

appetizers

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

fried calamari
tropical tartare sauce 7.95

seared scallops
mint pea puree, crispy
pancetta
and gremolata 8.95

clams soffrito
steamed clams in white
wine, shallots, garlic and
parsley 8.50

**teriyaki beef
skewers** asian slaw 8.50

pot stickers
sambal oleck 6.95

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

s&p popcorn shrimp
szechuan pepper, chili, garlic,
and scallions 8.95



salads

caesar salad romaine
lettuce, grated parmesan,
croutons and caesar dressing
6.95 / 8.95
add chicken 3.50 / add shrimp 6.00

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

greek salad romaine lettuce,
black olives, cucumber, tomatoes,
onions, feta cheese and citrus
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*) 15.50

**blue cheese endive &
fennel salad** with iceberg
lettuce, candied walnuts and
citrus dressing 9.50

tuna niçoise grilled tuna
steak, mixed greens, black olives,
egg, potatoes, onions, peppers,
green beans and citrus dressing
18.95

florida crab salad lump
crab, pink grapefruit, orange,
watermelon, mixed greens and
mango lime dressing 16.50

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



B A L A N S mug 7.00



B A L A N S

pasta & noodles

penne all'arrabiata
chili, garlic, and tomato sauce 12.95
add chicken 3.50 / add shrimp 6.00

veal chop milanese
mushroom tarragon linguine 16.95

rigatoni with feta cheese, kalamata
olives and pistachio pesto sauce 14.95

**chicken, spinach and ricotta
cannelloni**
tomato cream sauce 14.50

**pumpkin mascarpone
tortellini** sautéed cherry tomatoes
and herb cream sauce 14.95

indonesian noodles
(with chicken or shrimp), egg noodles,
celery, carrots, cabbage, scallions,
peanuts and sweet soy sauce 13.95

spaghetti with meatballs
pomodoro sauce 14.50

crab linguine
lump crab meat, chili, garlic and
parsley 16.95

main courses

double baked cheese soufflé
with citrus tossed mixed greens 12.50

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

thai red curry
(with chicken or shrimp) stir fried
with roasted peanuts, thai spices,
peppers, scallions and coconut cream
on jasmine rice 15.50

tilapia channa masala
pan fried tilapia with indian garbanzo
bean curry and mint yogurt 17.95

chilean sea-bass sweet pepper
stew, crushed potatoes and gremolata
22.95

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

chili rubbed skirt steak
caramelized onions and steak fries 20.95

18oz ribeye steak
tamarind steak sauce 29.95

10 oz filet mignon wild cherry
pinot noir reduction, broccolini and
mashed potatoes 36.50

sandwiches

balans US1 burger with lettuce,
tomato and onion on a toasted bun with fries
choice of cheese (cheddar, swiss or blue)
9.50
*for mozzarella or feta add 1.00
for avocado, bacon, mushroom or
sauteed onions add 0.75*

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

ruben corned beef, swiss cheese,
sauerkraut and thousand island dressing on
toasted onion bread 11.50

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

californian wrap
crabstick, nori, avocado, cucumber
and wasabi mayonnaise in a rice paper
wrap 10.95

croque madame
ham and swiss cheese in toasted
brioche bread, fried egg and citrus
tossed greens 8.95

side orders

sauteed mushrooms 3.50

steak fries 3.50

regular fries 3.50

wilted spinach with garlic 3.50

mashed potatoes 3.50

jasmine rice 3.50

**green salad with
balsamic dressing** 4.95

sauteed broccolini 3.50

macaroni cheese 5.00

champagne

	GLASS	BOTTLE
piper heidsieck cuvee brut	11.00	55.00
dom perignon cuvee		195.00
perrier jouet grand brut		69.00
veuve cliquot yellow label		79.00
laurent perrier rose		105.00

wines

white wines

	GLASS	BOTTLE
chardonnay canyon road, california	7.00	22.00
chardonnay decadance, california	9.00	34.00
viognier chardonnay estampa estate, chile	7.50	25.00
chardonnay pinot noir haute cabriere, south africa		35.00
pinot grigio posenato, venezie, italy	7.00	22.00
pinot grigio italo cescon "tralchetto", italy	9.00	36.00
sauvignon blanc whitehaven, new zealand	8.00	30.00
sauvignon blanc diemersdal, south africa	8.00	27.00
pinot gris spruce goose, oregon	10.00	39.00
grenache blanc chat-en-oeuf, france	8.50	30.00
fume blanc ella valley select, israel		27.00
riesling schmitt shone classic, germany		22.00
pouilly-fuisse mommessin, france		39.00

sparkling wine

villa santi proseco, italy	8.00	34.00
vieve moisans brut	6.00	22.00
vieve moisans rose brut	6.00	22.00

