

Balans Soho Society - Seven Dials Café

Sample menu

SMALL PLATES

Gambas Pil Pil 8

grilled sourdough

Buttermilk Fried Chicken 8

jalapeno slaw

Beef Shin Taco 8

black bean salsa, crema

Smoked Trout Fishcakes 8

broad bean, cucumber, caper salsa

Roast Vegetable Pide 6.5

courgette, peppers, cherry tomatoes, feta, hazelnut dukkah

Smoked Mozzarella & Bolognese Arancini 7

red pepper ketchup

Seared Scallops 9

miso glaze, sweet potato & smoked bacon

Caramelised Onion Tart 7

cress & oregano

Black Pepper & Sesame Tuna 8

pickled mooli, ginger sauce

LARGE PLATES

The Infamous Balans Burger 13

cheese, bacon, lettuce, tomato, dill pickle, red onion, brioche bun, double-dipped chips

10 oz Sirloin Steak 24

double-dipped chips, bourbon bbq sauce

Fish & Chips 12

beer battered haddock, mushy peas, double-dipped chips

Pappardelle 11

goats cheese, spinach, kale & walnut pesto

Red Curry 13

(chicken, shrimp or tempeh) with fragrant rice or sesame noodles

Roast Chicken 14

tomatoes, bacon, mushrooms, mash

Hand-Picked Cornish Crab Linguine 15

with chilli

Classic Club 11

roast chicken, bacon, gem lettuce, tomato, avocado, mayo, toasted sourdough bread, fries

Togarashi & Peanut Tofu 10

coconut black rice, bok choy

Roast Salmon 14

Asian greens, noodles, pickled ginger, masterstock

Grilled Lamb Chops 16

white beans, confit garlic, purple broccoli, anchovy butter

ON THE SIDE

Green Salad 3.5

Purple Broccoli & Anchovy Butter 3.5

Double-Dipped Chips or Fries 3.5

Curly Kale with Chilli & Ginger 3.5

Buttered New Potatoes 3.5

Roast Chantenay Carrots 3.5

LET US BREAK OUR FAST IN THE FINEST WAY

*POSSIBLE. LIVING WELL IS THE BEST REVENGE.
CAFE SOCIETY CLASSICS*

Kedgeriee 9

smoked haddock, spiced basmati rice, peas, poached egg

The Soho Full English 10

sausage, bacon, field mushroom, grilled tomato, two eggs any way, Balans potatoes, toast

Cheese Omelette 9

fine herbs, Balans potatoes

Steak & Eggs 13

skirt steak, Balans potatoes, two eggs any way

Breakfast Burrito 7.5

spiced scrambled eggs in a toasted flour tortilla, sour cream, salsa fresca

The High Society Eggs Benedict 12.5

poached eggs, lobster, avocado, bacon, English muffin, hollandaise

Chorizo con Papas 8

fried eggs, Balans potatoes, salsa fresca

Eggs Benedict 9

poached eggs, English muffin, hollandaise, a choice of smoked salmon, ham or spinach

Two Eggs Any Way 6

with toast

Smoked Salmon 9

scrambled eggs, avocado, toast

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

DRINKS

Selection of Tea & Coffee

Pressed Juice 3.5
orange, apple or grapefruit

Smoothies 4.5
very berry, strawberry & banana or green power

Hot Chocolate / Mocha 3

Fresh Mint Tea 2.5

FRUIT, OATS & GRAIN

French Toast 8
strawberries, banana, warm maple butter

Pancakes 8
choice of bacon, banana & pecan or mixed berry, warm maple butter

Porridge 4.5
honey

House-Baked Granola 6
berries, yoghurt, honey

ON THE SIDE

Chorizo 2
Black Pudding 2

Fries 3.5
Balans Potatoes 3.5
Avocado 2
Bacon or Sausage 2
Field Mushrooms 2.5
Heinz Baked Beans 1.5
Extra Egg 1.5

Available between 8am - 12pm

Menu last updated March 31 2017
Pricing and dishes subject to change.
Dishes are representative of the type of food available
at the restaurant.