

# BALANS

## aperitifs

**martini**  
gin, vodka or flavoured  
6.50

**prosecco**  
5.95

**perrier jouet**  
blason rose, nv  
9.95

**bucks fizz**  
glass 6.25

**perrier jouet**  
grand brut, nv  
7.95

**bloody mary**  
glass 6.25

**bellini**  
prosecco & white peach  
7.50

**kir royale**  
7.95

## starters

**crispy calamari**  
lemon mayo & sweet chilli dips  
6.95

**greek plate**  
stuffed vine leaves, lamb keftedes  
houmous, olives & warm pitta  
6.75

**crayfish & avocado salad**  
iceberg lettuce & florida cocktail sauce  
6.95

**foie gras & chicken liver terrine**  
cranberry onion marmalade & toast  
6.75

**quesadilla**  
flour tortilla, pepperjack cheese  
sour cream & salsa fresca  
5.95

**crab cakes**  
mango papaya salsa  
chipotle remoulade  
6.95

**shredded duck spring rolls**  
cucumber ribbons & hoi sin  
5.95

**buffalo mozzarella salad**  
vine tomatoes, sliced red onion  
basil dressing  
6.50

**pork gyozas**  
sambal olek dip  
6.50

## main courses

**herb grilled chicken**  
lemon roast potatoes  
tender stem broccoli  
harrisa & mint yoghurt  
14.50

**wild mushroom linguine**  
shallots, garlic, chilli & parsley  
12.95

**10 oz rib eye steak**  
grilled field mushroom, tomato  
hand cut chips & bernaise sauce  
17.95

**toulouse sausages**  
mash, caramelised apples & calvados jus  
12.50

**sesame tuna**  
tempura vegetables, fragrant rice  
sticky ginger soy  
15.50

**thai curry (chicken or shrimp)**  
stir fried thai spices, onions  
peppers, cashews, coconut cream  
jasmine rice or egg noodles  
11.95

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

**beer battered haddock**  
hand cut chips & mushy peas  
12.95

**seafood jambalaya**  
squid, shrimp, clams, mussels & chorizo  
louisiana style rice  
13.50

## breakfast

**full english**  
two free range eggs with toast  
tomato, field mushroom, beans  
bacon, sausage & balans potatoes  
9.50

**steak & eggs**  
skirt steak, balans potatoes  
two free range eggs of your choice  
11.95

**eggs benedict bacon**  
poached egg/s on toasted muffin  
bacon & hollandaise  
sgl 5.75 / dbl 8.25

**blueberry pancakes**  
fresh fruit or bacon & maple syrup  
7.25

**berry bowl**  
greek yoghurt, mixed berries  
english honey  
5.75

**salmon & eggs**  
smoked scotch salmon, scrambled eggs  
granary toast  
8.50

**eggs benedict salmon**  
poached egg/s on toasted muffin  
smoked scotch salmon & hollandaise  
sgl 6.25 / dbl 8.50

**three egg omelette**  
with two fillings & balans potatoes  
7.95  
mushroom, tomato, ham, spinach  
smoked salmon, swiss cheese, mozzarella

**breakfast burrito**  
spiced scrambled eggs  
toasted tortilla, pepperjack cheese  
salsa fresca & sour cream  
7.75

**ham & eggs**  
gammon steak, balans potatoes  
two free range eggs of your choice  
9.95

**eggs benedict florentine**  
poached egg/s on toasted muffin  
steamed leaf spinach & hollandaise  
sgl 5.75 / dbl 8.25

**corned beef hash**  
poached eggs & fire roasted tomatoes  
9.95

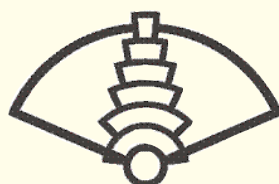
## side orders

**balans potatoes or fries** 3.25  
**extra toast** 1.20  
**grilled tomatoes** 1.20

**cumberland sausage** 1.60  
**two rashers of bacon** 1.60  
**field mushrooms** 1.20

**heinz baked beans** 1.20  
**single blueberry pancake** 1.50  
**extra free range egg** 1.00

an optional service charge of 12.5% will be added to your bill  
cheques not accepted



