



Breakfast served Monday–Friday 8am – 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, sourdough toast. £11.50

**Veg on the Edge (V)**  
Free range eggs, vegan sausage, avocado, sautéed thyme potato, field mushroom, beans, spinach, grilled tomato, sourdough 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, sourdough toast . £12.50

**Poached Eggs & Crushed Avocado (V)**  
With chilli flakes & toasted nigella & linseed, served on a choice of sourdough 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 sourdough 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 sourdough 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 sourdough toast. £8.95  
*Add:- avocado £2.50 . field mushrooms £2.00*

**Eggs Florentine (V)**  
Spinach & poached eggs, hollandaise sauce, served on a choice of sourdough toast. £8.50  
*Add:- avocado £2.50 . grilled halloumi £3.00 . salmon £3.50 . field mushrooms or £2.00*

**Eggs Royale**  
Salmon & poached eggs, hollandaise sauce, served on a choice of sourdough 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 sourdough toast. £9.95  
*Add:- avocado £2.50 . sunblush tomatoes £2.50 . spinach £2.00 . field mushrooms £2.00*

**Free range eggs (V)**  
Poached, scrambled or fried eggs, served on sourdough 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 sourdough toast and mixed leaves.  
*Add: - bacon / sausage £2.50 . beans £2.00*

**BREAKFAST SANDWICHES**  
  
Served on a choice of sourdough 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 sourdough 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 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
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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

<b>Extra Shot</b>	£0.50
<b>Add:</b> 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 Large	Pot of Tea
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**

