

Nº.60
BALANS

EST. SOHO 1987

SMALL PLATES

Seasonal mushroom parfait ^{Ve}	9
Port gel, toasted sourdough, fig chutney, dressed salad	
Braised squid stew	8.5/15
Saffron potatoes, crispy capers & tapenade dressing	
King oyster mushroom yakitori ^{Ve}	8/15
Tare sauce, cauliflower & coconut purée, toasted peanuts, bang bang dressing	
Curried scallops	13/20
Spiced pumpkin, toasted seeds, apple & ginger dressing	
Beetroot cured salmon	12
Burnt orange, pickled beets, watercress & horseradish crème fraîche, seed cracker	
Ham hock terrine	8
Spiced apple chutney, toasted sourdough	
Beef ragu mac & cheese	8
Truffle oil, parsley crumb	
Parmesan churros ^V	8.5
Black garlic & truffle aioli	
Roasted squash flatbread ^V	10
Roasted and puréed squash, pickled walnuts, seasonal mushroom, roasted Brussels Sprouts, parmesan	
Glazed beef cheek	12.5
Tempura oyster, cardamom roasted carrot, miso turnips, crispy onion	
Maple roasted heritage carrots ^{Ve}	8
Squash, pickled pumpkin, beets gel, shaved chesnut, cumin yoghurt	

BIG PLATES

Roasted hake	18.5
Cep mushroom risotto, roast baby leeks, salsify, raw chestnut mushrooms, pickled cockle vinaigrette, parsley oil	
Pork T-bone	18.5
Roasted root veg, pommes purée, prune, caramelised apple & Calvados jus, pickled walnuts	
Loin of venison	29.5
Chesnut gnocchi, venison faggot, seasonal mushrooms, cranberry, star anise sauce, cavolo nero	
Seared salmon	18.5
Caramelised cauliflower & yoghurt purée, roast cauliflower, sherry pickled girolle mushrooms, fèves, lentils	
Kerala curry ^{Ve}	16.5
Chicken, shrimp, or vegetables, coconut, cashews, jasmine rice	
Roasted duck breast	21
Rendang duck samosa, tamarind lentils, turnips, Tsukemon plum ketchup	
Squid ink linguine	17
Preserved lemon, tomato, fennel & squid dressing, bottarga	
Corn-fed chicken	17
Braised leg in a sake broth, shiitake and oyster mushrooms, roasted Pak choi, noodles, togarashi, miso roasted breast, puffed rice	
The Balans Burger	17.5
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade, brioche bun, fries	
Cajun & chipotle vegan burger ^{Ve}	16.5
Moving Mountains B12 patty, smoky Cajun chickpea relish, crispy onion ring, chipotle mayo, charcoal & chia seed bun, fries	
Fish & chips	16.5
Dayboat caught white fish from the British Isles, hand-cut chips & mushy peas	
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 potato wedges	

SIDES

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

DAILY SPECIALS

PLEASE ASK YOUR SERVER

^VVegetarian ^{Ve}Vegan

Please ask your server about our detailed allergen menu. An optional service charge of 12.5% will be added to your bill.

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