

# 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  
10.75

### eggs benedict

choice of ham, spinach or smoked salmon  
sgl 5.25 / dbl 7.95

### smoked salmon & scrambled eggs

granary toast  
7.50

### two eggs "any way" on toast

4.50  
add  
sausage, bacon, tomato  
beans or mushrooms 1.50

### breakfast burrito

spiced scrambled eggs, toasted tortilla  
pepper jack cheese, salsa fresca & sour cream  
7.25

### corned beef hash

poached eggs & fire roasted tomatoes  
7.95

### 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  
5.95

### american pancakes

fruit or bacon  
5.75

### toasted crumpets

butter & preserves  
2.25

### toast

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

### classic caesar salad

romaine, grated parmesan  
croutons & caesar dressing  
7.95

### chilli beef salad

marinated beef, mixed greens, tomatoes  
cucumber, onions, thai herbs  
spicy soy dressing  
8.95

### north african chicken salad

mixed greens, roast vegetables  
cous cous, confit lemon thyme dressing  
8.75

### chicken & bacon cobb salad

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

### vegetable & houmous sandwich

grilled mediterranean vegetables, houmous  
tomato & rocket on toasted onion bread  
7.50

### smoked chicken sandwich

bacon, avocado, tomato, iceberg lettuce  
on house baked sesame bun, hand cut chips  
8.25

### 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  
8.75

## starters

### quesadilla

flour tortilla, pepper jack cheese  
sour cream & salsa fresca  
5.75

### shredded duck spring rolls

cucumber ribbons & hoi sin  
5.75

### crab cakes

mango papaya salsa  
chipotle remoulade  
5.95

### seared scallops

pork belly, orange sweet soy glaze  
6.75

### greek plate

tzatziki, houmous, taramasalata  
feta, kalamata olives & warm pitta  
6.25

### aubergine gratin

tomato, garlic & aged gruyere  
5.75

### calamari

masa coated fried squid  
garlic mayonnaise  
6.50

### cajun breaded brie

quince chilli jam  
5.95

## main courses

### penne all'arrabbiata

chilli, garlic & pomodoro sauce  
10.50

### sea bass

crushed new potatoes, spinach  
chive butter sauce  
14.95

### calves liver

bacon, shallots & swede puree  
red wine gravy  
13.95

### 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 grilled chicken

lemon roast potatoes, steamed broccoli  
lemon butter sauce  
13.50

### venison sausages

garlic rosemary mash, shallots & gravy  
11.50

### beer battered haddock

hand cut chips & mushy peas  
11.95

### 10 oz rib eye steak

grilled field mushroom, tomato  
hand cut chips & bernaise sauce  
23.95

### seafood jambalaya

squid, shrimp, clams, mussels & chorizo  
louisiana style rice  
12.95

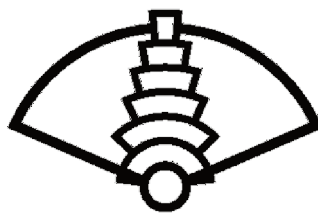
## side orders

### fries / hand cut chips

### saute spinach / french beans

### steamed broccoli

3.25



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

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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 L A N S

