

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 togst. £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

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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: - hacon / sausage f250 hears f200			

BREAKFAST SANDWICHES

Served on a choice of sourdough bread. £5.95

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
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 & Bonsov £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 Large	Pot of Tea
English Breakfast Decaf English Breakfast Earl Grey Red Berry & Flower Green Tea Peppermint Camomile Rooibos (caffeine-free) Lemongrass & Ginger	£2.00	£2.50

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



SANDWICHES all sandwiches are available toasted

Parma Club

Prosciutto di Parma . mozzerella . avocado . nut free pesto . tomato & mixed leaves on Rustic Bread togo £6.95

Superclub

Chicken breast . streaky bacon . avocado . mustard mayo . tomato & mixed leaves on Rustic Bread togo£6.95

Spanish Club

Ham . chorizo . mature cheddar . jalepeno . coleslaw . tomato . cucumber . & mixed leaves on Rustic Bread togo £6.95

Chicken Caesar

Chicken Breast . shaved parmesan . caesar sauce . tomato & mixed leaves on Rustic Bread togo £5.95

Chicken & chargrilled Peppers with nut free pesto

tomato . mixed leaves on Rustic Bread togo £5.95

Grilled Ham & Cheese

on Sesame Nigella Panini togo £4.95

Grilled Tuna Mayo & Cheese

on Sesame Nigella Panini togo £4.95

Torino

Mozzarella nut free pesto . tomato . basil . mixed leaves on Rustic Bread (V) togo £4.95

Aubergine

Mozzarella . chargrilled aubergine & peppers drizzled with nut free pesto on Rustic Bread (V) togo £5.95

Hummus

chargrilled aubergine & peppers with olives & mixed leaves in a Wrap (VG) togo £5.95

Chic-pea Falafel

with Crunchy Raw Peppers, Hummus, Red & Yellow Pepper Confit & Mixed Leaves Wrap (VG) togo £5.95

Crayfish & mixed leaves

with free range lemon mayo & cracked pepper on Rustic Bread togo £5.95

Smoked Salmon & Cream Cheese

with Lemon Juice & Cracked Pepper & Mixed Leaves on a Bagel togo £5.95

Tuna & Cucumber with Red Onion

Cracked Pepper, Lemon Juice & Mixed Leaves on a Rustic Bread togo £4.50

SALADS

Sliced Chicken Breast on a bed of Mixed Leaves with Avocado, Chargrilled Peppers, Parmesan Shavings, Cherry Tomato, Cucumber with Caesar Dressing togo £8.95

Scottish Smoked Salmon, Wild Crayfish, Avocado, Chargrilled Peppers, Mixed Leaves, Cherry Tomato, Cucumber, Wedge of Lemon and Vinaigrette Dressing togo £9.95

Sliced Tuna Steak, Free Range Boiled Egg, Olives, Green Beans, Red Onions, Anchovy, Capers, Cherry Tomato, Cucumber, Mixed Leaves, Wedge of Lemon and Vinaigrette Dressing togo £9.95

Chic-Pea Falafel, Chargrilled Peppers, Hummus, Avocado, Gluten Free Quinoa, Green Beans, Red Onions, Cherry Tomato, Cucumber, Mixed Leaves with Sweet Chilli Sauce & Vinaigrette Dressing (VG) togo £8.95

Soup of the day with rustic bread togo £4.95

MAINS & SALADS

Chicken Breast with Turmeric & Ginger served with Greek Salad & Quinoa Salad togo £8.95

Tuna marinated in a Mild Chilli Soya with Chargrilled Broccoli, Sweet-corn, Fresh Chilli splashed with a Balsamic Sherry dressing & Quinoa Salad togo£8.95

Fillet of Salmon with Saffron & Dill with Chargrilled Broccoli, Sweetcorn, Fresh Chilli splashed with a Balsamic Sherry dressing & Pasta Salad with nut free pesto togo £8.95

Poached Eggs on a bed of Quinoa Salad & Cauliflower Salad dressed with Caesar Sauce & topped with Crispy Onion & Chives (V) togo £8.95

Aubergine with Crushed Avocado and Sunblush Tomato complimented with the famous Balance Boost Salad & Quinoa Salad (VG) togo £8.95

Vegan Quiche with Chargrilled Broccoli, Sweetcorn, Fresh Chilli splashed with a Balsamic Sherry dressing & Boost Salad (VG) togo £8.95

All allergen information is available upon request

JUICE, SMOOTHIES & SHOTS

Freshly squeezed naked juices 12oz £3.50 /16oz £4.50 Orange / Apple / Grapefruit / Carrot

Cold pressed juice 1

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

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Balance Power

Coconut water, banana, plant based protein powder, spinach, almond butter, spirulina

Green Machine

Apple, banana, broccoli, spinach, parsley, mint, ginger Very Berry

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