



Breakfast served Monday-Friday 7am – 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 potato, rustic toast. £11.50

Veg on the Edge (V)

Free range eggs, vegan sausage, avocado, sautéed thyme potato, field mushroom, beans, spinach, grilled tomato, rustic toast. £10.50

Add:- grilled halloumi £3.00

Vegan English Breakfast (VG)

Scrambled tofu, spinach, avocado, vegan sausage, sautéed thyme potato, field mushroom, grilled tomato, beans, rustic toast . £12.50

Poached Eggs & Crushed Avocado (V)

With chilli flakes & toasted nigella & linseed, served on a choice of rustic toast. £8.95

Add:- smoked salmon £3.50 . feta £2.50 . grilled halloumi £3.00 . bacon £2.50 . sausage £2.50 chorizo sausage £2.50

Crushed Avocado & Sunblush Tomatoes (VG)

Sprinkled with toasted nigella & linseed, served on a choice of rustic toast. £8.25

Add:- smoked salmon £3.50 . feta £2.50 . grilled halloumi £3.00 . bacon £2.50 . sausage £2.50 chorizo sausage £2.50

Eggs Benedict

Wiltshire ham & poached eggs with hollandaise sauce, served on a choice of rustic toast. £8.95

Add:- avocado £2.50 . field mushrooms £2.00

Spanish Benedict

Chorizo sausage, poached eggs with hollandaise sauce, served on a choice of rustic toast. £8.95

Add:- avocado £2.50 . field mushrooms £2.00

Eggs Florentine (V)

Spinach & poached eggs with hollandaise sauce, served on a choice of rustic toast. £8.50

Add:- avocado £2.50 . grilled halloumi £3.00 . salmon £3.50 . field mushrooms or £2.00

Eggs Royale

Salmon & poached eggs with hollandaise sauce, served on a choice of rustic toast. £9.95

Add:-avocado £2.50 . spinach £2.00 . field mushrooms £2.00

Prosciutto Benedict

Parma ham & poached eggs with hollandaise sauce, served on a choice of rustic toast. £9.95

Add:- avocado £2.50 . sunblush tomatoes £2.50 . spinach £2.00 . field mushrooms £2.00

Turkish eggs (V)

Poached eggs, served with yogurt, hot chilli oil & khobez bread. £10.50

Free range eggs (V)

Poached, scrambled or fried eggs, served on rustic toast. £5.95

Sides

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

OMELETTES

Free range three egg omelette £6.95

with feta & spinach. £7.95

with ham & swiss cheese. £7.95

with mushroom & mature cheddar. £7.95

served with choice of rustic toast and mixed leaves.

Add: - bacon / sausage £2.50 . beans £2.00

BREAKFAST SANDWICHES

Served on a choice of rustic bread. £5.95

with

bacon or sausage

or two fried or scrambled eggs

Add:- free range scrambled or fried egg £1.00

OATS, FRUIT & TOAST

Porridge (V, GF oats)

Served with mixed berries, goji berries, flaked almonds, pistachios & honey. £5.50 - **non dairy milk available add £1.00**

Granola (V)

Served with Greek yoghurt, fresh berries & goji berries, flaked almonds, pistachios, honey & berry compote. £5.95

non dairy yoghurt available add £2.00

Toast (V)

A choice of rustic toast or bagel, served with butter & preserve. £3.30

PANCAKES – *gluten free option available upon request except vegan pancakes*

Pancakes & Bacon

Bacon, poached eggs topped with maple syrup. £8.95

Pancakes & Berries (V)

Fresh berries topped with berry compote & organic dairy free coconut yoghurt. £8.95

Vegan Pancakes (VG)

Seasonal mixed berries, berry compote & organic dairy free coconut yoghurt. £9.95

Pancakes & Cream (V)

Fresh berries topped with maple syrup & vanilla cream. £9.50

Pancakes & Chocolate (V)

Caramelised banana splashed with maldon chocolate & vanilla cream. £9.95

Pancakes All American

Poached eggs, bacon, cumberland sausage, sautéed thyme potatoes topped with Maple Syrup. £11.95

V = Vegetarian VG = Vegan

All allergen information is available upon request

HOT DRINKS

Coffee Roaster: Origin Regular Large

Espresso £2.20

Long Black £2.50

Batch Filter £2.50

Espresso with milk

Macchiato £2.40

Cortado / Piccolo (4oz) £2.60

Flat White (6oz) £2.75

Cappuccino £2.75 £2.95

Latte £2.75 £2.95

Mocha £3.50 £3.80

Iced Drinks

Iced Black £2.65

Iced Latte £2.95 £3.25

Iced Coffee Frappe £3.50 £3.80

Iced Mocha Frappe £4.00 £4.30

Iced Matcha £4.20 £4.50

Dairy Alternatives

Oat Milk, Almond Milk

Coconut Milk & Bonsoy £0.50

Extra Shot £0.50

Add: Syrup or whipped cream £0.50

Others Regular Large

Authentic Chai Latte £3.50 £3.80

Golden Milk Turmeric Latte £3.30 £3.60

Hot Chocolate £3.50 £3.80

Matcha Latte £3.70 £4.00

Dirty Chai £4.00 £4.30

Organic Teas: Take-away Pot of Tea
Large

English Breakfast £2.00 £2.50

Decaf English Breakfast

Earl Grey

Red Berry & Flower

Green Tea

Peppermint

Camomile

Rooibos (caffeine-free)

