

# BALANS

EST. SOHO 1987

## EVENT DAY MENU

### ALL DAY BRUNCH

<b>Full English breakfast</b>	<b>15.5</b>	<b>Two eggs any way</b>	<b>7.5</b>
2 Woodland Farm eggs (your way), bacon, Cumberland sausage, field mushroom, tomato, crispy Balans potatoes & toast		Poached, fried, scrambled or boiled Woodland Farm eggs on sourdough, granary or GF toast (add crispy bacon, sausage +2.5 or avocado +3.5)	
<b>American pancakes</b>	<b>11</b>	<b>Eggs Benedict/Florentine (v)/Royale</b>	<b>11.5/13</b>
With warm maple butter & a choice of bacon, banana or crushed berries		Poached Woodland Farm eggs with ham or bacon, spinach or H. Forman smoked salmon on an English muffin with homemade Hollandaise	
<b>Vegan pancakes (ve)</b>	<b>11</b>	<b>H. Forman smoked salmon, avocado &amp; scrambled egg</b>	<b>16.5</b>
With maple syrup & a choice of banana or crushed berries		H. Forman smoked salmon with scrambled Woodland Farm eggs, crushed avocado & toast	
<b>French toast (v)</b>	<b>10</b>		
Eggy brioche with pecans, caramelised banana, warm maple butter & a pinch of cinnamon			

### SIDES

<b>Bacon, mushroom, sausage, cheese, black pudding, baked beans</b>	<b>2.5</b>
<b>Egg</b>	<b>2.8</b>
<b>Avocado, halloumi, chorizo</b>	<b>3.5</b>
<b>H. Forman smoked salmon</b>	<b>8</b>
<b>Crispy Balans potatoes/fries/hand-cut chips</b>	<b>5</b>
<b>Mixed salad with Balans house dressing</b>	<b>3.5</b>

### SMALL PLATES

<b>Manchego &amp; Serrano croquettes</b>	<b>10</b>	<b>Truffle mac &amp; cheese (v)</b>	<b>10</b>
Paprika aioli		Parmesan crumb	
<b>Truffle fried chicken</b>	<b>9</b>	<b>Three cheese quesadilla (v)</b>	<b>8.5</b>
Crisp oat fried chicken bound in truffle honey		Crispy tortilla with Mexicana, Monterey Jack & soft cheese, tomatillo, chipotle salsa & sour cream	

### BIG PLATES

<b>The Balans Burger</b>	<b>19.5</b>	<b>Fish &amp; Chips</b>	<b>17.5</b>
100% British chuck steak patty, Red Leicester, smoked bacon, lettuce, tomato, dill pickle & red onion marmalade, brioche bun, fries		Haddock from the British Isles, hand-cut chips, mushy peas	
<b>Korean Vegan Burger (ve)</b>	<b>18.5</b>	<b>Steak &amp; eggs</b>	<b>19.5</b>
Moving Mountains B12 patty dressed in Bulgogi sauce topped with crisp tempura spring onion, fries		Bavette steak & 2 Woodland Farm eggs (your way), crispy Balans potatoes & chimichurri	
<b>Chicken Burger</b>	<b>18.5</b>	<b>Thai red curry</b>	<b>19</b>
Oat crusted buttermilk chicken, kimchi slaw, spiced Korean dressing, fries		Chicken, shrimp or vegetables in a Thai red curry sauce with cashews & jasmine rice	

[balans.co.uk](http://balans.co.uk)

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