

BALANS

light start

organic porridge

brown sugar or preserve
4.25

mini pastries

selection of pan aux raisin, croissant
pan aux chocolate
5.50

berry bowl

mixed berries, greek yoghurt & honey
5.50

parfait

mixed berries, granola, greek yoghurt
pumpkin seeds & toasted almonds
4.50

bircher muesli

semi skimmed milk
5.50

fresh fruit salad

greek yoghurt & honey
bowl or plate
3.95 / 6.95

breakfast & benedicts

breakfast burrito

spiced scrambled eggs in a toasted tortilla
pepperjack cheese, salsa & sour cream
6.25

cured corned beef hash

poached eggs, fire roasted tomatoes
7.50

steak & eggs

skirt steak, balans potatoes
two free range eggs of your choice
9.95

egg benedict ham

poached egg/s on toasted muffin
country ham & hollandaise
sgl 5.95 / dbl 6.50

egg benedict bacon

poached egg/s on toasted muffin
grilled bacon & hollandaise
sgl 5.95 / dbl 6.50

build your own omelette

three egg omelette with balans potatoes
add two fillings 7.50
mushroom, tomato, ham, swiss cheese
mozzarella, spinach or smoked salmon

full english

two free range eggs with toast
grilled tomato, field mushrooms, beans
bacon, sausage & balans potatoes
7.75

ham & eggs

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

two eggs "any way" on toast

3.75
see sides for add ons

balans breakfast sandwich

your choice of sausage or bacon
on toasted granary or sourdough
4.00 / add egg 1.00

grilled plum tomatoes

melted gruyere & sour dough toast
7.50

salmon & eggs

smoked scotch salmon, scrambled eggs
six cereal toast
6.95

egg benedict florentine

poached egg/s on toasted muffin
leaf spinach & hollandaise
sgl 4.95 / dbl 6.50

smoked scotch salmon

poached egg/s on toasted muffin
smoked scotch salmon & hollandaise
sgl 6.50 / dbl 7.95

pancakes & toasts

american pancakes

pecan maple butter
4.95

buttered crumpets

choice of nutella, jam or honey
2.75

blueberry pancakes

fresh fruit 6.95
streaky bacon 5.95

cinnamon french toast

banana & strawberries
5.95

granary or sourdough toast

butter & preserves
2.25

sandwiches

grilled chicken

roasted peppers, rocket, pesto mayonnaise
on toasted onion bread & fries
7.95

crowdaddy club

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

10 oz balans burger

pure ground beef, cheddar cheese
streaky bacon, salad garnish & fries
10.50

side orders

balans potatoes or fries 3.00

extra toast 1.20

grilled tomatoes 1.30

cumberland sausage 1.60

2 rashers of bacon 1.60

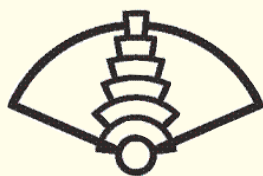
field mushrooms 1.30

heinz baked beans 1.10

single blueberry pancake 1.50

extra egg 1.00

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 access available

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

BALANS

c o f f e e s

- espresso 1.80
- americano 1.80
- cappuccino 2.20
- filter coffee 1.80
- dbl espresso 2.25
- latte 2.20
- mocha 2.75
- hot chocolate 2.75

t e a s

- english breakfast 1.80
full bodied aromatic blend of assam & ceylon teas
- earl grey 1.80
blend of chinese black tea with a delicate aroma & flavour of bergamot

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 flower green tea 2.95
light delicate green tea taste & gentle jasmine flower aroma
served in a glass tea-iere

gunpowder green 1.95
classic green chinese tea

assam 1.95
full bodied flavoured tea from north east india

formosa oolong 1.95
aromatic sweet flavour, a cross between black & green teas

darjeeling 1.95
delicate & fragrant tea from the himalayas of northern india

ceylon 1.95
strong dark aromatic tea from the dimbula region of sri lanka

green moroccan mint 1.95
very light & refreshing original arabic green gunpowder & spearmint blend

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

- apple 2.25
- orange 2.25
- pink grapefruit 2.25

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

passionfruit, mango & pineapple 3.50

or

banana & strawberry 3.50

m i n e r a l s

- still water 7.50ml 2.95 330ml 1.40
- sparkling water 7.50ml 2.95 330ml 1.40
- bottle diet coke 330ml 2.25
- bottle coke 330ml 2.25

c o c k t a i l s

- bellini 6.25
- bucks fizz 4.95
- kir royale 6.25
- bloody mary 4.95
- breakfast martini 5.75
gin, cointreau, lemon juice & orange marmalade

