

BALANS

breakfast

full english

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

7.95

steak & eggs

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

10.95

eggs benedict

choice of ham, spinach or smoked salmon
sgl 5.50 / dbl 8.50

smoked salmon & scrambled eggs

granary toast

7.95

two eggs "any way" on toast

4.75

add

sausage, bacon, tomato
beans or mushrooms 1.50

breakfast burrito

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

7.75

corned beef hash

poached eggs & fire roasted tomatoes

7.95

chorizo con papas

saute potatoes, chorizo & two fried eggs

8.95

three egg omelette

with two fillings & balans potatoes

7.95

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

strawberries & banana

6.25

american pancakes

fruit or bacon

6.25

toast or toasted crumpets

butter & preserves

2.25

salads / sandwiches

(sandwiches served with fries or hand cut chips)

warm goats cheese salad

baby greens, smoked beets
croutons & hazelnut vinaigrette

8.50

baby spinach & bacon salad

poached egg, new potatoes, mushrooms
tomatoes, grain mustard dressing

7.95

chicken & bacon cobb salad

watercress, avocado, blue cheese
cos lettuce & ranch dressing

8.95

warm mackerel & beetroot salad

new potatoes, mixed leaves, walnuts
horseradish vinaigrette

8.95

seared tuna nicoise

mixed greens, black olives, egg, tomato
potatoes, onions, peppers, green beans
citrus dressing

9.25

quesadilla

flour tortilla, pepper jack cheese
sour cream & salsa fresca

5.75

shredded duck spring rolls

cucumber ribbons & hoi sin

5.75

seared scallops

pork belly, orange sweet soy glaze

6.75

chicken gyoza

sambal olek dip

6.75

falafel wrap

chickpea patties, houmous, tomato
chopped parsley & pickles in warm flat bread

7.50

bbq chicken sandwich

bacon, avocado, tomato, iceberg lettuce
on house baked sesame bun, hand cut chips

9.25

10 oz balans burger

cheddar cheese, bacon, salad garnish
house baked sesame bun, hand cut chips

10.95

chicken caesar wrap

grilled chicken, romaine, shaved parmesan
caesar dressing, croutons

wrapped in a warm flour tortilla

7.95

crawdaddy club

crayfish, avocado, tomato, rocket
crisp lettuce, florida cocktail sauce

on toasted onion bread

8.95

starters

greek plate

tzatziki, houmous, taramasalata
feta, kalamata olives & flat bread

6.25

calamari

masa coated fried squid, garlic mayonnaise

6.50

buffalo mozzarella

sliced tomatoes, basil olive oil & crisp bread

6.50

crab cakes

mango papaya salsa & chipotle remoulade

6.50

main courses

smoked trout fishcakes

green bean, pea, red onion & mint salad
house tartare

12.95

sea bass

crushed new potatoes, spinach
chive butter sauce

15.95

sesame tuna

tempura vegetables, fragrant rice
sticky ginger soy

15.95

fusilli

feta, kalamata olives & pistachio pesto

10.95

thai red curry (chicken or shrimp)

stir fried thai spices, onions
peppers, cashews, coconut cream

with fragrant rice or egg noodles

10.95

herb chicken supreme

lemon roast potatoes, broccoli
lemon butter sauce

13.95

crab linguine

crab meat, chilli, garlic & parsley

14.75

seafood jambalaya

squid, shrimp, clams, mussels & chorizo
louisiana style rice

13.50

beer battered haddock

hand cut chips & mushy peas

11.95

10 oz rib eye steak

choice of one side
sauce selection:
peppercorn, bbq or bernaise

22.50

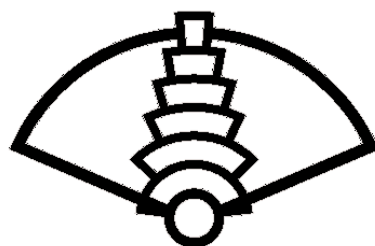
side orders

fries / hand cut chips

saute spinach / french beans

tomato red onion or house salad

3.25



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

menu items may contain nuts or trace elements

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BALANS

white wines

btl/250ml/175ml

trebbiano chardonnay 2010/11 il banchetto, italy	16.95 / 5.95 / 4.20
garganega/pinot grigio 2009/10 operetto, italy	17.95 / 6.30 / 4.45
sauvignon blanc 2010/11 valdivieso, chile	18.95 / 6.65 / 4.70
seleccion chardonnay 2009/10 argento, argentina	19.50 / 6.80 / 4.80
verdejo 2009/10 cuatro rayas, spain	19.95 / 7.00 / 4.95
viognier 2009/10 de l'hospitalet igp d'orc, france	20.50 / 7.20 / 5.05
riff pinot grigio 2009/10 venezie terra alpina, italy	20.95 / 7.35 / 5.15
chenin blanc 2009/10 dry creek, u.s.a	21.95 / 7.70 / 5.40
riesling 2009/10 knapstein, australia	23.95 / 8.40 / 5.90
pinot gris 2009/10 spy valley, new zealand	26.75 / 9.35 / 6.60
sancerre 2009/10 les hospices, france	28.50 / 9.95 / 7.05
chablis 2008/09 domaine des marronniers, france	30.95 / 10.85 / 7.65
sauvignon blanc 2010/11 huia, new zealand	36.00
chardonnay/pinot grigio 2009/10 alois lageder, australia	38.00
chassagne Montrachet 2008/09 les chaumes domaine roux, france	44.00

