



Breakfast served Monday-Friday 7.30am – 3pm Saturday-Sunday 8am - 4pm

### BREAKFAST CLASSICS

Gluten free bread available add £1.00

#### The Full Balance

Free range eggs . cumberland sausage . bacon . field mushroom  
grilled tomato . beans . sautéed thyme potatoes . sourdough toast £11.95

#### Veg on the Edge (V)

Free range eggs . vegan sausage . avocado . sautéed thyme potatoes . field mushroom  
beans . spinach . grilled tomato . sourdough toast £11.95  
Add:- grilled halloumi £3.50 . hummus £2.85

#### Vegan English Breakfast (VG)

Scrambled tofu . spinach . avocado . vegan sausage . sautéed thyme potatoes  
field mushroom . grilled tomato . beans . sourdough toast £12.75  
Add:- grilled halloumi £3.50 . hummus £2.85

### EGGS

#### Turkish Eggs

Poached eggs with garlic yoghurt . hot chilli oil . sourdough toast £10.50

#### Free range eggs (V)

Poached . scrambled or fried eggs . served on sourdough toast £6.95

#### Poached Eggs & Crushed Avocado (V)

With chilli flakes . toasted nigella & linseed . served on sourdough toast £11.50  
Add:- smoked salmon £3.75 . feta £2.75 . grilled halloumi £3.50 . bacon £2.75 . sausage £2.75  
chorizo sausage £3.00

### MUFFINS

#### The Benedict

Ham hock . fresh spinach . poached eggs . hollandaise sauce £10.95  
Add:- avocado £3.00 . field mushrooms £2.25

#### The Spanish

Chorizo sausage . poached eggs . hollandaise sauce £10.95  
Add:- avocado £3.00 . field mushrooms £2.25

#### The Florentine (V)

Spinach . poached eggs . hollandaise sauce £9.50  
Add:- avocado £3.00 . grilled halloumi £3.50 . salmon £3.75 . field mushrooms or £2.25

#### The Royale

Salmon . poached eggs . hollandaise sauce £9.95  
Add:-avocado £3.00 . spinach £2.50 . field mushrooms £2.25

### ADD ON

Avocado	£3.00	Smoked Salmon	£3.75	Sautéed Potatoes	£3.00
Grilled Tomato	£3.00	Chorizo Sausage	£3.00	Sautéed Spinach	£2.50
Blushed Tomatoes	£2.50	Field Mushrooms	£2.25	Black Pudding	£2.75
Grilled Halloumi	£3.50	Baked Beans	£2.00	Bacon	£2.75
Jam	£1.00	Tofu Scrambled	£2.50	Cumberland Sausage	£2.75
Feta cheese	£2.75	Hummus	£2.85	Vegan Sausage	£2.50

### OMELETTES

Free range three egg omelette £7.25  
feta & spinach £8.25  
ham & swiss cheese £8.25  
mushroom & mature cheddar £8.25  
served with sourdough toast  
Add: - bacon / sausage £2.75 . beans £2.00

### BREAKFAST SANDWICHES

Served on a brioche bun £6.95  
with  
bacon or sausage  
or two fried or scrambled eggs  
Add:- free range scrambled or fried egg £1.00

### PASTRIES

croissant £3.50  
pain au chocolate £3.50  
pain au raisin £3.50  
cinnamon roll £3.50

### Toast (V)

Sourdough toast or bagel . served with butter & preserve. £3.50

### Organic Porridge (V, GF oats)

Mixed berries . goji berries . toasted almonds . pistachios . honey. £6.00  
non dairy milk available add £1.00

### Homemade Granola (V)

Greek yoghurt . fresh berries . goji berries . roasted nuts . pistachios . honey  
bramble berries. £7.50  
non dairy yoghurt available add £2.00

### PANCAKES & WAFFLES

#### Balance Berry (V)

Fresh berries topped with berry compote . organic dairy free  
coconut yoghurt £12.50

#### Vegan (VG)

berries . compote . coconut yoghurt £10.50

#### Belgian (V)

bitter belgian chocolate . roasted banana £10.75

#### American

Poached eggs . bacon . cumberland sausage  
sautéed thyme potatoes topped with maple syrup £12.50

