

# BALANS

## small plates

### duck spring rolls

cucumber & plum soy  
5.50

### nachos

guacamole, sour cream & salsa fresca  
4.75

### crispy calamari

sweet chilli dip  
5.50

### cajun breaded brie

quince chilli jam  
5.50

### buffalo mozzarella

sliced tomatoes, basil olive oil & crisp bread  
5.95

### greek plate

tzatziki, houmous & taramasalata  
feta, kalamata olives & flat bread  
6.25

### quesadilla

salsa fresca & sour cream  
5.50

### crab cakes

mango papaya salsa & chipotle remoulade  
6.50

### chicken gyoza

sambal olek dip  
6.25

## big plates

### 8 oz rib eye steak

grilled field mushroom, tomato  
hand cut chips & bernaise sauce  
14.95

### chilli con carne

nachos, sour cream & rice  
8.95

### smoked trout fishcakes

green bean, pea, red onion & mint salad  
house tartare  
9.25

### thai curry

stir fried chicken strips, thai spices, peppers, chilli  
onions, fragrant rice or sesame egg noodles  
10.95

### sesame tuna

tempura vegetables, fragrant rice, sticky ginger soy  
12.95

### 10 oz balans burger

cheddar cheese, streaky bacon  
house baked sesame bun, salad garnish  
hand cut chips  
10.50

### chilli lime chicken supreme

mexican rice, tomatillo salsa  
serrano chilli lime dressing  
11.50

### beer battered haddock

hand cut chips & mushy peas  
10.95

### toulouse sausages

garlic rosemary mash, shallots  
calvados jus  
10.95

## salads & sandwiches

### bbq chicken sandwich

bacon, tomato, avocado, iceberg lettuce  
on house baked sesame bun  
hand cut chips  
9.25

### warm goats cheese salad

baby greens, smoked beets  
hazelnut vinaigrette  
8.50

### poached salmon nicoise

mixed greens, black olives, egg, tomato  
potatoes, onions, peppers, green beans  
citrus dressing  
9.25

### balans club sandwich

grilled chicken, bacon, tomato, lettuce & mayo  
on toasted onion bread & hand cut chips  
8.95

### crawdaddy club

crayfish, avocado, tomato, rocket, crisp lettuce  
florida cocktail sauce on toasted onion bread  
salad & fries  
8.75

### cobb salad

grilled chicken, avocado, bacon, blue cheese  
watercress, cos, honey mustard dressing  
8.75

## all day breakfast

### berry bowl

raspberries, strawberries & blackberries  
greek yoghurt & honey  
4.75

### ham & eggs

grilled gammon steak, two eggs & balans potatoes  
7.95

### american pancakes

fresh fruit or bacon & canadian maple syrup  
5.25

### two eggs "any way" on toast

3.95  
add sausage, bacon, tomato, beans  
or mushrooms  
1.35

### full english breakfast

two eggs, bacon, sausage, beans, mushrooms  
grilled tomato, balans potatoes & sourdough toast  
7.50

### steak & eggs

skirt steak, two eggs & balans potatoes  
8.95

### porridge

brown sugar or honey  
3.95

### eggs benedict

poached eggs on toasted muffin & hollandaise  
bacon, ham, spinach or smoked salmon  
sngle 4.75 / dble 6.95

### breakfast burrito

spiced scrambled eggs in toasted tortilla  
pepper jack, salsa fresca & sour cream  
6.25

### salmon & eggs

smoked salmon, scrambled eggs & granary toast  
6.75

### sourdough toast or crumpets

butter & preserves  
2.75

### omelette

three egg omelette with fries  
add any two fillings: mushrooms, tomato, ham  
spinach, sausage or cheese  
6.75