menu items may contain nuts or trace elements  
WI-FI access available

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# B A L L A N S

## white wines

btl/250ml/175ml

<b>trebbiano chardonnay 2009/10</b> il banchetto, italy	15.50 / 5.50 / 3.85
<b>chenin blanc chardonnay 2008/09</b> el lapiz, argentina	16.25 / 5.70 / 4.05
<b>sauvignon blanc 2009/10</b> valdivieso, chile	16.95 / 5.95 / 4.25
<b>pinot grigio 2009/10</b> ca marengo, italy	17.95 / 6.30 / 4.45
<b>chardonnay 2009/10</b> thomas mitchell, australia	18.50 / 6.50 / 4.50
<b>torrontes 2007/08</b> alamos, argentina	18.95 / 6.65 / 4.70
<b>riff pinot grigio 2008/09</b> venezie terra alpina, italy	19.50 / 6.85 / 4.85
<b>chenin blanc 2008/09</b> dry creek, u.s.a	20.25 / 7.10 / 5.05
<b>riesling 2009/10</b> knappstein, australia	20.95 / 7.35 / 5.20
<b>pinot gris 2009/10</b> spy valley, new zealand	24.95 / 8.75 / 6.20
<b>sancerre 2009/10</b> les hospices, france	25.95 / 9.10 / 6.45
<b>chablis 2007/08</b> domaine des marroniers, france	27.95 / 9.80 / 6.90
<b>sauvignon blanc 2008/09</b> huia, new zealand	29.95
<b>chardonnay/pinot grigio 2008/09</b> alois lageder, australia	34.00
<b>chassagne Montrachet 2008/09</b> les chaumes domaine roux, france	39.95

## champagne

<b>perrier jouet, nv</b> grand brut 7.95 / 39.95
<b>perrier jouet, nv</b> blason rose 9.95 / 49.95
<b>veuve clicquot, nv</b> yellow label 49.95
<b>laurent-perrier, nv</b> cuvee rose 69.95
<b>bollinger 2000/01</b> grande annee 85.00
<b>dom perignon 2000/01</b> vintage brut 120.00

## shooting gallery

all at 4.25

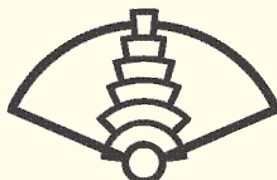
<b>mini guinness</b> kahlua & baileys
<b>slippery nipple</b> grenadine, white sambuca, baileys
<b>baby woo woo</b> absolut vodka, peach schnapps, cranberry juice
<b>alice from dallas</b> kahlua, grand marnier, tequila
<b>brain haemorrhage</b> grenadine, baileys, peach schnapps
<b>assisted suicide</b> dark rum, jagermeister, cola
<b>black jack</b> black sambuca, jack daniels
<b>golden shooter</b> drambuie, baileys, absolut vodka
<b>thin red line</b> sambuca, tequila, tabasco

## cocktails

<b>long island iced tea</b> vodka, gin, light rum, tequila, triple sec, lemon juice, pepsi 6.50 / 18.95
<b>sea breeze</b> vodka, cranberry juice, grapefruit juice 6.50 / 18.95
<b>woo woo</b> peach schnapps, absolut vodka, cranberry juice 6.50 / 18.95
<b>mai tai</b> light & dark rums, triple sec, orgeat, lime juice, grenadine 6.50 / 18.95
<b>tomahawk</b> tequila, cointreau, cranberry & pineapple juices 6.50 / 18.95
<b>mojito</b> light rum, mint leaves, sugar syrup, lime juice, bitters, soda 6.75
<b>martinis</b> vodka or gin - classic or flavoured 6.50 / 8.50
<b>cosmopolitan</b> citrus vodka, cointreau, cranberry, lime squeeze 6.50 / 8.50
<b>porn star martini</b> vanilla vodka, vanilla sugar, passion fruit syrup passion fruit puree & champagne shot 8.50
<b>caipirosca</b> vodka, strawberry or raspberry, lime, sugar 6.95
<b>caipirinha</b> crushed lime wedges, sugar, cachaca 6.95
<b>red lotus</b> vodka, lychee liqueur & cranberry juice 6.50
<b>sours</b> whisky, amaretto, midori or pisco 6.50
<b>berry vanilla</b> vanilla flavoured vodka, creme de mure, lemon juice pressed apple juice, over crushed ice & berries 6.95
<b>jamaican mule</b> spiced rum, freshly squeezed lime juice, gomme, ginger beer 6.50
<b>manhattan</b> canadian club, sweet vermouth, bitters 6.50 / 8.50
<b>weeping jesus</b> absinthe, peach schnapps, grenadine, lemonade 6.95
<b>sicilian kiss</b> citrus vodka, lemoncello & sicilian lemonade over crushed ice, passion fruit liqueur 6.50