Lemongrass & Ginger

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.



balancekitchenuk

Wifi: Balance
Pass: GreatCoffee



MADE TO ORDER SANDWICHES SERVED ON WRAP, PANINI, BAGEL, RUSTIC OR GLUTEN FREE BREAD

Escalope Club in £6.95 togo £5.95

Chicken escalope . streaky bacon . cheddar . aioli-mayonnaise . salad
Add: - Avocado £1.00 . fried egg £1.00

Parma Club in £6.95 togo £5.95

Prosciutto . mozzarella . avocado . pesto . tomato & mixed leaves
Add: - Sunblush Tomato £1.00

Super Club in £6.95 togo £5.95

Chicken . streaky bacon . avocado . dijon mustard mayo . tomato & mixed leaves

Spanish Club in £6.50 togo £5.50

Ham . chorizo . mature cheddar . jalepeno . coleslaw . tomato cucumber & mixed leaves

Chicken Chargrilled in £6.50 togo £5.50

Chicken . chargrilled peppers . shaved parmesan . caesar sauce tomato & mixed leaves

Chicken Caesar in £6.50 togo £5.50

Chicken . avocado . shaved parmesan . caesar sauce . tomato & mixed leaves
Add: - Bacon £1.00

Coronation Chicken in £6.50 togo £5.50

Chicken with curried mayonnaise . mango chutney . cucumber & mixed leaves

Parisian in £5.95 togo £4.95

Streaky bacon . french brie . tomato . onion confit & mixed leaves
Add: - Avocado £1.00

Posh Egg & Bacon in £5.95 togo £4.95

Streaky . bacon . free range . egg mayo . sunblush tomato & mixed leaves

B.L.A.T. in £6.50 togo £5.50

Bacon . lettuce . avocado . tomato . mustard aioli
Add: - Fried eggs £1.00 . cheddar £1.00

Milanese in £6.95 togo £5.95

Salame Milanese . mozzarella . sunblush tomato . olives . pesto

Torino (V) in £5.50 togo £4.50

Mozzarella . pesto . tomato . basil & mixed leaves
Add: - avocado £1.00

Falafel (V) in £5.95 togo £4.95

Falafel . humus . tzatziki . pepper confit . mixed leaves
Add: - halloumi £1.50

Classico (V) in £5.95 togo £4.95

French brie . olives . tomato . basil & mixed leaves

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Egg Mayo (V) in £4.95 togo £3.95

Free range egg mayo, tomato & mixed leaves

Cypriot (V) in £5.95 togo £4.95

Humus . feta cheese . olives . tomato . red onions mixed leaves

Med (VG) in £5.95 togo £4.95

Humus . olives . chargrilled peppers . basil tomato & mixed leaves

Avo (VG) in £5.95 togo £4.95

Humus . avocado . sunblush tomato . basil & mixed leaves

Tuna Cucumber in £5.00 togo £4.00

Dolphin friendly tuna mayo & cucumber

Tuna Avo in £6.95 togo £5.95

Dolphin friendly tuna mayo . avocado . olives . tomato red onions balsamic glaze & mixed leaves

Smoked Salmon in £6.95 togo £5.95

Smoked salmon . low fat cream cheese capers & mixed leaves

Soup of the day with rustic bread £4.95

FUSION STREET FOOD

Salads

A variety of seasonal superfood salads

2 Salads in £7.15 togo £5.95

3 Salads in £8.35 togo £6.95

4 Salads in £9.55 togo £7.95

Mains

Meat, fish, vegetarian & vegan

1 Main and 1 Salads in £9.55 togo £7.95

1 Main and 2 Salads in £10.75 togo £8.95

1 Main and 3 Salads in £11.95 togo £9.95

Quiche with Salad

Quiche of the Day and 1 Salad in £8.35 togo £6.95

Quiche of the Day and 2 Salads in £9.55 togo £7.95

Quiche of the Day and 2 Salads in £10.75 togo £8.95

Humous with Khobez Bread in £4.95 togo £4.25

Tzatziki with Khobez Bread in £4.95 togo £4.25

Marinated Olives £2.95

Rustic Bread with Butter £2.00

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

Immunity . Carrot, apple & orange

Hangover . Orange, carrot, apple, tomato, cucumber

Shots	Double
Turmeric, lemon, apple	£3.50
Beetroot, lemon, ginger	£3.50
Apple, 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 based protein powder, chia seeds

Balance Power

Coconut water, banana, plant based 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 based protein powder

Mango mission

Mango, passionfruit, apple, banana, strawberry, raspberry

Boosters + £1 each

Health Spirulina, Manuka honey, Baobab Turmeric, Barley grass & Chlorella, Maca, Cacao powder, Cacao Nibs Chia seeds, Ginger, Avocado

Protein Peanut butter, Almond butter, Plant based protein powder

Gut Apple cider vinegar

Pre-workout / breakfast Oats / granola

Switch to coconut water +£0.50p