## desserts 5.25

### oreo key lime pie

raspberry coulis

### chocolate pecan brownie

whipped cream

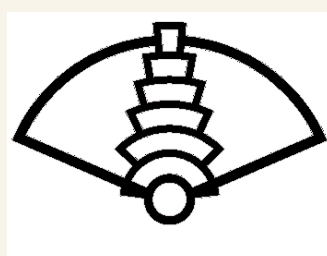
### banoffi pie

toffee sauce

## side orders 2.95

fries or hand cut chips ~ wilted spinach ~ mixed leaves ~ bread basket

an optional service charge of 10% will be added to your bill  
menu items may contain nuts or trace elements  
cheques not accepted  
WI-FI access available



## balans royalty card

join our programme  
for special offers & discounts

SOHO CAFE

TEL: 020 7439 3309

SOHO

TEL: 020 7439 2183

EARL'S COURT

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KENSINGTON

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CHISWICK

TEL: 020 8742 1435

WESTFIELD

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# B A L L A N S

## white wine

<b>trebbiano chardonnay</b> il banchetto, italy	16.95 / 5.95 / 4.20
<b>garganega/pinot grigio</b> operetto, italy	17.95 / 6.30 / 4.45
<b>sauvignon blanc</b> valdivieso, chile	18.95 / 6.65 / 4.70

## champagne

<b>perrier jouet</b> grand brut, nv	39.95 / 8.25
<b>perrier jouet</b> blason rose, nv	49.95 / 10.25

## coffees & teas

<b>americano</b>	2.25
<b>cappuccino</b>	2.40
<b>latte</b>	2.40
<b>espresso</b>	1.90
<b>double espresso</b>	2.25
<b>double macchiato</b>	2.25
<b>hot chocolate</b>	2.95
<b>hot chocolate</b> whipped cream & flake	3.25
<b>mocha</b>	2.75
<b>earl grey tea</b>	2.10
<b>green tea</b>	2.10
<b>chamomile tea</b>	2.10
<b>peppermint tea</b>	2.10

## cold drinks

<b>frozen cappuccino or mocha</b>	2.75
<b>cranberry juice</b>	1.90
<b>grapefruit juice</b>	1.90
<b>fresh apple or orange juice</b>	2.65
<b>red bull</b>	2.25
<b>mineral water still or sparkling</b>	1.40
<b>coke / diet coke</b>	1.50
<b>7-up</b>	1.50
<b>fanta orange</b>	1.50

## red wine

<b>sangiovese</b> il banchetto, italy	16.95 / 5.95 / 4.20
<b>rioja tempranillo</b> castillo de clavijo, spain	17.95 / 6.30 / 4.45
<b>merlot</b> saint etalon, france	18.95 / 6.65 / 4.70

## rose wine

<b>malbec sangiovese rose</b> graham beck, south africa	18.95 / 6.65 / 4.70
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## cocktails

<b>martinis</b> vodka, gin, original or flavoured	6.95
<b>bloody mary</b>	6.25
<b>woo woo</b>	6.25
<b>bucks fizz</b>	7.25
<b>kir royale</b>	8.25
<b>cosmopolitan</b>	6.95
<b>sea breeze</b>	6.25
<b>mojito</b>	6.95
<b>daiquiri</b> strawberry or passion fruit	7.75
<b>caipirinha</b>	6.95
<b>original margarita</b>	7.75
<b>strawberry margarita</b>	7.75

## spirits

from £5.75  
all spirits are double shots with mixer

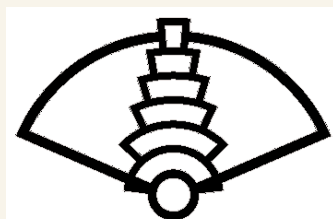
<b>absolut vodka</b>
<b>bombay sapphire gin</b>
<b>jack daniels</b>
<b>bacardi rum</b>
<b>martell brandy</b>
<b>tequila</b>
<b>baileys</b>

## beers

<b>corona</b>	3.25
<b>stella</b>	3.25

## wi fi available

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allergy concerns should be referred to the manager



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