

BALANS

aperitifs

bruno paillard
brut premier cuvee, nv
6.25

prosecco
4.75

bruno paillard
rose premier cuvee, nv
8.95

bucks fizz
glass 4.95
pitcher 14.00

martini
gin, vodka or espresso
5.75

bloody mary
glass 4.95
pitcher 14.00

bellini
prosecco & white peach
6.25

kir royale
6.25

starters

beetroot gravadlax
warm soda bread & yoghurt dressing
5.75

buffalo mozzarella salad
plum tomatoes, gazpacho dressing
5.50 / 8.50

duck spring rolls
cucumber spring onion salad
japanese crackers & plum soy
5.50

thai crabcakes
honey miso dip
5.95

grilled med veg & goats cheese tart
dressed rocket
5.75

smoked chicken & avocado salad
mixed leaves & chermoula dressing
5.95 / 8.95

greek plate
houmous, tzatziki & taramasalata
feta stuffed kardoula peppers & pitta
5.25

cobb salad
grilled chicken, avocado, bacon
cashel blue, cos, watercress
raspberry vinaigrette
6.95 / 9.95

japanese breaded scallops
coconut sauce
6.50

pancetta & black pudding salad
endive, new potatoes & poached egg
6.25

crab salad
rocket, watercress, pink grapefruit
citrus vinaigrette
6.50 / 9.50

crispy calamari
spicy lemon sauce
5.25

main courses

chilean sea bass
anna potato cake, leaf spinach
salmon & champagne yoghurt dressing
17.50

toulouse sausages
garlic & olive mash, shallot gravy
12.50

spiced chicken supreme
chick pea & potato curry
garam fried onions
12.95

boston beer battered haddock
chunky chips & crab tartar
11.95

rib eye steak
chunky chips, tomato & red onion salad
16.95

sesame tuna steak
bok choy, jasmine rice
sticky ginger soy sauce
14.50

mussels & frites
marinaire or thai coconut
11.95

bucatini pasta
alfredo or pomodoro sauces
8.50
add grilled chicken or shrimp £3.00

balans burger
pure ground beef, swiss cheese
streaky bacon, balans slaw & fries
10.50

herb crusted lamb rack
dauphinoise potatoes, french beans & gravy
15.50

roast cod
tapenade crust, crushed new potatoes
tomato & red onion salad
14.50

pea & asparagus risotto
tallegio cream
9.95

salmon & haddock fishcakes
wilted spinach & lime aioli
11.95

21 day aged black angus fillet
anna potato cake, roasted baby tomatoes
spinach & truffle jus
22.95

chicken & ham pie
mash, green beans & gravy
12.95

thai chicken curry
stir fried chicken, thai spices, peppers
spring onions, cashews, coconut cream
jasmine rice or egg noodles
10.50

chilli seasoned black angus bavette
balans potatoes, onion rings
house bbq sauce
15.95

loin of pork
wilted spinach, parsnip cream & roast jus
12.50

honey glazed duck breast
maple sweet potato cake
green peppercorn jus
12.95

veal schnitzel
herb buttered new potatoes
11.95

calves liver
crispy bacon, garlic mash & shallot gravy
12.95

cornfed chicken supreme
black pudding & chorizo cassoulet
potato galette
13.50

pan seared salmon
minted almond cous cous & guacamole
13.75

vegetable pad thai
rice noodles, peppers, tofu & broccoli
peanuts, egg, chilli & spring onions
8.95
add shrimp or chicken £3.00

side orders 3.00

fries or chunky chips
mash potato or new potatoes
tomato & red onion salad

mint & almond cous cous
jasmine rice
green salad
house dressing

steamed broccoli & hollandaise
steamed french beans
sauteed garlic spinach

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



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