

# B A L A N S

## breakfast

### full english

two free range eggs with toast, tomato beans, field mushroom, bacon, sausage & balans potatoes

7.50

### steak & eggs

rump steak, balans potatoes  
two free range eggs of your choice

9.95

### eggs benedict

choice of ham, spinach or smoked salmon  
sgl 4.95 / dbl 6.95

### smoked salmon & scrambled eggs

granary toast

6.95

### two eggs "any way" on toast

3.75

add

sausage, bacon, tomato

beans or mushrooms 1.25

### breakfast burrito

spiced scrambled eggs, toasted tortilla  
pepperjack cheese, salsa fresca & sour cream

6.95

### corned beef hash

poached eggs & fire roasted tomatoes

7.75

### three egg omelette

with two fillings & balans potatoes

7.50

mushroom, tomato, ham, spinach

smoked salmon, swiss cheese, mozzarella

### ham & eggs

gammon steak, balans potatoes

two free range eggs of your choice

8.95

## cereal & fruit

### organic porridge

english honey

4.25

### granola

berries, candied nuts & greek yoghurt

4.50

### fresh fruit salad

greek yoghurt & honey

6.95

### berry bowl

mixed berries, greek yoghurt & honey

5.50

## pancakes & toast

### cinnamon french toast

apple puree

5.95

### american pancakes

fruit or bacon

5.75

### toasted crumpets

with butter & preserves

2.25

### toast

with butter & preserves

2.25

## salads / sandwiches

(sandwiches served with green salad & fries)

### caesar salad

romaine, grated parmesan  
croutons & caesar dressing

5.95

### crowdaddy club

crayfish, avocado, tomato, rocket  
crisp lettuce, florida cocktail sauce  
on toasted onion bread

8.50

### greek salad

romaine, black olives, cucumber  
tomatoes, onion, feta cheese  
citrus dressing

6.95

### seared salmon salad

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

7.95

### grilled chicken sandwich

grilled chicken, fire roasted peppers  
rocket, pesto mayonnaise  
on toasted onion bread

7.95

### quesadilla

pepperjack cheese  
salsa fresca & sour cream

4.95

### shredded duck spring rolls

cucumber ribbons & hoi sin

5.50

### potato, spinach & feta samosas

tamarind dip

4.95

### crab cakes

chipotle remoulade, papaya mango salsa

6.50

### wild mushroom linguine

garlic, chilli, shallots & parsley

10.95

### 10 oz balans burger (100% pure ground beef)

cheddar cheese, bacon, salad garnish & fries

10.50

### vegetable stir fry

beansprouts, broccoli, mangetout  
carrots, peppers & jasmine rice

10.50

### seafood jambalaya

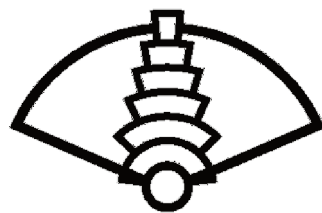
louisiana style rice, spicy chorizo  
shrimp, clams & calamari

12.50

### thai red curry (chicken or shrimp)

stir fried thai spices, white onions  
peppers, cashews & coconut cream  
with jasmine rice or egg noodles

10.50



### chicken caesar wrap

grilled chicken, cos lettuce  
caesar dressing, parmigiano  
wrapped in a warm flour tortilla

7.95

### warm chicken liver salad

baby spinach, poached egg, bacon, tomatoes  
croutons & grain mustard dressing

6.95

### asian duck wrap

roast duck, cucumber ribbons  
beansprouts, spring onions, plum sauce  
wrapped in a warm flour tortilla

7.50

### chicken & bacon cobb salad

watercress, avocado, blue cheese  
cos & honey mustard vinaigrette

9.50

### vegetable & houmous sandwich

grilled med veg, houmous, tomato & rocket  
on toasted onion bread

7.50

## starters

### pork gyozas

sambal olek dip

5.95

### seared scallops

cauliflower puree & pancetta

6.50

### crispy calamari

lemon mayo & sweet chilli dips

5.25

### greek plate

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

6.25

## main courses

### 10 oz rib eye steak

hand cut chips & bernaise

16.95

### roast cod

fondant potato, confit tomatoes  
parsley sauce

14.75

### beer battered haddock

hand cut chips & pea puree

11.95

### north african marinated chicken

toasted almond & raisin cous cous  
mint yoghurt & harissa

11.95

### salmon fishcakes

wilted spinach & beurre blanc

12.95

## side orders

fries / hand cut chips

saute spinach / french beans

steamed broccoli

3.00

an optional service charge of 12.5% will be added to your bill ~ menu items may contain nuts or trace elements ~ cheques not accepted ~ WI-FI access available