## champagne & sparkling wine

**perrier jouet, nv**  
grand brut  
7.50 / 37.50

**perrier jouet, nv**  
blason rose  
9.50 / 47.50

**veuve clicquot, nv**  
yellow label  
48.50

**laurent-perrier, nv**  
cuvee rose  
67.50

**jeio prosecco, nv**  
brut  
5.75 / 26.95

**dom perignon 2000**  
vintage brut  
135.00

## white wines btl / 250ml / 175ml

**trebbiano chardonnay 2009/10**  
il banchetto, italy 14.50 / 5.10 / 3.60

**sauvignon blanc 2010/11**  
valdivieso, chile 15.95 / 5.60 / 4.00

**pinot grigio 2009/10**  
ca'marengo, italy 16.50 / 5.75 / 4.15

**chardonnay 2009/10**  
thomas mitchell, australia 16.95 / 5.95 / 4.20

**riff pinot grigio 2009/10**  
venezie terra alpina, italy 18.95 / 6.65 / 4.70

**riesling 2008/09**  
knappstein, australia 21.50 / 7.55 / 5.35

**pinot gris 2009/10**  
spy valley, new zealand 23.95 / 8.40 / 5.95

**sancerre 2009/10**  
les hospices, france 25.50 / 8.95 / 6.30

**chablis 2008/09**  
domaine des marronniers, france 26.95 / 9.40 / 6.65

## red wines btl / 250ml / 175ml

**sangiovese 2009/10**  
il banchetto, italy 14.50 / 5.10 / 3.60

**rioja tempranillo nv**  
castillo de clavijo, spain 15.95 / 5.60 / 4.00

**malbec 2009/10**  
piropo, argentina 16.95 / 5.95 / 4.20

**cabernet shiraz 2009/10**  
thomas mitchel, australia 17.50 / 6.15 / 4.35

**reserve merlot 2008/09**  
valdivieso, chile 19.25 / 6.75 / 4.75

**shiraz "the love grass" 2008/09**  
d'arenburg, australia 23.95 / 8.40 / 5.95

**rioja reserva 2004/05**  
dinastia vivanco, spain 26.95 / 9.40 / 6.65

**pinot noir 2009/10**  
spy valley, new zealand 35.95

**barolo 2005/06**  
riva leone, italy 39.95

## rose wine

**malbec sangiovese rose 2009/10**  
graham beck, south africa 16.95 / 5.95 / 4.20

**cotes de provence rose 2008/09**  
chateau d'astros, france 19.50

## cocktails

**bellini**  
prosecco, white peach puree  
7.00

**sea breeze**  
vodka, cranberry juice, grapefruit juice  
6.10 / 16.55

**woo woo**  
peach schnapps, absolut vodka  
cranberry juice  
6.10 / 16.55

**mai tai**  
light & dark rums, grenadine  
pineapple & orange juices  
6.10 / 16.55

**porn star martini**  
vodka, vanilla sugar, vanilla syrup  
passion fruit puree & champagne shot  
7.85

**mojito**  
light rum, mint leaves, sugar syrup  
lime juice, bitters, soda  
6.25

**martinis**  
vodka or gin - classic or flavoured  
6.25 / 8.25

**long island iced tea**  
vodka, gin, light rum, tequila, triple sec  
lemon juice, pepsi  
6.10 / 16.55

**tomahawk**  
tequila, cointreau  
cranberry & pineapple juices  
6.10 / 16.55

**jamaican mule**  
spiced rum, freshly squeezed lime juice  
gomme, ginger beer  
6.25

**kir royale**  
champagne, cassis  
7.50

**caipirosca**  
vodka, strawberry or raspberry, lime, sugar  
6.25

**caipirinha**  
crushed lime wedges, sugar, cachaca  
6.25

**sours**  
whisky, amaretto, midori or pisco  
6.10

**berry vanilla**  
vanilla flavoured vodka, creme de mure  
lemon juice, pressed apple juice  
over crushed ice & berries  
6.50

**red lotus**  
vodka, lychee liqueur & cranberry juice  
6.25

**sicilian kiss**  
citrus vodka, lemoncello & sicilian lemonade  
over crushed ice, passion fruit liqueur  
6.25

**cosmopolitan**  
citrus vodka, cointreau, cranberry  
lime squeeze  
6.25 / 8.25

**weeping jesus**  
absinthe, peach schnapps, grenadine  
lemonade  
6.75

**manhattan**  
canadian club, sweet vermouth, bitters  
6.25 / 8.25

## frozen cocktails

**mango daiquiri**  
light rum, lime juice, mango liqueur  
mango puree  
7.85

**passion fruit daiquiri**  
pineapple rum, passion fruit liqueur  
passion fruit puree  
7.85

**strawberry cheesecake daiquiri**  
malibu, cream, pineapple juice  
strawberry puree  
7.85

**pina colada**  
light rum, pineapple juice  
coco lopez, cream  
7.85

**margarita**  
silver tequila, triple sec, lime puree  
(blended or shaken)  
7.85

**strawberry margarita**  
silver tequila, triple sec  
strawberry puree  
7.85

## fresh fruit juices & smoothies

fresh orange, grapefruit or apple juice 2.60

mango & passionfruit smoothie 3.85

strawberry & banana smoothie 3.85

## 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** 2.85

**diet coke** 2.85

**mineral water**

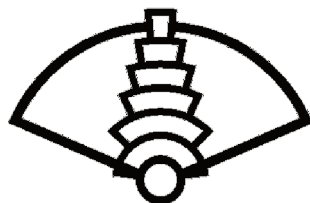
750ml bottle 3.05

330ml bottle 1.50

**beers from** 3.50

**spirits (50ml from)** 4.10

**mixers** 0.95



**wi fi available**

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