

# BALANS

## small plates

### duck spring rolls

cucumber & plum soy  
4.95

### nachos

guacamole, sour cream & salsa fresca  
5.25

### pork gyozas

sambal olek dip  
5.50

### potato, spinach & feta samosas

tamarind dip  
4.95

### crispy calamari

sweet chilli dip  
5.50

### greek plate

stuffed vine leaves, lamb keftedes  
houmous, olives & warm pitta  
5.75

### quesadilla

salsa fresca & sour cream  
4.95

### crab cakes

mango papaya salsa & chipotle remoulade  
5.95

### talleggio & leek tart

dressed rocket salad  
5.25

## big plates

### thai curry

stir fried chicken strips, thai spices, peppers, chilli  
white onions, jasmine rice or sesame egg noodles  
10.50

### baked jacket potato

any two fillings: chilli, beans, cheese, ham, sour cream  
6.50

### chilli con carne

nachos & sour cream, rice or baked potato  
8.75

### wild boar sausages

celeriac mash & onion gravy  
10.95

### salmon fishcakes

wilted spinach & chive beurre blanc  
9.50

### 10 oz balans burger

pure ground beef, cheddar cheese  
streaky bacon, salad garnish & fries  
10.25

### north african chicken supreme

toasted almond & raisin cous cous  
harrisa & mint yoghurt  
10.95

### 8 oz rib eye steak

big chips, grilled mushroom & steak sauce  
12.95

### beer battered haddock

hand cut chips & tartar sauce  
10.50

## salads & sandwiches

### cobb salad

grilled chicken, avocado, bacon, blue cheese  
watercress, cos, honey mustard dressing  
7.95

### asian duck wrap

shredded duck, cucumber, spring onions  
bean sprouts & hoi sin in a flour tortilla  
salad & fries  
8.50

### chicken sandwich

grilled chicken, bacon, tomato, avocado & mayo  
on toasted onion bread, salad & fries  
8.95

### crawdaddy club

crayfish, avocado, tomato, rocket, crisp lettuce  
florida cocktail sauce on toasted onion bread  
salad & fries  
7.95

### seared salmon salad

citrus tossed greens, new potatoes  
dill, capers, saffron & chive yoghurt  
7.50

### vegetable & houmous sandwich

grilled mediterranean vegetables, houmous  
tomato & rocket on toasted onion bread  
salad & fries  
7.50

## all day breakfast

### berry bowl

raspberries, strawberries & blackberries  
greek yoghurt & honey  
4.75

### ham & eggs

grilled gammon steak, two eggs & balans potatoes  
7.95

### porridge

brown sugar or honey  
3.95

### two eggs "any way" on toast

3.50  
add sausage, bacon, tomato, beans  
or mushrooms  
1.00

### 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  
8.50

### american pancakes

fresh fruit or bacon & canadian maple syrup  
5.25

### eggs benedict

poached eggs on toasted muffin & hollandaise  
bacon, ham, spinach or smoked salmon  
sngle 3.95 / dble 6.50

### breakfast burrito

spiced scrambled eggs in toasted tortilla  
mexicana, salsa fresca & sour cream  
5.50

### salmon & eggs

smoked salmon, scrambled eggs & granary toast  
6.50

### 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  
5.95

## desserts 5.25

### raspberry cheesecake

blackberry sauce

### warm chocolate cake

whipped cream

### bread & butter pudding

vanilla bean custard

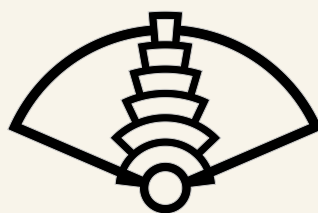
### banoffi pie

toffee sauce

## side orders 2.75

fries or balans potatoes ~ wilted spinach ~ mixed leaves ~ baked potato

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

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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>chenin blanc chardonnay</b> el lapiz, argentina	11.95 / 4.25 / 3.15
<b>sauvignon blanc</b> valdivieso, chile	13.95 / 4.95 / 3.60
<b>pinot grigio</b> ca marengo, italy	14.95 / 5.25 / 3.90

## champagne

<b>perrier jouet</b> grand brut, nv	29.95 / 6.00
<b>perrier jouet</b> blason rose, nv	43.95 / 8.25

## coffees & teas

<b>americano</b>	2.10
<b>cappuccino</b>	2.25
<b>café au lait</b>	2.25
<b>espresso</b>	1.90
<b>double espresso</b>	2.10
<b>double machiato</b>	2.10
<b>hot chocolate</b>	2.50
<b>hot chocolate</b> whipped cream & flake	2.75
<b>mocha</b>	2.10
<b>earl grey tea</b>	1.90
<b>green tea</b>	1.90
<b>camomile tea</b>	1.90
<b>peppermint tea</b>	1.90

## cold drinks

<b>frozen cappuccino or mocha</b>	2.20
<b>cranberry juice</b>	1.65
<b>grapefruit juice</b>	1.65
<b>fresh apple or orange juice</b>	2.25
<b>red bull</b>	1.90
<b>mineral water still or sparkling</b>	1.30
<b>coke / diet coke</b>	1.20
<b>7-up</b>	1.20
<b>fanta orange</b>	1.20

## red wine

<b>shiraz malbec</b> el lapiz, argentina	11.95 / 4.25 / 3.15
<b>rioja tempranillo</b> castillo de clavijo, spain	13.95 / 4.95 / 3.60
<b>merlot</b> saint etalon, france	14.95 / 5.25 / 3.90

## rose wine

<b>pinno rose 2007/08</b> graham beck, south africa	14.95 / 5.25 / 3.90
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## cocktails

<b>martinis</b> vodka, gin, chocolate, flavoured	4.95
<b>bloody mary</b>	4.95
<b>absolut bull</b>	5.75
<b>bucks fizz</b>	4.95
<b>kir royale</b>	6.00
<b>cosmopolitan</b>	4.95
<b>sea breeze</b>	4.95
<b>mojito</b>	4.95
<b>daiquiri</b> strawberry or passion fruit	5.95
<b>caipirinha</b>	5.50
<b>margarita</b>	5.75
<b>strawberry margarita</b>	5.95

## spirits

from £4.50  
all spirits are double shots with mixer

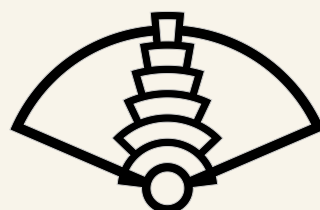
<b>absolut vodka</b>	
<b>bombay sapphire gin</b>	
<b>jack daniels</b>	
<b>bacardi rum</b>	
<b>martell brandy</b>	
<b>tequila</b>	
<b>baileys</b>	

## beers

<b>corona</b>	2.75
<b>stella</b>	2.75

## wi fi available

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allergy concerns should be referred to the manager



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