BALANS

breakfast

full english
two free range eggs with toast, tomato, field mushroom
beans, bacon, sausage & balans potatoes 9.75

breakfast burrito
spiced scrambled eggs, toasted tortilla, pepper jack cheese
salsa fresca, sour cream 8.50

salmon & eggs
smoked scotch salmon, scrambled eggs & granary toast 8.75

eggs benedict
choice of ham, spinach or smoked salmon
sgl 6.75 / dbl 9.50

three egg omelette
with two fillings & balans potatoes 8.50
mushroom, tomato, ham, spinach
smoked salmon, swiss cheese, mozzarella

chorizo con papas
saute potatoes, chorizo, two fried eggs 9.25

steak & eggs
skirt steak, balans potatoes
two free range eggs of your choice 12.50

ham & eggs
gammon steak, balans potatoes
two free range eggs of your choice 10.50

corned beef hash
poached eggs & fire roasted tomatoes 9.95

american pancakes
fresh fruit or bacon 7.75

berry bowl
greek yoghurt, mixed berries & english honey 6.25

cinnamon french toast
strawberries & banana 7.25

side orders

balans potatoes or fries 3.50
extra toast 1.20
grilled tomatoes 1.60
cumberland sausage 1.60
two rashers of bacon 1.60
mushrooms 1.60
heinz baked beans 1.60
single blueberry pancake 1.60
extra free range egg 1.25

www.balans.co.uk

aperitifs

bloody mary
classic, japanese or french
7.95

bellini
prosecco & white peach
7.95

bucks fizz
champagne, orange
7.95

kir royale
champagne & cassis
9.75

perrier jouet
grand brut, nv
9.75

prosecco
jeio, nv
7.55

starters

greek plate
tzatziki, houmous, taramasalata
feta, kalamata olives & flat bread
7.25

quesadilla
flour tortilla, pepper jack cheese
sour cream, salsa fresca
6.75

chicken potstickers
sambal olek dip
7.50

buffalo mozzarella
sliced tomatoes, basil olive oil & crisp bread
7.50

woodland mushroom bruschetta
fried duck egg, sherry vinaigrette
7.25

truffled chicken liver parfait
red onion marmalade & toast
7.50

shredded duck spring rolls
cucumber ribbons, hoi sin
6.95

calamari
masa coated fried squid, garlic mayonnaise
7.25

seared scallops
asparagus, saffron potatoes
citrus vinaigrette
8.25

warm goats cheese
crisp polenta, fire rosted peppers
pesto dressing
6.75

main courses

10 oz rib eye steak
hand cut chips, bearnaise
23.50

seafood jambalaya
squid, shrimp, clams, mussels, chorizo
louisiana style rice
14.50

beer battered haddock
hand cut chips, mushy peas
12.95

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

black bean chilli
sour cream, salsa fresca, rice
warm flour tortilla
11.95

10 oz balans burger
cheddar cheese, streaky bacon
house baked sesame bun
salad garnish & hand cut chips
12.75

chicken supreme
crushed new potatoes, peas, feves, bacon
chicken jus
14.50

thai red curry (chicken or shrimp)
stir fried thai spices, onions
peppers, cashews, coconut cream
with fragrant rice or egg noodles
12.25

shrimp linguine
saute shrimp, courgettes, garlic, chilli
15.50

h forman's smoked salmon bagel
cream cheese, capers, pickle, red onion
6.95

chicken caesar wrap
grilled chicken, romaine, parmesan, croutons
caesar dressing & fries
8.50

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

04/13

B A L A N S

white wines

bottle / 250ml / 175ml

chenin blanc, kudu plains
western cape, south africa — 18.50 / 6.45 / 4.55

orvieto classico, tomaiolo castellani
tuscany, italy — 19.50 / 6.80 / 4.80

sauvignon blanc, valdivieso
valle central, chile — 20.95 / 7.35 / 5.15

picpoul de pinet, le cote flamenc els pyreneus
languedoc roussillon, france — 22.50 / 7.80 / 5.55

seleccion chardonnay, argento
mendoza, argentina — 23.95 / 8.35 / 5.90

riff pinot grigio, delle venezie terra alpina
alto adige, italy — 25.50 / 8.90 / 6.30

