B A L A N S

breakfast

full english
two free range eggs with toast, tomato, beans, bacon
field mushroom, 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 5.75 / dbl 8.80
smoked salmon & scrambled eggs
granary toast 7.95
two eggs "any way" on toast 4.75
add
sausage, bacon, tomato, beans or mushrooms 1.60
breakfast burrito
spiced scrambled eggs, toasted tortilla
pepper jack cheese, salsa fresca, sour cream 7.85
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

balans jumbo breakfast

two free range eggs, bacon
sausage, potatoes, toast
american pancake with fruit
& a choice of fresh fruit juice
9.95

cereal & fruit

organic porridge
english honey 4.40
granola
berries, candied nuts & greek yoghurt 4.65
seasonal fruit salad
greek yoghurt & honey 6.95
berry bowl
mixed berries, greek yoghurt & honey 5.75

pancakes & toast

cinnamon french toast
strawberries & banana 6.35
american pancakes
fruit or bacon 6.35
toast or toasted crumpets
butter & preserves 2.25

fresh fruit juices & smoothies

fresh orange, grapefruit or apple juice 2.85
mixed berry smoothie 3.95
strawberry & banana smoothie 3.95

salads & sandwiches

vegetable couscous salad
carrot, chickpeas, orange & date
lemon tahini dressing
7.95

asian seafood salad
marinated squid, mussels, clams, shrimp
glass noodles, thai chilli dressing
8.75

smoked chicken & avocado salad
mixed leaves, mango & chermoulla
8.25

chicken & bacon cobb salad
watercress, avocado, blue cheese
cos lettuce, ranch dressing
9.25

smoked trout salad
artichoke, new potatoes, capers, green beans
citrus dressing
8.75

falafel wrap
chickpea patties, houmous, tomato
chopped parsley, pickles & fries
7.75

bbq chicken sandwich
bacon, avocado, tomato, iceberg lettuce
house baked sesame bun, hand cut chips
9.25

h forman's smoked salmon bagel
cream cheese, capers, pickle, red onion
6.50

10 oz balans burger
cheddar cheese, bacon, salad garnish
house baked sesame bun, hand cut chips
11.50

chicken caesar wrap
grilled chicken, romaine lettuce
parmesan, caesar dressing, croutons & fries
7.95

starters

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

shredded duck spring rolls
cucumber ribbons, hoi sin
5.95

truffled chicken liver parfait
red onion marmalade & toast
6.95

seared scallops
asparagus, saffron potatoes, citrus vinaigrette
7.75

buffalo mozzarella
sliced tomatoes, basil olive oil & crisp bread
6.95

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

woodland mushroom bruschetta
fried duck egg, sherry vinaigrette
6.95

chicken potstickers
sambal olek dip
6.95

warm goats cheese
crisp polenta, fire roasted peppers, pesto dressing
5.75

calamari
masa coated fried squid, garlic mayonnaise
6.75

main courses

beer battered haddock
hand cut chips & mushy peas
11.95

seafood jambalaya
squid, shrimp, clams, mussels, chorizo
louisiana style rice
13.95

edamame crusted tuna
fragrant rice, asian slaw, wasabi creme fraiche
16.95

black bean chilli
sour cream, salsa fresca, rice, warm flour tortilla
11.50

smoked haddock fishcakes
poached egg, wilted spinach, chive butter sauce
12.95

shrimp linguine
saute shrimp, courgettes, garlic & chilli
14.75

10 oz rib eye steak
hand cut chips & bearnaise
22.50

chicken supreme
crushed new potatoes, peas, feves, bacon
chicken jus
13.95

sea bass fillet
crushed new potatoes, spinach
chive butter sauce
15.95

gorgonzola & walnut tortelloni
toasted walnut beurre noisette
11.95

thai red curry (chicken or shrimp)
stir fried thai spices, onions
peppers, cashews, coconut cream
with fragrant rice or egg noodles
11.25

side orders 3.50

rice / fries / house salad / french beans / saute spinach / marinated olives
crisp polenta chips / crushed new potatoes / tomato red onion salad

Free Wi Fi

an optional service charge of 12.5% will be added to your bill
allergy concerns should be brought to the manager's attention
menu items may contain nuts or trace elements

B A L A N S

white wines

bottle / 250ml / 175ml

chenin blanc, kudu plains
western cape, south africa — 17.50 / 6.10 / 4.30

orvieto classico, tomaiolo castellani
tuscany, italy — 18.50 / 6.45 / 4.55

sauvignon blanc, valdivieso
valle central, chile — 19.95 / 6.95 / 4.90

picpoul de pinet, le cote flamenc els pyreneus
languedoc roussillon, france — 21.50 / 7.50 / 5.30

seleccion chardonnay, argento
mendoza, argentina — 22.95 / 8.05 / 5.65

riff pinot grigio, delle venezie terra alpina
alto adige, italy — 24.50 / 8.55 / 6.05

