

B A L A N S

small plates

duck spring rolls
cucumber & plum soy
4.95

bbq chicken wings
blue cheese dip
4.95

goats cheese & red onion tart
pesto dressed rocket
5.25

grilled chorizo
rocket & sour dough toast
5.50

thai spiced fishcakes
sweet chilli sauce
5.95

greek plate
houmous, tzatziki and taramasalata, olives & pitta
5.95

crispy calamari
lemon mayo
5.25

quesadilla
salsa fresca & sour cream
4.95

sauteed tiger prawns
chilli, garlic & parsley
6.25

big plates

thai noodles
chicken strips, thai spices, peppers, chilli
spring onions, lime & sesame egg noodles
10.50

chilli spiced black angus bavette
balans potatoes & bbq sauce
12.95

chilli con carne
nachos & sour cream, rice or baked potato
8.50

balans burger
8oz / 224g pure ground beef, swiss cheese
streaky bacon, balans slaw & fries
10.25

beer battered haddock
big chips & tartar sauce
10.50

cumberland sausages
mash & gravy
10.50

baked jacket potato
2 fillings: cheddar, beans, tuna, chilli
mushrooms or ham
6.95

corn-fed chicken
saute new potatoes & chorizo, red pepper coulis
9.95

crispy salmon supreme
minted almond cous cous & guacamole
9.95

salads and sandwiches

chicken sandwich
grilled chicken, bacon, tomato, avocado & mayo
on toasted brown sour dough & fries
8.95

mozzarella & plum tomato salad
rocket & balsamic olive oil
5.95 / 8.50

cobb salad
grilled chicken, avocado, bacon, blue cheese
watercress, cos, honey & mustard dressing
7.25 / 9.95

tuna nicoise salad
baby gem, new potatoes, olives, tuna, boiled egg
green beans, tomatoes & vinaigrette
6.50 / 9.25

steak sandwich
grilled steak strips, tomatoes, iceberg
caramelised onions on sour dough & fries
9.95

smoked chicken & avocado salad
herb salad & churmulia dressing
6.50 / 9.50

all day breakfasts

breakfast
two eggs, bacon, sausage, mushrooms
grilled tomato & toast
6.65

american pancakes
fresh fruit or bacon & canadian maple syrup
6.25

greek yoghurt
honey & almonds
4.95

eggs benedict
poached eggs on toasted muffin & hollandaise
bacon, ham, spinach or smoked salmon
sngle 4.95 / dble 6.50

full monty
two eggs, bacon, sausage, beans, mushrooms
grilled tomato, saute potatoes & toast
8.95

steak & eggs
skirt steak, two eggs & balans potatoes
10.50

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
6.95

breakfast burrito
spiced scrambled eggs in toasted tortilla
mexicana, salsa fresca & sour cream
6.65

smoked salmon
smoked salmon, scrambled eggs & toast
6.50

toasted teacakes or crumpets
butter & preserves
2.95

breakfast sandwich
your choice egg, bacon or sausage
on toasted sesame seed bun
any two items 4.95

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

B A L A N S

white wine

chenin blanc chardonnay el lapiz, argentina	11.95 / 4.25 / 3.15
pinot grigio riesling oveja negra, brazil	13.95 / 4.95 / 3.60
sauvignon blanc valdivieso, chile	14.95 / 5.25 / 3.90

champagne

bruno paillard brut premier cuvee, nv	29.95 / 6.00
bruno paillard rose premier cuvee, nv	43.95 / 8.95

coffees and teas

americano	1.95
cappuccino	2.25
café au lait	2.25
espresso	1.95
double espresso	2.25
double machiato	2.25
hot chocolate	2.75
hot chocolate whipped cream & flake	2.95
mocha	2.10
earl grey tea	1.65
green tea	1.65
camomile tea	1.65
peppermint tea	1.65

cold drinks

frozen cappuccino or mocha	2.20
cranberry juice	1.65
grapefruit juice	1.65
fresh apple or orange juice	2.25
red bull	1.90
mineral water still or sparkling	1.30
coke / diet coke	1.20
7-up	1.20
fanta orange	1.20

red wine

shiraz malbec el lapiz, argentina	11.95 / 4.25 / 3.15
tempranillo touriga oveja negra, brazil	13.95 / 4.95 / 3.60
cabernet shiraz thomas mitchel, australia	14.95 / 5.25 / 3.90

cocktails

martinis vodka, gin, chocolate, flavoured	4.95
bloody mary	4.95
absolut bull	5.75
cosmopolitan	4.95
bucks fizz	4.95
kir royale	6.00
sea breeze	4.95
mojito	4.95
daiquiri strawberry or passion fruit	5.95
caipirinha	5.50
margarita	5.75
strawberry margarita	5.95

spirits

from £4.75
all spirits are double shots with mixer

absolut vodka
bombay sapphire gin
jack daniels
bacardi rum
martell brandy
tequila
baileys

beers

budwieser	2.95
stella	2.95

wi fi available

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allergy concerns should be referred to the manager



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