

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		

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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

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SANDWICHES & SALADS

Hot dog	15
Pork dog, housemade brioche roll, caramelised onions, American mustard, ketchup, jalapeños & fries	
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	
Ancient grains and vegetables salad (ve)	12.5
Roasted fennel, grilled courgette, toasted walnuts, orange & grain mustard dressing	
Cobb salad	19
Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodlands Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	
Sweet potato & goat's cheese salad (v)	16
Roasted sweet potatoes, caramelised goats cheese, freekeh, fire roasted peppers & hazelnuts	

SMALL PLATES

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 fondue, chargrilled courgette and peppers, smoked tomatoes, vegan feta & pesto	

BIG PLATES

Jerk half chicken	21.5
Rice and peas, pineapple & chilli chutney & jerk sauce	
Malaysian Curry	19
Chicken, shrimp or vegetables, Malaysian spices, toasted macadamia, mangetout & jasmine rice	
Greek plate	15
Tzatziki, taramasalata, hummus, dolmades, feta & olive dressed salad, flatbread	
Traditional Fish & Chips	19.5
Beer battered haddock, hand-cut chips, mushy peas & tartare sauce	
Ribs and wings combo	26.5
Half rack of ribs, chicken wings, housemade Dr Pepper BBQ sauce, slaw & fries	
Chicken chimichangas	16.5
Pulled chicken, Mexican cheese, black beans, spicy tomato sauce wrapped in tortilla, deep fried, with avocado purée, salsa fresca & sour cream	
Roasted salmon	19.5
Charred broccoli, sautéed new potatoes, saffron aioli, crispy capers & chive oil	
Rib-eye steak	31
28 day aged rib-eye steak with house salad, pickled shallots, hand-cut chips & béarnaise sauce	
Vegetable Pad Thai (ve)	16.5
Wok fried broccoli, mangetout and bean sprouts, rice noodles, spicy peanut & tamarind sauce	
add chicken / shrimp	3

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