#### Veggy American (V)

Poached eggs . vegan sausage . field mushroom  
sautéed thyme potatoes topped with maple syrup £12.50

### HOT DRINKS

Coffee Roaster: Origin	Regular	Large
Espresso	£2.20	
Long Black	£2.50	
Batch Filter	£2.50	

#### Espresso with milk

Latte	£2.75	£2.95
Cappuccino	£2.75	£2.95
Flat White (6oz)	£2.75	
Mocha	£3.25	£3.45
Dirty Chai	£4.00	£4.30
Cortado / Piccolo (4oz)	£2.60	
Espresso Macchiato	£2.40	

Alternatives	Regular	Large
Authentic Chai Latte	£3.50	£3.80
Golden Turmeric Latte	£3.30	£3.60
Matcha Latte	£3.70	£4.00
Hot Chocolate	£3.50	£3.80

#### Iced Drinks

Iced Black	£2.85	
Iced Latte	£3.35	£3.65
Iced Freddo Cappuccino	£3.95	
Iced Caramello	£3.85	£4.15
Iced Matcha	£4.30	£4.60
Affogato	£4.50	

#### Iced Frappe

Iced Coffee Frappe	£3.50	£3.80
Iced Mocha Frappe	£4.00	£4.30

#### Non-Dairy Milk Alternatives

Oat Milk, Almond Milk	
Coconut Milk & Bonsoy	£0.50

#### Extra Espresso Shot

£0.50	
Add: Syrup or whipped cream	£0.50

#### Organic Teas To - Go Pot of Tea

English Breakfast	£2.00	£2.95
Decaf English Breakfast		
Earl Grey		
Red Berry & Flower		
Green Tea		
Peppermint		
Camomile		
Rooibos (caffeine-free)		
Lemongrass & Ginger		
Fresh Mint Leaves		

**Temperature** . at Balance we serve our hot drinks at a temperature that allows you to sip without burning your lips, if you would like your drink hotter please ask your barista when ordering.

V = Vegetarian VG = Vegan  
All allergen information is available upon request

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### SANDWICHES available toasted

**Escalope Club** in £9.95 togo £8.95  
chicken escalope . streaky bacon . cheddar . aioli-mayonnaise salad . on rustic bread  
add: - avocado £1 . fried egg £1.00

**Parma Club** in £9.95 togo £8.95  
prosciutto di parma . mozzarella . avocado . nut free pesto tomato . mixed leaves . on rustic bread  
add: - sunblush tomato £1.00

**Superclub** in £9.95 togo £8.95  
chicken breast . streaky bacon . avocado . mustard mayo tomato . mixed leaves . on rustic bread  
add: - cheese £1.00

**Spanish Club** in £9.95 togo £8.95  
ham . chorizo . mature cheddar . jalepeno . coleslaw . tomato cucumber . mixed leaves . on rustic bread

**Chicken Caesar** in £9.95 togo £8.95  
chicken breast . shaved parmesan . caesar sauce . avocado tomato . mixed leaves . on rustic bread  
add: - bacon £1.00

**Grilled Ham & Cheese** in £7.95 togo £6.95  
on toasted rustic bread

**Grilled Tuna Mayo & Cheese** in £7.95 togo £6.95  
on toasted rustic bread

**Torino** in £8.95 togo £7.95  
mozzarella nut free pesto . tomato . basil . mixed leaves . on rustic bread (V)  
add: - avocado £1.00

**Halloumi Wrap** in £8.95 togo £7.95  
grilled halloumi . hummus . chargrilled peppers . caramilised pepper confit . tomato . mixed leaves (V)  
add: - avocado £1.00

**Chic-Pea Falafel** in £7.95 togo £6.95  
crunchy raw peppers . hummus . red & yellow pepper confit & mixed leaves wrap (VG)  
add: - halloumi £1.50

**Smoked Salmon & Cream Cheese** in £9.95 togo £8.95  
pickled cucumbers . lemon juice . cracked pepper . on rustic bread  
add: - avocado £1.00

