

BALANS

light start

organic porridge
brown sugar or preserve
4.25

cereal
cornflakes, special k or cheerios
hot or cold milk
1.95

berry bowl
mixed berries, greek yoghurt & honey
5.50

parfait
mixed berries, granola, greek yoghurt
pumpkin seeds & toasted almonds
4.50

chilled half pink grapefruit
strawberry mint salad
2.50

fresh fruit salad
greek yoghurt & honey
bowl or plate
3.95 / 6.95

breakfast

breakfast
two free range eggs with toast
grilled tomato, field mushrooms
bacon & sausage
6.25

steak & eggs
skirt steak, balans potatoes
two free range eggs of your choice
9.95

cured corned beef hash
poached eggs, fire roasted tomatoes
7.50

build your own omelette
three egg omelette with balans potatoes
add two fillings 7.25
mushroom, tomato, ham, swiss cheese
mozzarella, spinach or smoked salmon

full english
two free range eggs with toast
grilled tomato, field mushrooms, beans
bacon, sausage & balans potatoes
7.95

salmon & eggs
smoked scotch salmon, scrambled eggs
six cereal toast
6.95

quesadilla
grilled chorizo sausage, two fried eggs
salsa fresca
6.75

smoked scotch salmon bagel
chive sour cream & capers
5.95

breakfast burrito
spiced scrambled eggs in a toasted tortilla
pepperjack cheese, salsa fresca
sour cream
6.75

ham & eggs
gammon steak, balans potatoes
two free range eggs of your choice
8.95

two eggs "any way" on toast
3.50
see sides for add ons

balans breakfast sandwich
your choice of sausage or bacon
on toasted granary or sourdough
4.00
add egg 1.00

benedicts

country ham
poached egg/s on toasted muffin
country style ham & hollandaise
sgl 4.95 / dbl 6.95

florentine
poached egg/s on toasted muffin
leaf spinach & hollandaise
sgl 4.95 / dbl 6.95

smoked salmon
poached egg/s on toasted muffin
smoked scotch salmon & hollandaise
sgl 5.95 / dbl 7.95

crab cake
poached egg/s on crab potato cake
& hollandaise
sgl 5.95 / dbl 7.95

field mushroom
poached egg/s on toasted muffin
fresh field mushrooms & hollandaise
sgl 4.95 / dbl 6.95

bacon
poached egg/s on toasted muffin
grilled bacon & hollandaise
sgl 4.95 / dbl 6.95

pancakes & toasts

blueberry pancakes
fresh fruit 6.95
streaky bacon 5.95

buttered crumpets
choice of nutella, jam or honey
2.75

american pancakes
pecan maple butter
5.25

banoffi pancakes
bananas & dulce de leche
5.95

cinnamon french toast
caramelised apples
5.95

granary or sourdough toast
butter & preserves
2.25

sandwiches

chicken sandwich
chicken, bacon, tomato & avocado
on sourdough tin loaf & fries
7.95

steak sandwich
skirt steak, tomato & onions
on sourdough & fries
9.50

balans burger
pure ground beef, swiss cheese
streaky bacon, balans slaw & fries
9.95

side orders

balans potatoes or fries 2.25
extra toast 1.20
grilled tomatoes 1.30

cumberland sausage 1.60
2 rashers of bacon 1.60
field mushrooms 1.30

heinz baked beans 1.10
single blueberry pancake 1.50
extra egg 1.00

an optional service charge of 12.5% will be added to your bill
menu items may contain nuts or trace elements
cheques not accepted
Wi-Fi access available



please note 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

BALANS

c o f f e e s

- espresso 1.80
- americano 1.80
- cappuccino 2.20
- filter coffee 1.80
- dbl espresso 2.25
- latte 2.20
- mocha 2.75
- hot chocolate 2.75

t e a s

- english breakfast 1.80
full bodied aromatic blend of assam & ceylon teas
- earl grey 1.80
blend of chinese black tea with a delicate aroma & flavour of bergamot

s p e c i a l i z e d t e a s & i n f u s i o n s

jasmine flower green tea 2.95
light delicate green tea taste & gentle jasmine flower aroma
served in a glass tea-iere

gunpowder green 1.95
classic green chinese tea

assam 1.95
full bodied flavoured tea from north east india

formosa oolong 1.95
aromatic sweet flavour, a cross between black & green teas

darjeeling 1.95
delicate & fragrant tea from the himalayas of northern india

ceylon 1.95
strong dark aromatic tea from the dimbula region of sri lanka

green moroccan mint 1.95
very light & refreshing original arabic green gunpowder & spearmint blend

f r e s h f r u i t j u i c e s

- apple 2.25
- orange 2.25
- pink grapefruit 2.25

f r u i t s m o o t h i e s

- passionfruit, mango & pineapple 3.50
or
banana & strawberry 3.50

m i n e r a l s

- still water 7.50ml 2.95 330ml 1.40
- sparkling water 7.50ml 2.95 330ml 1.40
- bottle diet coke 330ml 1.75
- bottle coke 330ml 1.75

c o c k t a i l s

- bellini 5.75
- bucks fizz 4.95
- kir royale 5.95
- bloody mary 4.95
- breakfast martini 5.50
gin, cointreau, lemon juice & orange marmalade



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