red wine

cabernet sauvignon canyon road, california	7.00	22.00
cabernet sauvignon big ass, napa valley	10.00	39.00
cabernet shiraz merlot blend joseph river, australia	9.00	33.00
cabernet-carmenere-petit verdot estampa reserve, chile		32.00
pinot noir chamarre, france	8.00	29.00
pinot noir carmel road, california	9.00	36.00
merlot casillero del diablo, concha y toro, chile	7.50	24.00
merlot ray's station, sonoma county	10.00	39.00
malbec, reserve los clop, argentina	8.00	29.00
tempranillo campos goticos, spain		33.00
super tuscan fresco baldi remole, italy	8.50	30.00
shiraz mcwilliams, australia		27.00
pinotage diemersdal, south africa		36.00

rose

pinot noir rose jeriko, mendocino	7.00	24.00
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cocktails All at 11.00

classic & contemporary

- balans grape saketini**
sake, sky grape vodka, grape juice
- lychee champagne** lychee juice, lemon oils, champagne
- the british bramble** bombay sapphire, fresh lemon, crowned with crème de cassis
- espresso martini** grey goose vodka, coffee liqueur, fresh espresso
- ginger pineapple martini** absolut vodka, canton ginger cordial, pineapple juice
- french martini royale** grey goose citron, chambord, pineapple juice crowned with champagne

the blood & sand dewars white label, martini rosso, fresh orange juice, orange bitters

amaretto e pear sour grey goose poire, disaronno amaretto, fresh lemon juice

passion margarita cazadores blanco tequila, passoa liqueur

berry cosmopolitan stoli raspberry, cranberry juice, lime and triple sec

peach fuzz snow queen vodka, peach schnapps, peach puree and splash of o.j.

the tall and light

- pimms royale** pimms cup, seasonal fruit, brut champagne
- acai & pear caipiroska** grey goose poire, fresh lime and acai juice
- tropical tea** bacardi rum, absolut vodka, bombay sapphire gin, triple sec, pineapple juice, orange juice, cranberry juice
- pain killer** bacardi select, pineapple juice, coco Lopez
- cuban mojito** bacardi superior, fresh mint and lime, club soda

lychee mojito bacardi superior, soho lychee liqueur, lychee fruit, mint, lime and club soda

strawberry caipirinha moleca cachaca, fresh strawberries, sugar, lime and club soda

summertime collins bombay sapphire, fresh lemon juice, hint of sugar, club soda

beer

- miller lite** 4.00
- Michelob Ultra** 4.00
- heineken** 5.00
- heineken light** 5.00
- stella artois** 5.00
- peroni** 5.00
- corona** 5.00
- newcastle brown ale** 5.00
- guinness** 5.00
- grolsch** (16-oz) 5.75
- coors** (non-alcoholic) 4.00

shooting gallery All Shots 8.00

- b52** baileys, grand marnier, kahlua
- lemon drop** absolut citron, sugar
- jager bomb** jagermeister, red bull
- brave mexican** cuervo tequila, kahlua
- screaming yellow monkey** stoli, banana liqueur, crème de cacao
- kamikaze** absolut, triple sec, lime juice

pitchers

- margarita** cuervo gold 32.00 / cazadores blanco 36.00
- pimms cup royale** 36.00
- sangria red / white** 28.00
- sangria royale**
vieve moisans brut / rose 32.00
- planters punch** bacardi select 32.00
- long island iced tea** 36.00
- mojito** bacardi superior 32.00

teas

- harney & sons** peach tea or green tea 16oz 3.95
- english breakfast**
ceylon and assam black tea 2.25
- earl grey lavender** ceylon, oolong and darjeeling blend flavored with oil of bergamot 2.25
- tropical green tea** dragonwell green tea, young hyson and pineapple flavoring 2.25
- mint herbal**
egyptian mint leaves and caffeine free 2.25
- chamomile herbal** chamomile flowers, marigold flowers and peppermint leaves. caffeine free 2.25
- white tangerine tea** using the bud of the plant from fujian, fragrant with tangerine; high antioxidants 2.25
- citrus spice herbal** with rooibos, lemon peel, orange peel, cloves, cinnamon and other spices 2.25
- fresh brewed iced tea** 2.25

sodas & water

- fiji spring or san pellegrino** 500ml 3.25
- natura purified water** p/btl .50
- sodas** 2.85
- red bull** (sugar free) 5.00

coffee

- american coffee** 2.25
- hot chocolate mint**
creme de menthe and whipped cream 8.00
- espresso** single / double 2.25 / 3.25
- cappuccino / latté** 3.25
- hot chocolate / mocha**
with whipped cream 2.95
- iced cappuccino** 3.25
- irish coffee**
with whipped cream 8.00
- b52 mocha** baileys, kahlua, grand marnier and whipped cream 8.00
- hazelnut latte**
frangelico and whipped cream 8.00

fruit smoothies

- mango, pineapple & coconut** 5.95
- banana & strawberry** 5.95
- banana & peanut butter** 5.95

juices

- fresh squeezed juice**
orange, grapefruit 3.50
- harney & sons**
orange & mango, cranberry or apple 3.50

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

Florida consumer advisory states that consumption of raw or undercooked meats and seafood may increase your risk to foodborne illnesses.