**Tuna Avo** in £8.95 togo £7.95  
dolphin friendly tuna mayo . avocado . olives . tomato red onions balsamic glaze . mixed leaves . on rustic bread

### SALADS

**Balance Caesar Salad** sliced chicken breast . mixed leaves avocado . chargrilled peppers . parmesan shavings . cherry tomato cucumber . caesar dressing in £12.50 togo £10.50

**Fish Salad** scottish smoked salmon . avocado . chargrilled peppers coleslaw . mixed leaves . cherry tomato . cucumber . wedge of lemon vinaigrette dressing in £14.50 togo £12.50

**Nicoise Salad** sliced tuna steak . free range poached egg . olives green beans . red onions . capers . cherry tomato . cucumber . mixed leaves and vinaigrette dressing in £14.50 togo £12.50

**Chic-Pea Falafel Salad** chargrilled peppers . hummus . avocado gluten free quinoa . green beans . red onions . cherry tomato . cucumber mixed leaves with sweet chilli sauce & vinaigrette dressing (VG) in £12.50 togo £10.50

### MAINS & SALADS FROM THE DELI COUNTER

#### A variety of seasonal superfood salads

2 Salads in £8.95 togo £7.00  
3 Salads in £10.95 togo £8.50  
4 Salads in £12.50 togo £9.95

#### Mains

##### Meat, fish, vegetarian & vegan

1 Main and 1 Salads in £12.50 togo £9.95  
1 Main and 2 Salads in £13.75 togo £10.95  
1 Main and 3 Salads in £15.00 togo £11.95

##### Quiche with Salad

Quiche of the Day and 1 Salad in £11.95 togo £9.50  
Quiche of the Day and 2 Salads in £12.75 togo £10.50  
Quiche of the Day and 3 Salads in £14.50 togo £11.50

### Sweet Treats

cupcakes . muffins . brownies cereal bars . cookies  
iced cakes available gf & vg

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### JUICE . SMOOTHIES . SHOTS

**Freshly squeezed naked juices** 12oz £3.50 / 16oz £4.50  
orange / apple / grapefruit / carrot

**Cold pressed juice** 12oz £4.50 / 16oz £5.50

**Energise** . apple . carrot . ginger  
**Detox** . kale . spinach . apple . lemon . celery . cucumber . ginger  
**Unwind** . beetroot . pear . celery . lemon  
**Pre work out** . carrots . apple . celery . cucumber . lemon  
**Lean & Green** . apple . mint . celery . lime  
**Digestion** . apple . carrot . fennel . lime  
**Zesty & Zingy** . grapefruit . orange . lemon . ginger  
**Immunity** . carrot . apple . orange  
**Hangover** . orange . carrot . apple . tomato . cucumber

**Shots** 4oz  
turmeric . lemon . apple £3.50  
beetroot . lemon . ginger £3.50  
apple . lemon . cayenne peppers £3.50  
orange . lemon . cayenne peppers £3.50

**Smoothies** 12oz £4.95 / 16oz £5.95

**Super Green**  
spinach . kale . pear . avocado . cucumber . apple  
**The Kiwi**  
kiwi . mango . banana . spinach . lemon . apple  
**Build me up**  
blueberry . banana . spinach . almond milk . chia seeds . wheatgrass  
**Immune booster**  
kiwi . avocado . apple . spinach  
**Dead Lift**  
coconut water . banana . blueberry . peanut butter  
plant protein powder . chia seeds  
**Balance Power**  
coconut water . banana . plant protein powder  
spinach . almond butter . spirulina  
**Green Machine**  
apple . banana . broccoli . spinach . parsley . mint . ginger  
**Very Berry**  
apple . banana . strawberry . raspberry . blueberry . cranberry  
**Post workout**  
apple . spinach . pineapple . avocado . spirulina  
plant protein powder  
**Mango mission**  
mango . passionfruit . apple . banana . strawberry . raspberry

#### Add a Boosters + £1 each

**Health** spirulina . turmeric . chia seeds . ginger . avocado  
peanut butter . almond butter . plant protein powder  
**Gut** apple cider vinegar  
**Pre-workout / breakfast** oats . granola

Switch to coconut water +£0.50p