

# BALANS

## light start

**organic porridge**  
brown sugar or preserve  
4.25

**berry bowl**  
mixed berries, greek yoghurt & honey  
5.50

**bircher muesli**  
soya or skimmed milk  
4.25

**mini pastry basket**  
pain au chocolat, croissant  
pain aux raisins  
2.95

**parfait**  
mixed berries, granola, greek yoghurt  
pumpkin seeds & toasted almonds  
4.95

**fresh fruit salad**  
greek yoghurt & honey  
bowl or plate  
4.50 / 7.50

## breakfast & benedicts

**breakfast burrito**  
spiced scrambled eggs in a toasted tortilla  
pepperjack cheese, salsa & sour cream  
7.25

**three egg omelette**  
with two fillings & balans potatoes  
7.95

**balans breakfast sandwich**  
your choice of sausage or bacon  
on toasted granary or sourdough  
4.00 / add egg 1.00

**cured corned beef hash**  
poached eggs, fire roasted tomatoes  
7.75

mushroom, tomato, ham, swiss cheese  
mozzarella, spinach or smoked salmon

**grilled plum tomatoes**  
aged gruyere & sourdough toast  
7.50

**steak & eggs**  
skirt steak, balans potatoes  
two free range eggs of your choice  
10.45

**full english**  
two free range eggs with toast  
grilled tomato, field mushrooms, beans  
bacon, sausage & balans potatoes  
7.95

**salmon & eggs**  
smoked scotch salmon, scrambled eggs  
granary toast  
6.95

**egg benedict ham**  
poached egg/s on toasted muffin  
country ham & hollandaise  
sgl 5.25 / dbl 7.75

**ham & eggs**  
gammon steak, balans potatoes  
two free range eggs of your choice  
8.95

**egg benedict florentine**  
poached egg/s on toasted muffin  
leaf spinach & hollandaise  
sgl 5.25 / dbl 7.75

**egg benedict bacon**  
poached egg/s on toasted muffin  
grilled bacon & hollandaise  
sgl 5.25 / dbl 7.75

**two eggs "any way" on toast**  
4.25  
see sides for add ons

**eggs benedict salmon**  
poached egg/s on toasted muffin  
smoked scotch salmon & hollandaise  
sgl 5.50 / dbl 7.95

## pancakes & toasts

**american pancakes**  
maple butter  
4.95

**blueberry pancakes**  
fresh fruit 6.95  
streaky bacon 5.95

**cinnamon french toast**  
banana & strawberries  
5.95

**buttered crumpets**  
choice of nutella, jam or honey  
2.75

**granary or sourdough toast**  
butter & preserves  
2.25

## sandwiches

**smoked chicken sandwich**  
bacon, avocado, tomato, iceberg lettuce  
on house baked sesame bun  
hand cut chips  
7.95

**crawdaddy club**  
crayfish, avocado, tomato, rocket  
crisp lettuce, florida cocktail sauce  
on toasted onion bread  
8.50

**10 oz balans burger**  
cheddar cheese, streaky bacon  
house baked sesame bun, salad garnish  
hand cut chips  
10.95

## side orders

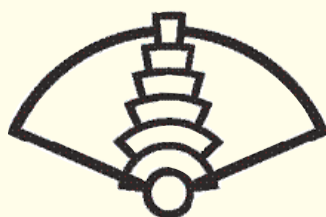
**single pastry** 0.95  
**grilled tomatoes** 1.30  
**balans potatoes or fries** 3.25

**cumberland sausage** 1.60  
**2 rashers of bacon** 1.60  
**field mushrooms** 1.30

**extra egg** 1.00  
**heinz baked beans** 1.10  
**single blueberry pancake** 1.50

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 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  
TEL: 020 7244 8838

KENSINGTON  
TEL: 020 7376 0115

CHISWICK  
TEL: 020 8742 1435

WESTFIELD  
TEL: 020 8600 3320

# B A L A N S

## c o f f e e s

- espresso** 1.95
- americano** 2.40
- cappuccino** 2.40
- filter coffee** 1.95
- dbl espresso** 2.40
- latte** 2.40
- mocha** 2.85
- hot chocolate** 2.95

## s p e c i a l i z e d t e a s & i n f u s i o n s

- jasmine pearl green tea** 2.95  
light delicate green tea taste & gentle jasmine flower aroma  
*served in a glass tea-iere*
- gunpowder green** 2.95  
classic green chinese tea
- peppermint leaf** 2.95  
strikingly strong, cleans your palate & aids digestion
- chamomile flower** 2.95  
intensely calming & soothing drink
- green moroccan mint** 2.95  
very light & refreshing original arabic green gunpowder & spearmint blend
- english breakfast** 2.90  
full bodied aromatic blend of assam & ceylon teas
- earl grey** 2.95  
blend of chinese black tea with a delicate aroma & flavour of bergamot

## f r e s h f r u i t j u i c e s

- apple** 2.60
- orange** 2.60
- pink grapefruit** 2.60

## f r u i t s m o o t h i e s

- passionfruit, mango & pineapple** 3.85  
or
- banana & strawberry** 3.85

## m i n e r a l s

- still water** 7.50ml 3.05 330ml 1.50
- sparkling water** 7.50ml 3.05 330ml 1.50
- bottle diet coke** 330ml 2.85
- bottle coke** 330ml 2.85

## c o c k t a i l s

- bellini** 7.00
- bucks fizz** 5.95
- kir royale** 7.50
- bloody mary** 5.95
- breakfast martini** 6.25  
gin, cointreau, lemon juice & orange marmalade

