

ALL-DAY BRUNCH

Eggs Benedict / Florentine ^V	11	French toast ^V	9.5
Royale	12.5	Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon	
Poached woodland farm eggs with a choice of ham, H. Forman smoked salmon or spinach on an English muffin, with homemade Hollandaise sauce			
Lobster Benedict	18.5	Breakfast burrito ^V	10
1/2 lobster, poached woodland farm eggs, avocado & crispy bacon on an English muffin, with homemade Hollandaise sauce		Spicy scrambled woodland farm eggs in a tortilla wrap with Mexicana cheese, homemade salsa & sour cream	
Steak & eggs	16	Cheese omelette ^V	9
Bavette steak & 2 woodland farm eggs, cooked to your liking, with crispy Balans potatoes & chimichurri		Woodland farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
Full English	12.5	Two eggs anyway ^V	6.5
2 woodland farm eggs (any way), bacon, Cumberland sausage, field mushroom, tomatoes, crispy Balans potatoes & toast		Poached, fried, scrambled or boiled woodland farm eggs on sourdough, granary or gluten free toast (add crispy bacon, sausage for +2 or sliced avocado for +3)	
Eggs in hell ^V	9.5	Proper porridge ^V	4.5
2 woodland farm eggs poached, fiery tomato sauce, served with crispy Balans potatoes & Parmesan cheese		With milk & a squeeze of honey	

Salmon avocado & scrambled egg	13
H. Forman smoked salmon with scrambled woodland farm eggs, avocado & toast	

Avocado & quinoa bruschetta ^V	9
Halloumi, cherry tomatoes, homemade pesto & balsamic glaze	

OUR FAMOUS PANCAKES

American pancakes ^V	11
With warm maple butter and a choice of bacon, banana or berries	

Vegan pancakes ^{Ve}	11
With maple syrup and a choice of banana or berries	

French toast ^V	9.5
Eggy brioche with pecans, caramelised banana & warm maple butter with a pinch of cinnamon	
Breakfast burrito ^V	10
Spicy scrambled woodland farm eggs in a tortilla wrap with Mexicana cheese, homemade salsa & sour cream	
Cheese omelette ^V	9
Woodland farm egg omelette with mature English cheddar, fine herbs & crispy Balans potatoes	
Two eggs anyway ^V	6.5
Poached, fried, scrambled or boiled woodland farm eggs on sourdough, granary or gluten free toast (add crispy bacon, sausage for +2 or sliced avocado for +3)	
Proper porridge ^V	4.5
With milk & a squeeze of honey	

ADD-ONS

Halloumi, chorizo	3.5
2 slices of toast	2
Sourdough, granary or gluten free (add jam or homemade marmalade for £1.5)	

Bacon, mushroom, egg, sausage, cheese, black pudding, baked beans	2
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Avocado	3
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H. Forman smoked salmon	6
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Grilled chicken	5
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Two pancakes & fruit	6
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SANDWICHES

The Balans Burger	17.5
100% British beef patty, topped with Red Leicester cheese, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	

Cajun & chipotle vegan burger ^{V Ve}	16.5
Smoky Cajun chickpea relish, crispy onion ring, Moving Mountains B12 patty, chipotle mayo with charcoal and chia seed bun	

Togarashi buttermilk chicken doughnut	9.5
Togarashi marinated fried chicken, Japanese kewpie slaw, pickles, smoked bacon, Red Leicester cheese & gochujang ketchup, in a doughnut	

Miso salmon burger	16
Wasabi & coriander aioli, Ajadt Thai cucumber relish in a brioche bun, with fries	

Falafel & hummus wrap ^{V Ve}	8.5
Pickles, tomato and sweet chilli sauce	

SIDES

Fries or hand-cut chips	4
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Mash	4
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Roasted root veg	4
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Spinach	4
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Truffled cauliflower cheese	4
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Mixed leaf salad	4
With Balans house dressing	

LUNCH & DINNER

SMALL PLATES

Parmesan churros	8.5
Black garlic & truffle aioli	

Beetroot cured salmon	12
Burnt orange, pickled beets, watercress & horseradish crème fraîche, seed cracker	

Beef ragu mac & cheese	8
Truffle oil, parsley crumb	

Seasonal mushroom parfait ^{Ve}	9
Port gel, toasted sourdough, fig chutney, dressed salad	

Roasted squash flatbread ^V	10
Roasted & puréed squash, pickled walnuts, seasonal mushroom, roasted brussels sprouts, parmesan	

Braised squid stew	8.5/15
Saffron potatoes, crispy capers & tapenade dressing	

Manchego & serrano croquettes	8
Paprika aioli	

Three cheese quesadilla ^V	8
Crispy tortilla with Mexicana, Monterey Jack & soft cheese, tomatillo and chipotle salsa, and sour cream	

Chicken enchiladas	11.5
Black beans, Monterey Jack cheese, spiced tomato sauce; in a grilled tortilla with melted Mexicana cheese & sour cream	

BIG PLATES

Kerala curry ^{Ve}	16.5
Chicken, shrimp, or vegetables, coconut, cashews, jasmine rice	

Squid ink linguine	17
Preserved lemon, tomato, fennel & squid dressing, bottarga	

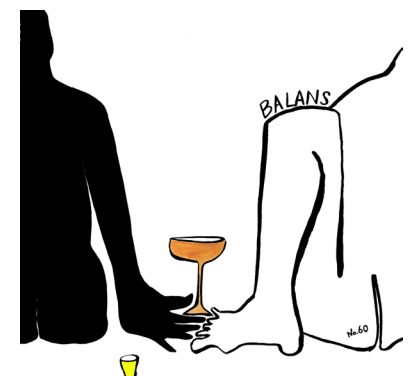
Fish & chips	16.5
Day-boat caught white fish from the British Isles, hand-cut chips & mushy peas	

Corn-fed chicken	17
Braised leg in a sake broth, shiitake and oyster mushrooms, roasted Chinese cabbage noodles, togarashi, miso roasted breast, puffed rice	

Mushroom bourguignon ^{Ve}	16
Mixed mushrooms, carrots, rich red wine gravy, truffled celeriac mash	

Rib-eye steak	29.5
Porcini & smoked bone marrow butter, burnt onion & mushroom ketchup, duck fat wedges	

Chicken & bacon cobb salad	14
Cashel blue cheese, avocado, watercress, cos lettuce and ranch dressing (without chicken & bacon = 10)	



Nº.60

BALANS

EST. SOHO 1987

