

BALANS

small plates

duck spring rolls
cucumber & plum soy
4.50

bbq chicken wings
blue cheese dip
4.75

goats cheese & red onion tart
pesto dressed rocket
4.95

grilled chorizo
rocket & sour dough toast
4.95

thai spiced fishcakes
sweet chilli sauce
5.25

greek plate
houmous, tzatziki & taramasalata, olives & pitta
4.95

crispy calamari
lemon mayo
4.75

quesadilla
salsa fresca & sour cream
4.50

sauteed tiger prawns
chilli, garlic & parsley
5.95

big plates

thai noodles
chicken strips, thai spices, peppers, chilli
spring onions, lime & sesame egg noodles
9.95

chilli spiced black angus bavette
balans potatoes, onion rings & bbq sauce
11.95

chilli con carne
nachos & sour cream, rice or baked potato
7.95

balans burger
8oz / 224g pure ground beef, swiss cheese
streaky bacon, balans slaw & fries
9.25

beer battered haddock
big chips & tartar sauce
9.50

cumberland sausages
mash & gravy
9.50

baked jacket potato
2 fillings: cheddar, beans, tuna, chilli
mushrooms or ham
5.95

corn-fed chicken
saute new potatoes & chorizo, red pepper coulis
8.95

crispy salmon supreme
minted almond cous cous & guacamole
8.95

salads and sandwiches

chicken sandwich
grilled chicken, bacon, tomato, avocado & mayo
on toasted brown sour dough & fries
7.95

mozzarella & plum tomato salad
rocket & balsamic olive oil
5.50 / 7.95

cobb salad
grilled chicken, avocado, bacon, blue cheese
watercress, cos, honey & mustard dressing
6.50 / 8.75

tuna nicoise salad
baby gem, new potatoes, olives, tuna, boiled egg
green beans, tomatoes & vinaigrette
6.25 / 8.95

steak sandwich
grilled steak strips, tomatoes, iceberg
caramelised onions on sour dough & fries
9.25

smoked chicken & avocado salad
herb salad & churmulla dressing
5.50 / 8.95

all day breakfasts

breakfast
two eggs, bacon, sausage, mushrooms
grilled tomato & toast
5.65

american pancakes
fresh fruit or bacon & canadian maple syrup
5.25

greek yoghurt
honey & almonds
4.25

eggs benedict
poached eggs on toasted muffin & hollandaise
bacon, ham, spinach or smoked salmon
sngle 3.95 / dble 5.50

full monty
two eggs, bacon, sausage, beans, mushrooms
grilled tomato, saute potatoes & toast
7.50

steak & eggs
skirt steak, two eggs & balans potatoes
8.50

berry bowl
raspberries, strawberries & blackberries
greek yoghurt
5.25

omelette
three egg omelette with fries
add any two fillings: mushrooms, tomato, ham
spinach, sausage or cheese
5.95

breakfast burrito
spiced scrambled eggs in toasted tortilla
mexicana, salsa fresca & sour cream
5.50

smoked salmon
smoked salmon, scrambled eggs & toast
6.25

toasted teacakes or crumpets
butter & preserves
2.75

breakfast sandwich
your choice egg, bacon or sausage
on toasted sesame seed bun
any two items 3.75

desserts

nougat cheesecake
fudge sauce

lemon meringue pie
strawberry coulis

banoffi pie
toffee sauce

chocolate brownie
vanilla ice cream

side orders

fries or baked potatoes
wilted spinach

nachos
cheese and sour cream

toast & preserves
mixed leaves

an optional service charge of 10% will be added to your bill
menu items may contain nuts or trace elements
cheques not accepted
Wi-Fi access available



our meat is supplied by
Jack O'Sheas of Knightsbridge
Free Range & Organic Butchers

CAFE
TEL: 020 7439 3309

SOHO
TEL: 020 7439 2183

WEST
TEL: 020 7244 8838

KENSINGTON
TEL: 020 7376 0115

CHISWICK
TEL: 020 8742 1435