

BALANS

EST. SOHO 1987

LUNCH & DINNER

SANDWICHES

The Balans burger	19.5
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, dill pickle, tomato & red onion marmalade in a brioche bun with fries	
Korean vegan burger (ve)	18.5
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion with fries	
BBQ pork doughnut	16
BBQ glazed shredded pork, crackling & pickled chillis with fries	
Falafel & hummus wrap (ve)	16
Pickles, tomato and sweet chilli sauce with fries	

SMALL PLATES

Manchego & Serrano croquettes	10
Paprika aioli	
Truffle mac & cheese (v)	10
Parmesan crumb	
Spiced calamari	12
With pickled sea vegetables & Korean spiced mayo	
Truffle fried chicken	9
Crisp oat fried chicken bound in truffle honey	
Three cheese quesadilla (v)	8.5
Crispy tortilla with Mexicana, Monterey Jack and soft cheese, tomatillo and chipotle salsa & sour cream	
Crisp beetroot taco (ve)	9
Fragrant fried vegetables, shaved coconut & tamarind with a mango dressing	
Courgette & pea risotto (ve)	14
Courgette and new season peas risotto with pickled courgette	



BIG PLATES

Thai red curry	19
Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & a choice of jasmine rice or egg noodles	
Prawn linguine	18
Courgettes, cherry tomatoes, garlic, chilli & parsley butter	
Greek plate	14
Tzatziki, taramasalata, hummus, falafel, feta & olive dressed salad, flatbread	
Fish & chips	17.5
Haddock from the British Isles, hand-cut chips & mushy peas	
Roast cauliflower galette (ve)	16.5
Puff pastry with burnt cauliflower purée, romesco sauce, watercress & pickled radish	
Olive brined chicken	19
With butter beans, baby spinach & pistachio sauce	
Cobb salad	19
Chicken, bacon, Cashel Blue cheese, avocado, roast tomatoes, Woodland Farm egg, ranch dressing, crisp shallots	
(without chicken and bacon 14.5)	
Suffolk pork tomahawk	25
Brined Suffolk pork, charred Jersey Royals, apple & chicory, burnt apple dressing	
Chicken enchiladas	15
Black beans, Monterey Jack cheese, spiced tomato sauce in a grilled tortilla with melted Mexicana cheese & sour cream	

SIDES

Crispy Balans potatoes, fries or hand-cut chips	5
Cornish mid potatoes with garden herbs	4.5
Spinach	4.5
Fried corn ribs with garlic & rosemary salt	4.5
Hispi cabbage	4.5
Parmesan (option to make vegan)	
Mixed leaf salad	3.5
With Balans house dressing	

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(v) vegetarian (ve) vegan. Please inform your server if you have any food allergies