## frozen cocktails

<b>mango daiquiri</b> light rum, lime juice, mango liqueur, mango puree 8.50
<b>passion fruit daiquiri</b> pineapple rum, passion fruit liqueur & passion fruit puree 8.50
<b>strawberry cheesecake daiquiri</b> malibu, cream, pineapple juice & strawberry puree 8.50
<b>pina colada</b> light rum, pineapple juice, coco lopez 8.50
<b>margarita</b> silver tequila, triple sec, lime juice (blended or shaken) 8.50
<b>strawberry margarita</b> silver tequila, triple sec, strawberry puree 8.50



## red wines

btl/250ml/175ml

<b>sangiovese 2009/10</b> il banchetto, italy	15.50 / 5.50 / 3.85
<b>shiraz-malbec 2008/09</b> el lapiz, argentina	16.25 / 5.70 / 4.05
<b>rioja tempranillo nv</b> castillo de clavijo, spain	16.95 / 5.95 / 4.25
<b>malbec 2009/2010</b> piropo, argentina	17.50 / 6.15 / 4.35
<b>cabernet shiraz 2009/10</b> thomas mitchel, australia	17.95 / 6.30 / 4.45
<b>merlot 2008/09</b> saint etalon, france	18.50 / 6.50 / 4.50
<b>corvina cabernet sauvignon 2006/07</b> thesaurum, italy	19.95 / 7.00 / 4.95
<b>reserve merlot 2008/09</b> valdivieso, chile	20.50 / 7.20 / 5.10
<b>cotes de ventoux terres de truffes</b> cave terraventoux, france	22.50 / 7.90 / 5.60
<b>shiraz "the love grass" 2007/08</b> d'areburg, australia	24.95 / 8.75 / 6.20
<b>cabernet sauvignon merlot 2006/07</b> madfish, australia	26.50 / 9.30 / 6.55
<b>rioja reserva 2004/05</b> dinastia vivanco, spain	27.95 / 9.80 / 6.90
<b>pinot noir 2008/09</b> spy valley, new zealand	36.95
<b>barolo 2005/06</b> riva leone, italy	40.95
<b>les tourelles de longuerville 2006/07</b> pauillac, france	40.95

## rose wine

<b>malbec sangiovese rose 2009/10</b> graham beck, south africa	16.95 / 5.95 / 4.20
<b>cotes de provence rose 2008/09</b> chateau d'astros, france	19.50
<b>white from red shiraz 2009/10</b> kloovenburg, south africa	21.50

## sparkling wine

<b>jeio prosecco</b> brut, italy	27.95 / 5.95
<b>preece pinot noir - chardonnay</b> brut, australia	25.95
<b>graham beck rose</b> brut, south africa	30.95

## champagne cocktails

<b>bellini</b> prosecco, white peach puree	7.50
<b>kir royale</b> champagne, cassis	7.95
<b>oriental bellini</b> champagne, lychee liqueur, lychee puree	8.50
<b>balans blush</b> champagne, rose petal vodka, strawberry liqueur	7.95
<b>classic</b> champagne, sugar, bitters, brandy	8.50

## from the bar

<b>beers from</b>	3.50	<b>smirnoff ice</b>	3.50
<b>spirits (50ml from)</b>	4.50	<b>mixers</b>	0.95

## hot & cold drinks

<b>teas &amp; coffees</b>	from 2.25
<b>mineral water</b>	750ml bottle 3.25 330ml bottle 1.60

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