

# BALANS

*EAST*

EST. SOHO 1987

Vegetarian (V)  
Vegan (VE)

Please inform your server of any allergies.

## BREAKFAST

### STEAK & EGGS 21.5

Bavette steak and 2 Woodlands Farm eggs (your way), with crispy Balans potatoes & chimichurri

### CHORIZO CON PAPAS 14

Crispy chorizo and Balans potatoes Woodlands farm fried eggs, salsa fresca

### CHEESE & BEANS ON TOAST (VE) 12.5

Jalapeño cornbread, smoky beans, vegan feta & chipotle and maple butter

### H.FORMAN SMOKED SALMON, AVOCADO AND SCRAMBLED EGGS 18

H. Forman smoked salmon with scrambled Woodlands Farm eggs, crushed avocado & toast

### TWO EGGS ANY ANY (V) 8

Poached, fried or scrambled Woodlands Farm eggs on toast  
(add crispy bacon +3, sausages +5.5 or crushed avocado +4.5)

## 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

### ROASTED VEGETABLES 5

### EXTRA SAUCES 1

### FULL VEGAN (VE) 17.5 FULL ENGLISH 17.5

Scrambled tofu, bacon, sausage, field mushroom, beans, crispy Balans potatoes & toast

2 Woodlands Farm eggs, bacon, Cumberland sausage, field mushroom, beans, crispy Balans potatoes & toast

### THE BALANS BREAKFAST BURGER 16 MUSHROOM BRUSCHETTA (V) 12

Sausage patty, house hash brown, fried egg, smoked cheese & rhubarb ketchup

Toasted brioche, sautéed mushrooms, garlic and parsley butter, Woodland farm fried egg & chimichurri

### CHEESE OMELETTE (V) 11 HIGH SOCIETY EGGS BENEDICT 21.5

Woodlands Farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes

1/2 lobster, poached Woodlands Farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce

### BREAKFAST BURRITO (V) 16.5

Scrambled Woodlands Farm eggs, halloumi, crispy Balans potatoes, sour cream & spiced tomato in a tortilla wrap

**BALANS BENEDICTS**  
Poached Woodlands Farm eggs, homemade Hollandaise sauce on an English muffin, with the choice of the following:

### EGGS IN HELL (V) 13

2 Woodlands Farm eggs poached, spicy harrisa tomato sauce, served with crispy Balans potatoes & fire roasted peppers

HAM 14.5  
BACON 14.5  
SPINACH (V) 14.5  
H FORMAN SMOKED SALMON 17

### HOUSE GRANOLA 8

Greek style yoghurt, seasonal berry puree & house granola

## ADD-ONS

### HALLOUMI 4.5 GRILLED CHICKEN 6

### CHORIZO 4.5 H.FORMAN SMOKED SALMON 8

### CRUSHED AVOCADO 4.5 TWO PANCAKES & FRESH BERRIES 7.5

### TWO CUMBERLAND SAUSAGES 5.5 HASH BROWNS 4.5

### BACON, MUSHROOM, CHEESE 3 SOURDOUGH OR GLUTEN FREE 3.5

### BLACK PUDDING, BAKED BEANS 3

### EGG (YOUR WAY) 2.8

Proudly serving Julius Meinl premium coffee, using the finest Arabica coffee beans from high quality farms all over the world



## SOMETHING SWEET

### AMERICAN PANCAKES (V) 13.5

With warm maple butter & a choice of bacon, banana or fresh berries

### FRENCH TOAST (V) 13

Eggy brioche with caramelised apples, oat granola & agave syrup

### FRIED CHICKEN PANCAKES 14.5

with kimchi salad, oat friend chicken & spicy korean honey

## VEGAN OPTION

### FRESH BERRY PANCAKES (VE) 13

With warm maple syrup

### BANANA PANCAKES (VE) 13

With warm maple syrup

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BALANS STRATFORD

GROUND FLOOR, 123 THE STREET WESTFIELD E20 1EN

BALANSSTRATFORD@BALANS.CO.UK

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## 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 &amp; parsley

### POPCORN FRIED CHICKEN 10

Crispy popcorn coated fried chicken, smoked paprika aioli &amp; Korean honey

### BIGG MC QUESADILLA 12

Crispy flour tortilla stuffed with ground beef, Red Leicester cheese, dill pickle gherkin, burger sauce &amp; sesame seeds

### CAULIFLOWER & PEA PAKORAS (VE) 8.5

Mango chutney &amp; mint yoghurt

### CHARGRILLED VEGETABLE FLATBREAD (V) 8.5/14

Squash puree, roasted squash, harissa, vegan feta &amp; toasted almonds

## 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

### ROASTED VEGETABLES 5

### EXTRA SAUCES 1

## SANDWICHES & SALADS

### HOT DOG 15

Pork dog, housemade brioche roll, caramelised onions, American mustard, ketchup, jalapeños &amp; fries

### THE BALANS BURGER 18

100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato &amp; a red onion marmalade in a brioche bun

### SMASHED AVOCADO BURGER (VE) 18

Moving Mountains patty, vegan dill mayo, vegan bacon, lettuce &amp; tomato

### KATSU CHICKEN DOUGHNUT 17

Panko chicken thigh, katsu mayo, pickled carrot slaw &amp; fries

## MAINS

### CHICKEN, LEEK & MUSHROOM PIE 14.5

Puff pastry and creamy mash

### THAI RED CURRY (VE) 19

Chicken, shrimp or vegetables in a Thai red curry sauce with cashews &amp; jasmine rice

### GREEK PLATE 15

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

### TRADITIONAL FISH & CHIPS 19.5

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

### RIBS & WINGS COMBO 26.5

Half rack of pork ribs, chicken wings, housemade Dr Pepper BBQ sauce, slaw &amp; fries

### ANCIENT GRAINS & VEG SALAD (VE) 12.5

Roasted fennel, roasted squash, toasted walnuts, orange &amp; grain mustard dressing

### COBB SALAD 19

Chicken, bacon, Cashel Blue cheese, avocado, water cress, Woodland Farm egg, ranch dressing &amp; 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 &amp; hazelnuts

### CHICKEN CHIMICHANGAS 16.5

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

### ROASTED SALMON 19.5

Charred broccoli, sautéed new potatoes, saffron aioli, crispy capers &amp; chive oil

### RIB-EYE STEAK 31

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

### VEGETABLE PAD THAI (VE) 16.5

Wok fried broccoli, mangetout and bean sprouts, rice noodles, spicy peanut &amp; tamarind sauce

add chicken or shrimp 3

## SOMETHING SWEET

### STICKY TOFFEE PUDDING 10

Caramel sauce, clotted cream ice cream

### WARM DARK CHOCOLATE FONDANT 10

Crème fraîche, chocolate soil &amp; a passion fruit gel

### BAKED VANILLA CHEESECAKE 10

Spiced apple and pear compôte, cranberry &amp; orange sauce

### LEMON TART 10

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

### WARM DOUGHNUTS 10

With crème pâtissière &amp; 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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ABANDON ALL PLANS