



# balance

menu

balance pan-asian grille

# bowls

1

## CHOOSE BOWL

Choose a **base bowl** from the following pages, then choose a **protein** and a **starch** from below.

2

## CHOOSE PROTEIN

Every protein option we serve is high grade, **antibiotic free**, and **gluten free**.

### grilled chicken

230 Calories 99 Calories From Fat 11g Total Fat

2.1g Saturated Fat 29g Protein 0.8g Carbs 0.7g Sugars

### lentils

291 Calories 180 Calories From Fat 20g Total Fat

3.2g Saturated Fat 8.5g Protein 019g Carbs 1.7g Sugars

### wok-fired steak (+\$0.75)

236 Calories 120 Calories From Fat 13g Total Fat

3.4g Saturated Fat 26g Protein 0.3g Carbs 0g Sugars

### tofu

245 Calories 195 Calories From Fat 22g Total Fat

3.7g Saturated Fat 8.5g Protein 2.4g Carbs 0g Sugars

3

## CHOOSE STARCH

### brown rice

318 Calories 20 Calories From Fat 2.4g Total Fat

0.5g Saturated Fat 6.6g Protein 67g Carbs

### fried rice

429 Calories 152 Calories From Fat 17g Total Fat

2.5g Saturated Fat 8.3g Protein 58g Carbs 0.7g Sugars

### wok-fired cauli rice (+\$2.50)

Nutrition facts coming soon!

### fresh greens

23 Calories 0 Calories From Fat 0g Total Fat

0g Saturated Fat 1.2g Protein 4.7g Carbs 2.4g Sugars

### wheat noodles

445 Calories 64 Calories From Fat 7.3g Total Fat

0.7g Saturated Fat 14g Protein 76g Carbs 3.8g Sugars

### white rice

298 Calories 4 Calories From Fat 0.5g Total Fat

0.1g Saturated Fat 5.5g Protein 65g Carbs



# build your own bowl

**\$8.5**

Choose up to **5 vegetables / garnishes** listed below (up to 10 for an extra charge), then choose a **protein**, a **starch**, and any balance **sauce** (even taco sauces) to craft your own bowl.

## STEAMED VEGETABLES

broccoli  
carrots  
corn

kale  
peapods  
red bell pepper

## GARNISHES

bean sprouts  
chickpeas  
chow mein noodles  
crushed peanuts  
curried cashews  
daikon radish  
kale microgreens ▼  
kimchi pickles  
kimchi radish  
micro cilantro ▼

sunflower microgreens ▼  
red cabbage  
red onion  
scallions  
seasonal hot peppers  
seasonal potatoes  
sesame seeds  
tomato  
whole peanuts

▼ denotes **Balance Farms** fresh organic produce grown at our downtown Toledo hydroponic farms.



## sassy me

**\$8.5**

SWEET

SLIGHTLY TART

A sweet and seductive sesame sauce with fresh kale, peapods, and crisp sprouts.



### VEGAN OPTION

Choose Tofu or Lentils as a protein.

210 Calories 0 Calories From Fat 0g Total Fat 0g Saturated Fat 5g Protein 47g Total Carbohydrate  
43g Total Sugars 840mg Sodium 2000mg Potassium 17g Dietary Fiber



## sweet & sour

**\$8.5**

SWEET

SOUR

TART

Our one-of-a-kind, signature sweet & sour sauce served with carrots, kale, and red onions.



### VEGAN OPTION

Choose Tofu or Lentils as a protein.



### GLUTEN-FREE OPTION

Choose Fresh Greens or White / Brown Rice.

230 Calories 0 Calories From Fat 0g Total Fat 0g Saturated Fat 2g Protein 56g Total Carbohydrate  
49g Total Sugars 55mg Sodium 360mg Potassium 3g Dietary Fiber



## nuts 4 pao

**\$8.5**

SPICY 5/5

SAVORY

SALTY

A spicy Kung Pao sauce served simply with scallions, roasted peanuts, and seasonal hot peppers. *Contains nuts.*



### VEGAN OPTION

Choose Tofu or Lentils as a protein.

370 Calories 250 Calories From Fat 28g Total Fat 4g Saturated Fat 17g Protein  
17g Total Carbohydrate 5g Total Sugars 1550mg Sodium 500mg Potassium 6g Dietary Fiber



## yumyum

\$8.5

SPICY 1/5

DELICATELY SWEET

MILDLY CITRUSY

A creamy Chinese classic served with tomatoes, red onion, and our homemade radish kimchi. Garnished with seasonal potatoes and scallions. *Contains dairy.*



### GLUTEN-FREE OPTION

Choose **Fresh Greens** or **White / Brown Rice**.

