

OPEN ALL NIGHT

Monday - Saturday until 6am / Sunday until 2am
Daily Specials: ask your server or see chalkboards

bloody mary
horseradish vodka, tomato juice, lemon,
tabasco, worcestershire sauce, celery salt
glass £5.50 pitcher £15.95

bucks fizz
orange juice & champagne
glass £6.25
pitcher £16.95

BALANS APERITIF

APPETIZERS

thai crab cakes £6.75
cucumber, mango & coriander salsa, wasabi mayo and sweet soy

crispy duck salad £6.50
aromatic red cabbage, blood orange dressing

greek plate £6.25
houmous, tzatziki, taramasalata, feta stuffed kadoulla peppers and pitta

tiger prawns £6.50
iceberg lettuce, avocado, caper horseradish dressing

tempura calamari £5.95
sweet chilli dip

buffalo mozzarella salad £6.25
aubergine confit and roast tomato vinaigrette

COBB salad £7.50 / £10.50
grilled chicken, avocado, bacon, cashel blue, cos lettuce
and watercress with honey mustard dressing

MAIN COURSE

thai chicken curry £11.25
stir fried chicken with thai spices, peppers, spring onions,
cashews and coconut cream with jasmine rice or egg noodles

smoked chicken £12.50
wild rice, avocado salsa and harrisa tomato dressing

balans burger £11.25
pure ground beef, swiss cheese,
streaky bacon, balans slaw and fries

rib eye steak £14.95
big chips and mushroom worcestershire sauce

old spot pork sausages £10.95
mashed potatoes, roasted sweet shallots and red wine gravy

**CATCH
OF THE
NIGHT**

haddock fishcakes £11.25
wilted spinach and parsley sauce

bengal prawn curry £10.95
tiger prawns, spicy tomato and coconut sauce
with basmati rice and naan

sesame tuna steak £13.95
sea vegetables, bok choy, jasmine rice
and ginger soy butter sauce

BALANS BREAKFASTS

breakfast £6.95
two free range eggs with toast, grilled tomato,
mushrooms, bacon and sausage

full monty £8.95
two free range eggs with toast, grilled tomato, beans,
bacon, sausage, balans potatoes and mushrooms

steak & eggs £10.95
skirt steak with two free range eggs
of your choice with balans potatoes

balans breakfast sandwich any two items £6.50
your choice of egg, sausage or bacon on a toasted sesame bun

smoked salmon £7.95
scrambled eggs and toast

ham & eggs £9.95
gammon steak with two free range eggs
of your choice with balans potatoes

build your own omelette

three egg omelette with balans potatoes
add two fillings for £7.50

mushroom • tomato • ham
swiss cheese • mozzarella
extra fillings supplement £1.25

breakfast burrito £6.95
spiced scrambled eggs in a toasted tor tilla
with salsa fresca and sour cream

eggs benedict £7.50
poached eggs on a toasted muffin with hollandaise sauce
served with bacon or ham or spinach
with smoked salmon £8.50

blueberry pancakes
with streaky bacon and maple syrup £6.95
or with fresh fruit and maple syrup £7.25

SIDES all £3.25

RED ONION & TOMATO SALAD

BIG CHIPS or SMALL FRIES

MIXED LEAVES house dressing

HOUSE BAKED BREAD

SAUTEED SPINACH

MASHED POTATOES

DESSERTS all £5.95

nougatine cheesecake
fudge sauce

lemon meringue pie
strawberry sauce

MUD PIE
chocolate ice cream

banoffi pie
toffee sauce

NIGHT TIME MENU

WI-FI AVAILABLE



white wine

	the bottle	big glass	small glass
semillon chardonnay 2005/06 ninnis old vine, australia	£13.50 / £5.00 / £3.50		
chenin blanc 2006/7 montestell, south africa	£14.95 / £5.50 / £3.90		
pinot grigio 2005/06 ca' marengo, italy	£15.95 / £5.80 / £4.10		
sauvignon blanc 2006/07 punto nino, chile	£16.75 / £6.10 / £4.30		
piano maltese bianco 2005/06 rapitala, italy	£17.50 / £6.35 / £4.45		
unoaked chardonnay 2005/06 wandering river, new zealand	£18.50 / £6.65 / £4.70		
riff pinot grigio 2005/06 alois lageder, italy	£19.95 / £7.15 / £5.05		
riesling 2006/07 spy valley, new zealand	£20.95 / £7.50 / £5.30		
a20 albarino 2005/06 bodegas castro martin, spain	£21.25 / £7.60 / £5.35		
sancerre 2004/05 domaine de la chezatte, france	£22.50 / £8.00 / £5.65		
pinot gris 2005/06 tempus two, australia	£24.95 / £8.80 / £6.25		
chablis 2005/06 la jouchere, france	£25.95 / £9.15 / £6.45		
sauvignon blanc 2006/07 huia, new zealand	£27.75 / £9.75 / £6.90		
wild yeast chardonnay 2004/05 springfield estate, south africa	£31.95 / £11.15 / £7.85		
chassagne Montrachet 2004/05 vieilles vignes, nicolas potel, france	£39.50 / £13.80 / £9.65		

champagne

- Laurent-perrier brut, nv £7.25 / £35.95
- Laurent-perrier rose, nv £9.50 / £47.50
- veuve clicquot yellow label, nv £45.95
- Bollinger brut special cuvee, nv £55.00
- dom perignon 1999 vintage £99.00
- krug grand cuvee, nv £135.00

champagne cocktails

- belini prosecco, white peach puree £6.25
- kir royale champagne, chambord £6.75
- BUCKS FIZZ champagne and orange juice £6.50
- balans blush £6.95
champagne, rose petal vodka, strawberry liquor
- classic champagne, sugar, bitters, brandy £7.95