champagne

perrier jouet, nv grand brut	8.95 / 44.75
perrier jouet, nv blason rose	10.35 / 51.75
veuve clicquot, nv yellow label	55.00
laurent-perrier, nv cuvee rose	75.00
bollinger 2000/01 grande annee	85.00
dom perignon 2002/03 vintage brut	145.00

shooting gallery all at 4.25

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

cocktails

long island iced tea vodka, gin, light rum, tequila, triple sec, lemon juice, pepsi	6.95 / 18.55
sea breeze vodka, cranberry juice, grapefruit juice	6.95 / 18.55
woo woo peach schnapps, absolut vodka, cranberry juice	6.95 / 18.55
mai tai light & dark rums, pineapple & orange juices, grenadine	6.95 / 18.55
tomahawk tequila, cointreau, cranberry & pineapple juices	6.95 / 18.55
mojito light rum, mint leaves, sugar syrup, lime juice, bitters, soda	6.95
martinis vodka or gin - classic or flavoured	6.85 / 8.75
cosmopolitan citrus vodka, cointreau, cranberry, lime squeeze	6.85 / 8.75
porn star martini vodka, vanilla sugar, vanilla syrup passion fruit puree & champagne shot	8.25
caipirosca vodka, strawberry or raspberry, lime, sugar	6.95
caipirinha crushed lime wedges, sugar, cachaca	6.95
red lotus vodka, lychee liqueur & cranberry juice	6.95
sours whisky, amaretto, midori or pisco	6.75
berry vanilla vanilla flavoured vodka, creme de mure, lemon juice pressed apple juice, over crushed ice & berries	7.25
jamaican mule spiced rum, freshly squeezed lime juice, gomme, ginger beer	6.85
manhattan canadian club, sweet vermouth, bitters	6.85 / 8.75
weeping jesus absinthe, peach schnapps, grenadine, lemonade	7.35
sicilian kiss citrus vodka, lemoncello & sicilian lemonade over crushed ice, passion fruit liqueur	6.85

frozen cocktails

mango daiquiri light rum, lime juice, mango liqueur, mango puree	8.75
passion fruit daiquiri pineapple rum, passion fruit liqueur & passion fruit puree	8.75
strawberry cheesecake daiquiri malibu, cream, pineapple juice & strawberry puree	8.75
pina colada light rum, pineapple juice, coco lopez, cream	8.75
margarita silver tequila, triple sec, lime puree (blended or shaken)	8.75
strawberry margarita silver tequila, triple sec, strawberry puree	8.75

red wines

btl/250ml/175ml

sangiovese 2010/11 il banchetto, italy	16.95 / 5.95 / 4.20
shiraz-petit verdot 2010/11 bush telegraph, australia	17.95 / 6.30 / 4.45
rioja tempranillo nv castillo de clavijo, spain	18.95 / 6.65 / 4.70
carmenere seleccionados 2009/10 chilcas, chile	19.50 / 6.80 / 4.80
merlot 2009/10 saint etalon, france	19.95 / 7.00 / 4.95
seleccion malbec 2010/11 argento, argentina	20.50 / 7.20 / 5.05
corvina cabernet sauvignon 2008/09 thesaurum, italy	20.95 / 7.35 / 5.15
reserve merlot 2008/09 valdivieso, chile	22.50 / 7.85 / 5.55
cotes de ventoux terres de truffes cave terraventoux, france	23.95 / 8.40 / 5.90
shiraz "the love grass" 2008/09 d'arenburg, australia	26.95 / 9.45 / 6.65
cabernet sauvignon merlot 2008/09 madfish, australia	28.50 / 9.95 / 7.05
rioja reserva 2004/05 dinastia vivanco, spain	30.95 / 10.85 / 7.65
pinot noir 2009/10 spy valley, new zealand	40.00
barolo 2007/08 riva leone, italy	43.50
les tourelles de longuerville 2006/07 pauillac, france	45.00

rose wine

malbec sangiovese rose 2010/11 graham beck, south africa	19.95 / 7.00 / 4.95
cotes de provence rose 2009/10 chateau d'astros, france	23.95
shiraz rose 2010/11 kloovenburg, south africa	26.50

sparkling wine

jeio prosecco brut, italy	32.00 / 6.50
preece pinot noir - chardonnay brut, australia	28.00
graham beck rose brut, south africa	33.00

champagne cocktails

bellini prosecco, white peach puree	7.85
kir royale champagne, cassis	8.95
oriental bellini champagne, lychee liqueur, lychee puree	8.95
balans blush champagne, rose petal vodka, strawberry liqueur	8.95
classic champagne, sugar, bitters, brandy	9.25

from the bar

beers from	3.85	smirnoff ice	3.40
spirits (50ml from)	4.50	mixers	1.20

hot & cold drinks

teas & coffees	from 1.95
mineral water	750ml bottle 3.25 330ml bottle 1.75



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