SOHO CAFE

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EARL'S COURT

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KENSINGTON

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CHISWICK

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# B A L L A N S

## champagne & sparkling wine

### perrier jouet grand brut

nv, france  
7.00 / 34.95

### perrier jouet blason rose

nv, france  
9.00 / 45.00

### veuve clicquot yellow label

nv, france  
42.95

### laurent-perrier rose

nv, france  
58.00

### jeio prosecco brut

bisol, italy  
24.95 / 5.00

### brut rose

graham beck, south africa  
27.95

## white wines

btl / 250ml / 175ml

### chenin blanc chardonnay 2008/09

el lapiz, argentina 13.50 / 4.75 / 3.50

### sauvignon blanc 2008/09

valdivieso, chile 15.50 / 5.35 / 4.00

### pinot grigio 2007/08

ca marengo, italy 16.50 / 5.65 / 4.10

### chardonnay 2008/09

thomas mitchell, australia 16.75 / 5.80 / 4.15

### riff pinot grigio 2007/08

alois lageder, italy 18.75 / 6.40 / 4.60

### chenin blanc 2007/08

dry creek, u.s.a 18.95 / 6.50 / 4.70

### riesling 2007/08

madfish, australia 20.95 / 7.30 / 5.25

### pinot gris 2008/09

spy valley, new zealand 24.95 / 8.75 / 6.15

### chablis 2007/08

la jouchere, france 25.50 / 8.45 / 6.05

## red wines

btl / 250ml / 175ml

### shiraz malbec 2007/08

el lapiz, argentina 13.50 / 4.75 / 3.50

### rioja tempranillo

castillo de clavijo, spain 15.50 / 5.35 / 4.00

### malbec 2008/09

piropo, argentina 16.50 / 5.60 / 4.10

### cabernet shiraz 2007/08

thomas mitchel, australia 16.95 / 5.80 / 4.15

### corvina cabernet sauvignon 2006/07

thesaurum, italy 17.50 / 5.95 / 4.30

### cotes de ventoux terres de truffes

cave terraventoux, france 17.95 / 6.30 / 4.55

### merlot 2007/08

preece, australia 18.50 / 6.45 / 4.65

### shiraz "the love grass" 2006/07

d'arenburg, australia 22.95 / 7.70 / 5.50

### pinot noir 2007/08

spy valley, new zealand 36.95 / 12.50 / 8.75

## rose wine

### pinotage malbec sangiovese rose 2008/09

graham beck, south africa 16.50 / 5.65 / 4.10

### cotes de provence rose 2007/08

chateau d'astros, france 18.95 / 6.50 / 4.70

## cocktails

### bellini

prosecco, white peach puree  
7.00

### sea breeze

vodka, cranberry juice, grapefruit juice  
5.75 / 15.75

### woo woo

peach schnapps, absolut vodka  
cranberry juice  
5.75 / 15.75

### mai tai

light & dark rums, triple sec, orgeat  
lime juice, grenadine  
5.75 / 15.75

### porn star martini

vanilla vodka, vanilla sugar, passion fruit syrup  
passion fruit puree & champagne shot  
7.50

### mojito

light rum, mint leaves, sugar syrup  
lime juice, bitters, soda  
5.95

### martinis

vodka or gin - classic or flavoured  
5.95 / 7.95

### long island iced tea

vodka, gin, light rum, tequila, triple sec  
lemon juice, pepsi  
5.75 / 15.75

### kir royale

champagne, chambord  
7.00

### caipirosca

vodka, strawberry or raspberry, lime, sugar  
5.95

### caipirinha

crushed lime wedges, sugar, cachaca  
5.95

### sours

whisky, amaretto, midori or pisco  
5.75

### berry vanilla

vanilla flavoured vodka, creme de mure  
lemon juice, pressed apple juice  
over crushed ice & berries  
5.95

### manhattan

canadian club, sweet vermouth, bitters  
5.95 / 7.95

### sicilian kiss

citrus vodka, lemoncello & sicilian lemonade  
over crushed ice, passion fruit liqueur  
5.95

### cosmopolitan

citrus vodka, cointreau, cranberry  
lime squeeze  
5.95 / 7.95

## frozen cocktails

### strawberry daiquiri

light rum, cherry brandy, strawberry liqueur  
grenadine, strawberry puree  
7.50

### passion fruit daiquiri

pineapple rum, passion fruit liqueur  
passion fruit puree  
7.50

### mango daiquiri

pineapple rum, mango fruit liqueur  
mango fruit puree  
7.50

### pina colada

light rum, pineapple juice  
coco lopez  
7.50

### margarita

silver tequila, triple sec, lime juice  
(blended or shaken)  
7.50

### strawberry margarita

silver tequila, triple sec  
strawberry puree  
7.50

## fresh fruit juices & smoothies

fresh orange, grapefruit or apple juice

2.25

mango & passionfruit smoothie

3.50

strawberry & banana smoothie

3.50

## hot & cold drinks

filter coffee 1.80

americano 2.25

espresso 1.80

dbl espresso 2.25

cappuccino 2.20

latte 2.20

mocha 2.75

hot chocolate 2.75

english breakfast 1.80

earl grey 1.80

green tea 2.95

coke 2.75

diet coke 2.75

mineral water

750ml bottle 2.95

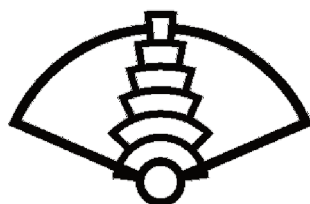
330ml bottle 1.40

beers from 2.95

smirnoff ice 3.15

spirits (50ml from) 3.80

mixers 0.85



wi fi available

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