SPARKLING WINE

- jeio prosecco brut, italy £4.75 / £21.95
- deakin estate brut, australia £18.95
- graham beck brut rose, australia £29.95

ROSE WINE

- pinno rose 2006/07 £17.95 / £6.50 / £4.60
graham beck, south africa
- lagrien rosato 2005/06 £21.95 / £7.80 / £5.50
alois lageder, italy

RED wine

	the bottle	big glass	small glass
shiraz 2005/06 ninnis old vine, australia	£13.50 / £5.00 / £3.50		
pinotage cinsault 2004/05 montestell, south africa	£14.95 / £5.50 / £3.90		
cabernet-shiraz 2005/06 thomas mitchel, australia	£15.95 / £5.80 / £4.10		
tempranillo 2004/05 tempus two, australia	£16.95 / £6.15 / £4.35		
pinossimo vdp d'oc 2005/06 bouchard aine & fils, france	£17.75 / £6.40 / £4.55		
merlot 2005/06 preece, australia	£18.50 / £6.65 / £4.70		
rioja crianza 2003/04 castillo de clavijo, spain	£18.95 / £6.85 / £4.80		
primitivo salento 2005/06 castello monaci, italy	£19.50 / £7.00 / £4.95		
reserve merlot 2004/05 valdivieso, chile	£21.75 / £7.75 / £5.50		
the love grass shiraz 2004/05 d'arenburg, australia	£22.50 / £8.00 / £5.65		
whole berry cabernet sauvignon 2004/05 springfield estate, south africa	£25.95 / £9.15 / £6.25		
valpolicella classico superiore 2003/04 seccal ripasso, italy	£28.50 / £10.00 / £7.05		
rioja reserva 2002/03 marques de riscal, spain	£34.95 / £12.15 / £8.60		
st. emilion grand cru 2002/03 chateau pontet fumet, france	£38.95 / £13.50 / £9.50		
nuits st george 2001/02 vieilles vignes, nicolas potel, france	£41.50 / £14.35 / £10.15		

cocktails

pimms £4.95 / £13.50
pimms, lemonade, mint, fresh strawberries, cucumber

mojito £5.95
classic, mexican or flavoured

black forest martini £5.95 / £7.50
black cherry vodka, chocolate vodka, cherry brandy,
dark creme de cacao

caipirosca £5.95
vodka, strawberry or raspberry, lime, sugar

dirty banana £5.95
tia maria, fresh banana, creme de banane, cream
(blended or shaken)

weeping jesus £5.95
absinthe, peach schnapps, grenadine, lemonade

blue sea £5.95
vodka, hpnotiq, grand marnier, blue curacao

FROZEN

strawberry daiquiri £6.50
light rum, cherry brandy, strawberry liquor, grenadine, strawberry puree

passion fruit daiquiri £6.50
pineapple rum, passion fruit liquor & passion fruit puree

mango daiquiri £6.50
mango rum, mango fruit liquor & mango fruit puree

pina colada £6.50
coconut rum, pineapple juice, coco lopez

margarita £6.50
silver tequila, triple sec, lime juice (blended or shaken)

strawberry margarita £6.50
silver tequila, triple sec, strawberry puree

long island iced tea £5.95 / £16.95
vodka, gin, light rum, tequila, triple sec, lemon juice, pepsi

sea breeze £5.95 / £16.95
vodka, cranberry juice, grapefruit juice

mai tai £5.95 / £16.95
light rum, dark rum, triple sec, orgeat, lime juice, grenadine

martinis £5.50 / £7.50
vodka or gin - classic, french or flavoured

cosmopolitan £5.95 / £7.50
citron, cointreau, cranberry, lime squeeze

singapore sling £5.95
gin, cointreau, benedictine, cherry brandy,
lime, orange, pineapple juice

brandy alexander £5.95
brandy, brown & white creme de cacao, single cream

manhattan £5.95 / £7.50
canadian club, sweet vermouth, bitters

caipirinha £5.95
crushed lime wedges, sugar, cachaca

island affair £5.75 / £7.50
blue curacao, midori, bacardi, mango & orange juice,
coconut cream & cream

woo woo £5.95 / £16.95
peach schnapps, vodka, cranberry juice

HOT & COLD DRINKS

TEAS & COFFEES from £1.80

MINERAL WATER £1.40 / £2.95

FRESH FRUIT JUICES £2.50
apple, orange or grapefruit

*An optional service charge of 12.5% will be added to your bill.
Menu items may contain nuts or trace elements.
Allergy concerns should be referred to the manager.
Cheques not accepted.*