sauvignon blanc, spy valley
marlborough, new zealand — 27.50 / 9.60 / 6.80

a2o albarino, sobre lias bodegas castro martin
galicia, spain — 29.50 / 10.30 / 7.25

riesling "kung fu girl", charles smith
washington state, usa — 30.50 / 10.65 / 7.50

sancerre auspices
loire, france — 33.00 / 11.55 / 8.15

chablis, domaine des marronniers bernard legland
burgundy, france — 36.00

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

red wines

sangiovese, il banchetto
emilia romagna, italy — 18.50 / 6.45 / 4.55

rioja tempranillo, castillo clavijo
rioja, spain — 19.50 / 6.80 / 4.80

merlot, saint etalon
languedoc roussillon, france — 20.95 / 7.35 / 5.15

seleccion malbec, argento
mendoza, argentina — 23.50 / 8.20 / 5.75

corvina cabernet sauvignon, hesaurum
veneto, italy — 24.50 / 8.55 / 6.05

cotes du ventoux terres de truffes, terraventoux
rhone, france — 26.50 / 9.25 / 6.55

shiraz, "the love grass" d'arenberg
mclaren vale, australia — 29.95 / 10.40 / 7.15

merlot single vineyard, journeys end
stellenbosch, south africa — 31.50 / 11.00 / 7.75

rioja reserva, dinastia vivanco
rioja, spain — 34.00 / 11.90 / 8.40

pinot noir, spy valley
marlborough, new zealand — 36.00 / 12.60 / 8.90

barolo, angelo veglio
piedmont, italy — 38.50

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

rose wines

pinot grigio delle venezie blush, lamberti
veneto, italy — 20.95 / 7.35 / 5.15

cotes de provence rose, chateau d'astros
provence, france — 27.50

sparkling wines

prosecco di valdobbiandene, brut jeio
veneto, italy — 36.00 / 7.55

jeio rose
veneto, italy — 38.00 / 7.95

cocktails

apple & elderflower collins
bombay sapphire, elderflower cordial, apple juice
7.50

bramble
bombay sapphire, lemon, sugar, creme de mure
8.25

sham 69
absolut, amaretto, lime juice & lemonade
8.25

berrylicious
muddled berries, amaretto, bacardi
7.95

choc & nut
absolut, frangelico hazelnut liqueur, creme de cacao
8.50

tennessee iced tea
jack daniels honey, sugar syrup, lemon juice, pepsi
7.75

cuban summer
bacardi, brandy, orange & pineapple juices, lemon & sugar
7.95

chilli cucumber margarita
tequila, lime, triple sec, fresh chilli & muddled cucumber
8.50

honey suckle
bombay sapphire, honey, orange & lemon juices
7.95

enchanted
brandy, lychee liqueur, lime juice & ginger ale
7.95

shamrock
vodka, baileys, butterscotch liqueur & espresso
8.50

italian seduction
amaretto, orange & lime juices, aromatic bitters
8.50

aztec manhattan
makers mark bourbon, benedictine, creme de cacao, tabasco
8.50

kiwi splash
vodka, vanilla syrup, apple juice, muddled kiwi
7.95

classic cocktails available on request

from 7.50

shooters from 5.95

martini style

porn star
vodka, vanilla syrup, passion fruit puree
champagne shot
9.75

madame rouge
vodka, creme de cacao, lychee liqueur
grenadine
8.95

flavoured
strawberry, raspberry, passion fruit
mango, apple, espresso
7.95

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
9.75 / 48.50

perrier jouet, blasson rose
champagne, france
55.00

veuve clicquot, yellow label
champagne, france
62.00

louis roederer brut premier
champagne, france
70.00

laurent-perrier rose
champagne, france
85.00

dom perignon 2003
champagne, france
148.00

champagne cocktails

chin chin
honey, johnnie walker black label
apple juice & champagne
9.95

bellini
prosecco, white peach puree
7.95

kir royale
champagne, cassis
9.75

earl grey fizz
vodka, cold earl grey tea, sugar
champagne
9.75

frozen cocktails 8.95

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 4.50

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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