUR FAMOUS PANCAKES & FRENCH TOAST**

<b>American pancakes (v) 13.5</b>	<b>French Toast (v) 13</b>	<b>Fried chicken pancakes 14.5</b>
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**

<b>Halloumi, chorizo, crushed avocado</b>	<b>4.5</b>	<b>Grilled chicken</b>	<b>6</b>
<b>Two Cumberland sausages</b>	<b>5.5</b>	<b>H. Forman smoked salmon</b>	<b>8</b>
<b>Bacon, mushroom, cheese, black pudding, baked beans</b>	<b>3</b>	<b>Two pancakes &amp; fresh berries</b>	<b>7.5</b>
<b>Crispy Balans potatoes</b>	<b>4.5</b>	<b>Hash browns</b>	<b>4.5</b>
<b>Egg (your way)</b>	<b>2.8</b>	<b>Sourdough or gluten free (add jam or marmalade +1.5)</b>	<b>3.5</b>

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OLD COMPTON STREET

## SMALL PLATES

<b>Ham hock &amp; tarragon croquettes</b>	<b>7</b>	<b>Quesadilla (v)</b>	<b>9.5</b>
Cauliflower cheese puree & homemade Piccalilli		Crispy tortilla with Mexicana cheese, spring onion, tomatillo & chipotle salsa, sour cream	
<b>Chickpea falafels (ve)</b>	<b>9</b>	<b>Spiced calamari</b>	<b>12.5</b>
Hummus, pomegranate molasses & grilled flatbread		With pickled sea vegetables & Korean spiced mayo	
<b>Truffle fried chicken</b>	<b>11.5</b>		
Crisp oat fried chicken bound in truffle honey			

## BIG PLATES

<b>Seafood fettuccine</b>	<b>17</b>	<b>Thai Red Curry</b>	<b>21</b>
Prawns, crayfish, soft herb lemon & cream sauce		Chicken, shrimp or vegetables in a Thai red curry sauce & jasmine rice	
<b>Cobb salad</b>	<b>19</b>	<b>Chicken chimichangas</b>	<b>16.5</b>
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)		<b>Traditional Fish &amp; Chips</b>	<b>19.5</b>
<b>Rib-eye steak</b>	<b>31</b>	Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
28 day aged rib-eye steak with house salad pickled shallots, hand-cut chips & béarnaise sauce		<b>Katsu chicken doughnut</b>	<b>17</b>
<b>Cheeseburger</b>	<b>19</b>	Panko chicken thigh, katsu mayo, pickled carrot slaw & fries	
100% British chuck steak patty, Red Leicester, lettuce, dill pickle, tomato, red onion marmalade, brioche bun & fries		<b>Ancient grains &amp; vegetable salad (ve)</b>	<b>12.5</b>
<b>Smashed avocado burger (ve)</b>	<b>19</b>	Roasted fennel, roasted carrots, toasted walnuts, orange & grain mustard dressing	
Moving Mountains patty, smashed avocado, vegan dill mayo, lettuce, tomato & fries			
<b>Vegetable pad thai (ve)</b>	<b>16.5</b>		
Wok fried broccoli, mangetout and bean sprouts, rice noodles, spicy peanut & tamarind sauce			
add chicken or shrimp 3			

## SIDES

<b>Mixed leaf salad</b>	<b>4.5</b>	<b>Fries or hand-cut chips</b>	<b>5</b>
Balans house dressing		<b>Crispy Balans potatoes</b>	<b>4.5</b>
<b>Spinach</b>	<b>4.5</b>	<b>New potatoes</b>	<b>5.5</b>
		<b>Extra sauces</b>	<b>1</b>

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Please inform your server of any allergies.