

# Balan's Bulletin

@balansbrickell

From London to Miami - Est. 1987

Breakfast Menu

## SHOCKINGLY DELICIOUS SMOOTHIES & JUICES

### Tropical

Pineapple, mango, almond milk, chia (pb) 12.95

### PB

Peanut butter, banana, oatmilk (pb) 12.95

### Blue Dream

Pineapple, banana, coconut, peanut butter, almond milk, avo, spirulina (pb) 14.95

### Berry Thirsty

Mixed berries, banana, almond milk (pb) 12.95

Add organic vanilla plant based protein +3 (pb)



**P3** Pineapple, mango, apple, mint, lime 11.50

**B4** Beet, apple, celery, lemon 11.50

**K8** Kale, spinach, swiss chard, parsley, celery, lime 11.50

**D3** Dragon fruit, pineapple, coconut water 11.50

**Local Kombucha** | Brewing Life Lychee 12.95

**Grapefruit / Orange / Apple Juice** 6.95

**House Pressed Fresh Orange Juice** 8.95

**COFFEE & CROISSANT  
WEEKDAY SPECIAL 7.95**

## BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY

Bakery

### Toast Basket

Local bread served with butter & bonne maman jam (vg) 5.50



### Viennoiserie

Freshly baked croissant & pain au chocolat (vg) 7.50

### Balan's Everything Bagel & cream cheese (vg) 5.95

### Housemade Granola

Served with coconut yogurt & fresh berries (pb, vg, df) 12.95

### Avocado Toast

Toasted multigrain bread, sweet drop peppers, micro cilantro, radish & roasted garlic (pb, vg, df) 13.95  
Add poached eggs: +3.95 | Feta cheese +3.5 | Smoked salmon +7.95

### Breakfast Bowl

Two fried eggs, avocado, roasted butternut squash, sautéed spinach, pickled onion, potatoes & chipotle sauce 17.95 (vg, df)

### Omelet

Classic or egg white

Add two: Ham, cheddar cheese, feta, red pepper, tomato, onion, spinach or mushrooms 16.95

Served with breakfast potatoes or mixed leaf salad

## Classic Egg Dishes



### Classic Eggs Benedict

Two poached eggs, hollandaise\*, toasted English muffin, served with choice of breakfast potatoes or mixed leaves. Bacon | Ham | Spinach | Turkey Bacon | Plant based patties 16.95

Smoked Salmon 19.95 | Thick cut Bacon 21.95

Crab Cake 22.95 | Lobster 28.95

### Full Breakfast

Eggs of your choice, sausage & bacon, tomato, potatoes, mushroom, sourdough or wholewheat toast 19.50

Sub Balan's bagel +3

Make it a Full English & add Heinz baked beans +3

### Steak & Eggs

Steak, two sunny side up eggs, French fries & chimichurri 6oz Churrasco 34.95 | 12oz CAB NY strip 52.95

## Breakfast Sandwich 19.50



**Build Your Own. Select One from Each Section**

### Bread

Balan's Bagel | Sourdough | Wholewheat Wrap | Brioche Bun

### Eggs

Fried or Scrambled

### Protein

Bacon | Sausage | Turkey Bacon | Plant based Pattie

### Cheese

Fontina | Mozzarella | Cheddar

### Sauce

Jalapeño aioli | Spicy Mayo | Truffle aioli | Jalapeño jelly

Tasty & Sweet



### Balan's Bagel & Smoked Salmon

Home made everything bagel, smoked salmon, LTO, cream cheese & capers 19.95

### Mexican Eggs

Sunny side egg, avocado, pico de gallo, black beans & beef mix, salsa ranchera, fontina cheese & crispy tortilla 19.95

### Belgian Waffles

Fresh berries & maple syrup (vg) 16.95

### Banana & Blueberry Pancakes

Vegan banana pancakes, blueberry compote, walnut crumb, coconut yogurt & maple syrup (pb, vg, df) 17.95

### French Toast

Fresh Berries & Syrup (vg) 18.95

Strawberries & Nutella (vg) 21.95

Peanut Butter & Jelly (vg) 20.95



# Breakfast Beverages

@balansbrickell

## Bloody Mary 14.95

Vodka, tomato juice, worcestershire sauce, garnished with celery, green olives



## Bloody Maria 15.95

Olmecca Altos Tequila, tomato juice, worcestershire sauce, garnished with celery, green olives

## Brickell Barbie 16.95

Olmecca Altos Tequila blanco, dragonfruit, triple sec & fresh lime



## Capri Spritz 15.95

Blue curacao, St Germain, Lemon & mint



## Aperol Spritz 14.95

Aperol, prosecco & fresh orange

## BALAN'S - THE NEIGHBORHOOD RESTAURANT

### Coffee Menu

Our coffees are Double Shot,  
Speciality Coffee  
Racer Blend, by Imperial Moto

Double Espresso 5.95

Cortadito 4.95

Cortado 6.50

Americano 5.95

Cappucino 6.95

Flat White 6.95

Latte 6.95

Matcha Latte 6.95

Chai Latte 6.95

Iced Coffees Available

Selection of Teas 4.50

Alternative Milks

Oat & Almond + 1

Syrups

Tahitian Vanilla Syrup +1

Hazelnut Syrup +1

Caramel Syrup +1

### Glass & Pitchers to Share

Mimosa 12.95 | 38.95

Bellini 12.95 | 38.95

Sangria 13.95 | 45.95

Pimms 13.95 | 45.95



### Feeling Boujee?

Champagne Special

Bottle of Perrier-Jouët Grand Brut \$95

**BALAN'S BRICKELL SPECIALS**  
2 COURSE PRIX FIXE LUNCH 23.95  
HAPPY HOUR EVERYDAY FROM 3-7PM  
WINE WEDNESDAY 50% OFF BOTTLES  
FAMOUS FOR WEEKEND BRUNCH  
WIFI @BALANSQUEST  
LATE NIGHT COCKTAIL LOUNGE

*Famous for Breakfast & Brunch Since 1987*  
*Thank you for joining us at Balan's Brickell, a family run establishment*

We are concerned for your wellbeing, if you have allergies, please alert us as not all ingredients are listed!

\*We are obliged to tell you that consuming raw or undercooked meat, seafood, or eggs may increase your risk of foodborne illness.

An 18% service charge will be added for your convenience.