sauvignon blanc, spy valley
marlborough, new zealand — 26.50 / 9.25 / 6.55

a2o albarino, sobre lias bodegas castro martin
galicia, spain — 28.50 / 9.95 / 7.05

riesling "kung fu girl", charles smith
washington state, usa — 29.50 / 10.30 / 7.25

sancerre auspices
loire, france — 32.00 / 11.20 / 7.90

chablis, domaine des marronniers bernard legland
burgundy, france — 34.95

chassagne montrachet, les chaumes domaine roux
burgundy, france — 39.95

red wines

sangiovese, il banchetto
emilia romagna, italy — 17.50 / 6.10 / 4.30

rioja tempranillo, castillo clavijo
rioja, spain — 18.50 / 6.45 / 4.55

merlot, saint etalon
languedoc roussillon, france — 19.95 / 6.95 / 4.90

seleccion malbec, argento
mendoza, argentina — 21.50 / 7.50 / 5.30

corvina cabernet sauvignon, hesaurum
veneto, italy — 23.50 / 8.20 / 5.75

cotes du ventoux terres de truffes, terraventoux
rhone, france — 25.50 / 8.90 / 6.30

shiraz, "the love grass" d'arenberg
mclaren vale, australia — 28.95 / 10.10 / 7.15

merlot single vineyard, journeys end
stellenbosch, south africa — 30.50 / 10.65 / 7.50

rioja reserva, dinastia vivanco
rioja, spain — 33.00 / 11.55 / 8.15

pinot noir, spy valley
marlborough, new zealand — 35.00 / 12.25 / 8.65

barolo, angelo veglio
piedmont, italy — 37.50

chateauneuf de pape rouge, chateau st jean
rhone, france — 39.95

rose wines

pinot grigio delle venezie blush, lamberti
veneto, italy — 19.95 / 6.95 / 4.90

cotes de provence rose, chateau d'astros
provence, france — 26.50

sparkling wines

prosecco di valdobbiandene, brut jeio
veneto, italy — 34.00 / 6.95

jeio rose
veneto, italy — 36.00 / 7.35

cocktails

apple & elderflower collins
bombay sapphire, elderflower cordial, apple juice
6.95

bramble
bombay sapphire, lemon, sugar, creme de mure
7.95

sham 69
absolut, amaretto, lime juice & lemonade
7.95

berrylicious
muddled berries, amaretto, bacardi
7.50

choc & nut
absolut, frangelico hazelnut liqueur, creme de cacao
7.95

tennessee iced tea
jack daniels honey, sugar syrup, lemon juice, pepsi
7.25

cuban summer
bacardi, brandy, orange & pineapple juices, lemon & sugar
7.50

chilli cucumber margarita
tequila, lime, triple sec, fresh chilli & muddled cucumber
7.95

honey suckle
bombay sapphire, honey, orange & lemon juices
7.50

enchanted
brandy, lychee liqueur, lime juice & ginger ale
7.50

shamrock
vodka, baileys, butterscotch liqueur & espresso
7.95

italian seduction
amaretto, orange & lime juices, aromatic bitters
7.95

aztec manhattan
makers mark bourbon, benedictine, creme de cacao, tabasco
7.95

kiwi splash
vodka, vanilla syrup, apple juice, muddled kiwi
7.50

classic cocktails available on request

from 6.95

shooters from 5.95

martini style

porn star
vodka, vanilla syrup, passion fruit puree
champagne shot
9.25

madame rouge
vodka, creme de cacao, lychee liqueur
grenadine
8.50

flavoured
strawberry, raspberry, passion fruit
mango, apple, espresso
7.50

premium
grey goose martini 9.95
hendricks martini 9.95

hot & cold drinks

mineral water
750ml bottle 3.25 / 330ml bottle 1.75
teas & coffees from 1.95
beers from 3.85

champagne

perrier jouet, grand brut
champagne, france
8.95 / 44.75

perrier jouet, blasson rose
champagne, france
52.00

veuve clicquot, yellow label
champagne, france
58.00

louis roederer brut premier
champagne, france
65.00

laurent-perrier rose
champagne, france
78.00

dom perignon 2003
champagne, france
145.00

champagne cocktails

chin chin
honey, johnnie walker black label
apple juice & champagne
8.95

bellini
prosecco, white peach puree
7.50

kir royale
champagne, cassis
8.95

earl grey fizz
vodka, cold earl grey tea, sugar
champagne
8.95

frozen cocktails 8.25

fruit daiquiri
strawberry, raspberry, passion fruit
mango, apple

flavoured margarita
strawberry, raspberry, passion fruit
mango, apple

strawberries & cream
amaretto, creme de fraise, orange liqueur
strawberry puree & double cream

smoothies & mocktails 3.95

very berry smoothie
cranberry juice, berries, honey
berry puree

strawberry & banana smoothie
pureed whole fruit

ginger temple
lime juice, pomegranate syrup
ginger beer

fruit smash
raspberries & strawberries, honey
apple & cranberry juices

virgin tai
orange & pineapple juices
pomegranate

follow us @balanslondon

like us facebook.com/balanslondon

04/13