

REMEDIAL ACTION

Prosecco 7 Bloody Mary 9.5
Bucks Fizz 8.5

LOST WEEKEND?

The Soho Full English 11
*2 eggs (any way), maple bacon,
Cumberland sausage, field
mushroom, tomatoes, Balans
potatoes, toast*

Two Eggs Any Way 6
*with toast
add bacon, sausage or
avocado*

Avocado & Quinoa Bruschetta
8
*cherry tomatoes, halloumi,
pesto, balsamic glaze*

Eggs Benedict 9
*poached eggs, English muffin,
hollandaise choice of H.
Forman & Son smoked salmon,
ham or spinach*

The High Society Lobster
Benedict 17
*poached eggs, avocado, bacon,
English muffin, hollandaise*

H. Forman & Son Smoked
Salmon 10
*scrambled eggs, avocado,
granary toast*

Eggs in Hell 8
*2 eggs poached in a tomato
chilli sauce, Balans
potatoes, parmesan*

Cheese Omelette 9
fine herbs, Balans potatoes

Kedgeriee 9
*smoked haddock, spiced
basmati rice, poached egg*

Steak & Two Eggs Any Way 13
Balans potatoes, chimichurri

Spinach Crêpe 8
*spiced chickpeas,
onions, tomatoes*

Breakfast Burrito 9 *spiced
scrambled eggs, flour tortilla,
Mexicana cheese, salsa fresca,
sour cream*

SWEET

French Toast 8
*strawberries, banana, warm
maple butter*

Pancakes 8
*choice of maple bacon, banana
or berries, warm maple butter*

Porridge 4.5
Honey

House-Baked Granola 6
berries, yoghurt, honey

LIGHT BITES

Chickpeas 7
*falafel, houmous, crispy
chickpeas, harissa yoghurt,
flat bread*

Monkfish Scampi 7
tartare sauce, lemon
Three Cheese Quesadilla 6
*tomatillo chipotle salsa,
sour cream*

Manchego & Serrano Ham
Croquettes 8
Spanish paprika aioli

Smoked Mozzarella &
Bolognese Arancini 8
red pepper ketchup

Pumpkin Tortelloni 7

*hazelnut beurre noisette,
roasted artichoke, Parmesan*

Sauté Kale 3.5 *ginger & garlic*

Served weekends 8am - 4pm

QUINTESSENTIAL BALANS

The Infamous Balans Burger
15

*Red Leicester, maple bacon,
lettuce, tomato, dill pickle, red
onion, brioche bun, fries*

Lentil & Spinach Cottage Pie 13
sweet potato topping

10 oz Hereford Rib Eye Steak
26

*double-dipped chips,
watercress, Café de
Paris butter*

Cornish Crab Linguine 16
*with chilli, lemon,
garlic, parsley*

Thai Red Curry 15
*chicken, shrimp or vegetables,
cashews with jasmine rice or
egg noodles*

Beer-Battered Haddock 14
*mushy peas, double-
dipped chips*

Miso-glazed Tofu & Aubergine
12
*baby corn, sugar snaps, rice
noodles, sesame*

Pan-fried Chicken 17
*braised cabbage, fondant
potato, carrots, pistachio &
sausage farce*

ON THE SIDE

One Pancake & Fruit 4 Black
Pudding 2 Baked Beans 1.5
Fries or Hand-Cut Chips 3.5
Balans Potatoes 3.5 Roast
Fennel, Carrot & Squash 3.5
herb olive oil