

# 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

### warm mackerel & beetroot salad

new potatoes, mixed leaves, walnuts  
horseradish vinaigrette  
8.75

### chicken & bacon cobb salad

watercress, avocado, blue cheese  
cos lettuce & ranch dressing  
8.95

### baby spinach & bacon salad

poached egg, new potatoes, mushroom  
tomato, grain mustard vinaigrette  
7.95

### seared tuna nicoise

mixed greens, black olives, egg, tomato  
potatoes, onions, peppers, green beans  
citrus dressing  
8.95

### quesadilla

flour tortilla, pepper jack cheese  
sour cream & salsa fresca  
5.95

### shredded duck spring rolls

cucumber ribbons & hoi sin  
5.95

### seared scallops

pork belly, orange sweet soy glaze  
6.95

### chicken gyoza

sambal olek dip  
6.50

### 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  
15.50

### 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

### 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  
8.95

### 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  
8.75

## starters

### greek plate

tzatziki, houmous, taramasalata  
feta, kalamata olives & flat bread  
6.50

### calamari

masa coated fried squid, garlic mayonnaise  
6.75

### buffalo mozzarella

sliced tomatoes, basil olive oil & crisp bread  
6.25

### crab cakes

mango papaya salsa & chipotle remoulade  
6.50

## main courses

### 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  
13.95

### beer battered haddock

hand cut chips & mushy peas  
12.95

### 10 oz rib eye steak

choice of one side  
sauce selection:  
peppercorn, bbq or bernaise  
22.95

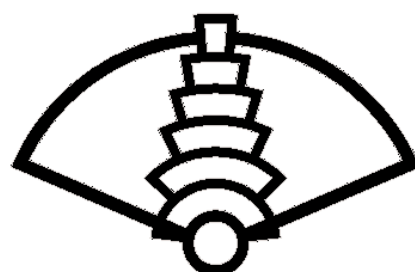
## side orders

### fries / hand cut chips

### saute spinach / french beans

### tomato red onion or house salad

3.25



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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



# BALANS

## champagne & sparkling wine

**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

**jeio prosecco, nv**  
brut  
6.50 / 32.00

**dom perignon 2002/03**  
vintage brut  
145.00

## white wines

**trebbiano chardonnay 2010/11**  
il banchetto, italy 16.50 / 5.75 / 4.10

**sauvignon blanc 2011/12**  
valdivieso, chile 17.75 / 6.20 / 4.40

**seleccion chardonnay 2010/11**  
argento, argentina 18.50 / 6.40 / 4.50

**verdejo 2010/11**  
cuatro rayas, spain 18.95 / 6.65 / 4.70

**riff pinot grigio 2010/11**  
venezie terra alpina, italy 19.95 / 6.95 / 4.90

**riesling 2010/11**  
knappstein, australia 22.95 / 8.05 / 5.65

**pinot gris 2010/11**  
spy valley, new zealand 25.95 / 9.00 / 6.35

**sancerre 2010/11**  
les hospices, france 27.50

**chablis 2009/10**  
domaine des marronniers, france 29.75

## red wines

**sangiovese 2010/11**  
il banchetto, italy 16.50 / 5.75 / 4.10

**rioja tempranillo nv**  
castillo de clavijo, spain 17.95 / 6.30 / 4.20

**merlot 2009/10**  
saint etalon, france 18.95 / 6.65 / 4.70

**seleccion malbec 2010/11**  
argento, argentina 19.50 / 6.85 / 4.80

**reserve merlot 2008/09**  
valdivieso, chile 21.50 / 7.50 / 5.30

**shiraz "the love grass" 2008/09**  
d'arenburg, australia 25.95 / 9.10 / 6.40

**rioja reserva 2005/06**  
dinastia vivanco, spain 29.95 / 10.50 / 7.40

**pinot noir 2010/11**  
spy valley, new zealand 39.00

**barolo 2007/08**  
riva leone, italy 43.00

## rose wine

**malbec sangiovese rose 2011/12**  
graham beck, south africa 19.00 / 6.45 / 4.70

**cotes de provence rose 2010/11**  
chateau d'astros, france 22.50

## cocktails

**bellini**  
prosecco, white peach puree  
7.85

**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, grenadine  
pineapple & orange juices  
6.95 / 18.55

**porn star martini**  
vodka, vanilla sugar, vanilla syrup  
passion fruit puree & champagne shot  
8.25

**mojito**  
light rum, mint leaves, sugar syrup  
lime juice, bitters, soda  
6.95

**martinis**  
vodka or gin - classic or flavoured  
6.85 / 8.75

**long island iced tea**  
vodka, gin, light rum, tequila, triple sec  
lemon juice, peps  
6.95 / 18.55

**tomahawk**  
tequila, cointreau  
cranberry & pineapple juices  
6.95 / 18.55

**jamaican mule**  
spiced rum, freshly squeezed lime juice  
gomme, ginger beer  
6.85

**kir royale**  
champagne, cassis  
8.95

**caipirosca**  
vodka, strawberry or raspberry, lime, sugar  
6.95

**caipirinha**  
crushed lime wedges, sugar, cachaca  
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

**red lotus**  
vodka, lychee liqueur & cranberry juice  
6.95

**sicilian kiss**  
citrus vodka, lemoncello & sicilian lemonade  
over crushed ice, passion fruit liqueur  
6.85

**cosmopolitan**  
citrus vodka, cointreau, cranberry  
lime squeeze  
6.85 / 8.75

**weeping jesus**  
absinthe, peach schnapps, grenadine  
lemonade  
7.35

**manhattan**  
canadian club, sweet vermouth, bitters  
6.85 / 8.75

## 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

## fresh fruit juices & smoothies

fresh orange, grapefruit or apple juice 2.85

mixed berry smoothie 3.95

strawberry & banana smoothie 3.95

## hot & cold drinks

*all loose leaf teas are served in a refillable glass tea-iere*

**filter coffee** 1.95

**americano** 2.40

**espresso** 1.95

**latte** 2.40

**mocha** 2.85

**dbl espresso** 2.40

**cappuccino** 2.40

**hot chocolate** 2.95

**earl grey** 2.95

**green tea** 2.95

**moroccan mint** 2.95

**peppermint tea** 2.95

**english breakfast** 2.90

**chamomile flower** 2.95

**coke** 3.05

**diet coke** 3.05

**mineral water**

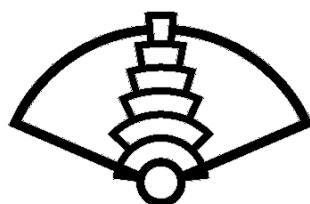
750ml bottle 3.25

330ml bottle 1.75

**beers from** 3.85

**spirits (50ml from)** 4.50

**mixers** 1.20



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