

appetizers

grilled eggplant
tomato, garlic and aged gruyère 6.50

macaroni cheese
au gratin 5.00

pot stickers
sambal oleck 6.95

saté
skewered marinated chicken, pickled
cucumber saté sauce 6.95

chicken quesadilla
pepper jack cheese, tomatillo salsa
and sour cream 7.95

fried calamari
tropical tartar sauce 8.25

crabcake
mango salsa and chipotle remoulade 9.95

**seared scallop & slow roast
pork belly**
ginger orange glaze 9.50

clams soffrito
steamed clams in white wine, shallots, garlic
and parsley 8.75

greek platter
houmous, taramasalata, tzatziki, olives,
dolmades and flat bread 8.95

sandwiches

**blackened grouper
sandwich**
arugula, tomato, and chipotle remoulade on
toasted ciabatta bread with citrus tossed
greens 13.50

**chicken or mozzarella
sandwich**
fire roasted peppers, tomato, arugula and
mayo on toasted ciabatta bread with citrus
tossed greens 8.95

ruben
corned beef, swiss cheese, sauerkraut and
thousand island dressing on toasted onion
bread, apple slaw 11.95

lobster club wrap
bacon, lettuce, tomato, and florida cocktail
sauce in a flour tortilla with citrus tossed
greens 15.50

crab cake blt
panfried crabcake, bacon, lettuce, tomato,
chipotle remoulade on our house baked bun
with citrus tossed greens 13.50

pasta & noodles

penne all'arrabiata
chili, garlic, and tomato sauce 12.50
add chicken 3.75 / add shrimp 6.00

gnocchi
bolognese sauce 12.95

indonesian noodles
egg noodles, carrots, cabbage, scallions,
peanuts and sweet soy sauce
with chicken 13.50 with shrimp 14.95

crab linguine
lump crab meat, chili, scallions,
garlic and parsley 15.95

salmon fettuccine
sautéed arugula, cherry tomatoes, thyme,
lemon, garlic and olive oil 14.95

lobster spaghetti
with pancetta and lobster cream sauce 18.95

**chicken, spinach & ricotta
cannelloni**
with tomato cream sauce 13.50

wild mushroom linguine
oyster, shiitake, crimini, portabello mushrooms,
spinach, garlic and olive oil 12.50



BALANS

lunch menu

salads

greek salad
romaine lettuce, black olives, cucumber,
tomatoes, onions, feta cheese and citrus
dressing 10.95

tomato, basil & mozzarella
with arugula, onions and balsamic reduction
9.50 *with prosciutto add 3.50*

warm goat cheese salad
spinach, mixed greens, hazelnuts, dried
cranberries and raspberry vinaigrette 13.95

bang bang chicken
mixed greens, shredded chicken, scallions,
shredded carrot, shredded cucumber, bean
sprouts, cilantro, and peanut chili dressing 11.95

chili beef salad
grilled marinated beef, mixed greens, tomatoes,
cucumbers, onions, thai mixed herbs and
spicy thai soy dressing (can be made with
chicken or shrimp) 15.95

poached salmon niçoise
mixed greens, black olives, egg, tomato,
potatoes, onions, peppers, green beans and
citrus dressing 14.50

octopus salad
marinated octopus, giant butter beans, borlotti
beans, red onion, arugula, fire roasted red
pepper, lemon, garlic, olive oil 14.95

florida crab salad
lump crab, pink grapefruit, orange,
watermelon, mixed greens and mango lime
dressing 15.95

chicken cous cous salad
marinated shredded chicken in spiced yogurt,
cous cous, orange, dates and walnuts 10.75

baja shrimp or chicken salad
romaine lettuce, corn, bell peppers, avocado,
black beans, fresh cilantro, onions, tortilla
strips, and serrano chili lime dressing
with chicken 14.50 with shrimp 15.95

chicken cobb salad
bacon, blue cheese, avocado, egg, tomatoes
romaine lettuce and ranch dressing 13.95

caesar salad
romaine lettuce, grated parmesan, croutons
and caesar dressing 6.95 / 8.95
add chicken 3.75 / add shrimp 6.00

main courses

blackened mahi mahi
sauteed bok choy, salted caramel sweet
plantain, mango papaya salsa 18.95

jambalaya
louisiana style rice with spicy chorizo sausage,
shrimp, clams, calamari, crispy onions 19.50

chilean sea-bass
crushed fingerling potatoes, seared spinach,
vermouth cream sauce 24.95

honey miso salmon
green beans, jasmine rice 18.95

mushroom tofu burger
roasted butternut squash and sweet potato
puree, sauteed portabello mushroom and
scallion, red onion jam 10.50

herb grilled chicken
sage butter, lemon herb potatoes and roasted
tomato 15.50

thai red curry
(with chicken or shrimp) stir fried with roasted
peanuts, thai spices, peppers, scallions and
coconut cream on jasmine rice 15.95

from our grill

balans US1 prime burger
with lettuce, tomato and onion, on our house baked bun, fries
and choice of cheese (*cheddar, swiss or blue*)
10.50

