B A L A N S

aperitifs

bucks fizz
champagne, orange
7.25

bloody mary
classic, japanese or french
7.50

perrier jouet
grand brut, nv
8.95

kir royale
champagne & cassis
8.95

bellini
prosecco & white peach
7.50

prosecco
jeio, nv
6.95

starters

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

seared scallops
asparagus, saffron potatoes
citrus vinaigrette
7.75

shredded duck spring rolls
cucumber ribbons, hoi sin
5.95

chicken potstickers
sambal olek dip
6.95

buffalo mozzarella
sliced tomatoes, basil olive oil
crisp bread
6.95

smoked chicken & avocado salad
mixed leaves, mango & chermoulla
6.95

sardine fillets
herb tabbouleh, rasins, almonds
chilli tomato chutney
6.50

truffled chicken liver parfait
red onion marmalade & toast
6.95

woodland mushroom bruschetta
fried duck egg, sherry vinaigrette
6.95

calamari
masa coated fried squid, garlic mayonnaise
6.75

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

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

main courses

pie of the day
mash, green beans, gravy
12.95

pork fillet
wilted greens, butter beans
grain mustard jus
13.95

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

chicken & bacon cobb salad
watercress, avocado, blue cheese
cos lettuce, ranch dressing
11.50

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

lamb rump
pistachio crust, pea, mint & feta salad
pesto dressing
17.50

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

10 oz rib eye steak
hand cut chips, bearnaise
22.50

barbecue half chicken
crisp polenta chips & house slaw
11.95

duck two ways
confit thigh, roast breast, braised chicory
fondant potato, cassis sauce
16.95

salmon fillet
house made goats cheese gnocchi
pepperonata
13.95

shrimp linguine
saute shrimp, courgettes, garlic, chilli
14.75

gorgonzola & walnut tortelloni
toasted walnut beurre noisette
11.95

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

beer battered haddock
hand cut chips, mushy peas
11.95

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

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

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

swordfish
sweet potato, olives, cherry tomatoes
preserved lemon, chermoulla
14.50

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

side orders

3.50

fragrant rice
french beans
saute spinach
crisp polenta chips
fries or hand cut chips
mash or new potatoes
tomato red onion salad
green salad - house dressing

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

Free Wi Fi

www.balans.co.uk

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

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