for mozzarella or feta add 1.00 for avocado, bacon, mushroom or sauteed onions add 0.75

bbq baby back ribs
apple slaw and one side order
19.95

10oz churrasco 22.95

16oz ribeye steak 28.95

8oz filet mignon 31.95

all our steaks above are served with one side order and choice of sauce
sauces : chimichurri, peppercorn, tamarind steak sauce

side orders

regular fries 3.50

mashed potato 3.50

crushed fingerling
potatoes 3.50

butternut squash &
sweet potato puree 4.00

jasmine rice 3.50

sauteed
baby bok choy 3.75

sauteed broccolini
with garlic 3.75

green salad
balsamic dressing 4.95

wilted spinach
with garlic 3.75

stir fried vegetables 3.75

sauteed mushrooms 3.75

cocktails all at 11.50

balans signature cocktails

"pornstar" 12.50
pinnacle vanilla vodka, passionfruit puree and champagne shot

coco beach

don q coco, midori, sour mix, chambord

watermelon mint dream

melon rum, watermelon, fresh mint, sugar, soda

nice & peachy

van gogh peach vodka, cranberry juice, pineapple juice

pain killer

bacardi select, pineapple juice, coco lopez

strawberry caipirinha

cachaca, fresh strawberries, sugar, lime

pimms cup

pimms, cucumber, mint, strawberry, orange, sprite

kinky orgasm

amaretto, baileys, kahlua, milk

berry cosmopolitan

pinnacle raspberry vodka, cranberry juice, lime juice, triple sec

mint and mango margarita

tequila, mango puree, triple sec, sour mix

cucumber ginger cooler

hendricks gin, canton ginger, fresh cucumber, lime juice, agave nectar, soda

lychee grapefruit fizz

champagne, lychee liqueur, grapefruit juice

pitchers

margarita cuervo gold 32.00 / patron 38.00

pimms cup 36.00

sangria red / white 28.00

mai tai don q rum, orange juice, pineapple juice, almond liqueur 36.00

long island iced tea 36.00

ginger spiced mojito black beard spiced rum 38.00

peach kir-fizz van gogh peach vodka, new age sparkling wine, peach puree 36.00

shooting gallery all shots 9.00

wild wet dream don q coco, blue curacao, midori

buttery nipple butterscotch schnapps, baileys

washington apple crown royal, apple liqueur, cranberry

assisted suicide dark rum, jagermeister, coke

orange dreamsicle pinnacle orange vodka, whipped cream

morphine drip amaretto, butterscotch schnapps, 151

just patron with lime and salt

fruit smoothies

mango, pineapple and coconut 5.95

banana and strawberry 5.95

banana and peanut butter 5.95

juices

fresh squeezed juice

orange, grapefruit 3.50

juice

v8, cranberry, pineapple, tomato 3.50

fuze

mango peach, banana colada, strawberry guava 3.00

BALANS mug 7.00

a 18% gratuity will be added to parties of 6 or more

Florida consumer advisory states that consumption of raw or undercooked meats, eggs, poultry or seafood may increase your risk to foodborne illnesses



mai tai 12.50
don q rum, almond liqueur, orange juice, pineapple juice

skinny silver martini

white tequila, fresh lime, agave nectar

pineapple sage mojito

don q rum, mint leaves, sage leaves, sugar, lime, pineapple juice

tomahawk

tequila, triple sec, cranberry, pineapple

mango spice

pinnacle mango vodka, jalapeno peppers, mango puree

ginger pineapple martini

van gogh pineapple vodka, canton ginger, pineapple juice

adam & veev

veev açai, apple jack, lemon juice, sugar

red lotus

pinnacle vodka, lychee liqueur, cranberry

hpnoti q pain

pinnacle vodka, hpnoti q, passion fruit puree and champagne float

electric lemonade

pinnacle vodka, fresh lemon, blue curacao, soda

martinis

dirty - apple - espresso -
pomegranate - french - lychee
lemon drop - chocolate - pear

sours

whisky - amaretto - midori

mojitos

regular - lychee - ginger
watermelon - strawberry

beer

bud light 4.00

michelob ultra 4.00

heineken 5.00

amstel light 5.00

stella artois 5.00

peroni 5.00

corona 5.00

corona light 5.00

blue moon 5.00

newcastle brown ale 5.00

guinness 5.00

grolsch (16-oz) 5.75

coors (non-alcoholic) 4.00

coffee

american coffee 2.75

espresso single / double 2.75 / 3.75

cappuccino / latté 3.75

hot chocolate / mocha
with whipped cream 3.50

iced cappuccino 3.75

loose leaf teas

served "hot" or "on the rocks" 2.75

- english breakfast
- peach
- sencha fukujuyu
- chamomile
- chai
- mint
- earl grey

fresh brewed iced tea 2.50

sodas & water

red bull
(sugar free) 5.00

sodas 2.95

fiji still/solo sparkling mineral water
small - large 3.25 / 5.50