670 Calories 490 Calories From Fat 56g Total Fat 8g Saturated Fat 2g Protein  
28g Total Carbohydrate 18g Total Sugars 1000mg Sodium 480mg Potassium 3g Dietary Fiber



## budda

\$8.5

SPICY 3/5

SAVORY

AROMATIC

Spicy Indian inspired butter sauce served with chickpeas, red onions, tomato, Balance Farms micro cilantro, and fresh sprouts. *Contains dairy.*



### VEGETARIAN OPTION

Choose **Tofu** or **Lentils** as a protein.



### GLUTEN-FREE OPTION

Choose **Fresh Greens** or **White / Brown Rice**.

160 Calories 100 Calories From Fat 11g Total Fat 2g Saturated Fat 2g Protein 15g Total  
Carbohydrate 2g Total Sugars 470mg Sodium 170mg Potassium 3g Dietary Fiber



## four-star

\$8.5

GARLICKY

TANGY

SWEET

A tangy, garlicky General Tso's sauce served with broccoli, carrots, and fresh sprouts.



### VEGAN OPTION

Choose **Tofu** or **Lentils** as a protein.

190 Calories 0 Calories From Fat 0g Total Fat 0g Saturated Fat 4g Protein 44g Total Carbohydrate  
37g Total Sugars 760mg Sodium 370mg Potassium 4g Dietary Fiber





## wiseman

**\$8.5**

SPICY 2/5

SWEET

SAVORY

Customer favorite! A simple szechuan sauce served with broccoli, carrots, corn, fresh sprouts, and kale.



**VEGAN OPTION**

Choose **Tofu** or **Lentils** as a protein.

220 Calories 5 Calories From Fat 0.5g Total Fat 0g Saturated Fat 6g Protein 49g Total Carbohydrate  
39g Total Sugars 1410mg Sodium 350mg Potassium 4g Dietary Fiber



## thai guy

**\$8.5**

SPICY 3/5

CREAMY

NUTTY

Thai-style peanut sauce served with carrots, seasonal hot peppers, fresh sprouts, crushed peanuts, peapods, and Balance Farms micro cilantro.



**VEGAN OPTION**

Choose **Tofu** or **Lentils** as a protein.



**GLUTEN-FREE OPTION**

Choose **Fresh Greens** or **White / Brown Rice**.

390 Calories 200 Calories From Fat 22g Total Fat 4.5g Saturated Fat 14g Protein  
41g Total Carbohydrate 28g Total Sugars 210mg Sodium 630mg Potassium 7g Dietary Fiber



## teriyaki

**\$8.5**

SWEET

SAVORY

SALTY

Classic Japanese teriyaki Sauce served with broccoli, carrots, red peppers, daikon radish, and red onions.



**VEGAN OPTION**

Choose **Tofu** or **Lentils** as a protein.

180 Calories 0 Calories From Fat 0g Total Fat 0g Saturated Fat 5g Protein 39g Total Carbohydrate  
25g Total Sugars 1730mg Sodium 390mg Potassium 4g Dietary Fiber



## curry

**\$8.5**

SAVORY

HERBACIOUS

Curry sauce served with red peppers, fresh sprouts, crushed peanuts, peapods, and Balance Farms micro cilantro. Yellow or Green sauce.



### VEGAN OPTION

Choose Tofu or Lentils as a protein.



### GLUTEN-FREE OPTION

Choose Fresh Greens or White / Brown Rice.

430 Calories 270 Calories From Fat 30g Total Fat 22g Saturated Fat 14g Protein

35g Total Carbohydrate 15g Total Sugars 660mg Sodium 2000mg Potassium 17g Dietary Fiber



## korean bibimbap

**\$8.5**

SPICY 2/5

TANGY

SWEET

A classic Korean gochujang sauce with purple potato, kimchi radish, kimchi pickles, and bean sprouts, garnished with Balance Farms microgreens.

If you aren't vegan, add a 7-min egg (+\$2) for the full experience!



### VEGAN OPTION

Choose Tofu or Lentils as a protein.



### GLUTEN-FREE OPTION

Choose Fresh Greens or White / Brown Rice.

Nutrition facts coming soon!



## kids bowl

**\$6**

Choose any **protein** and a **starch** option from the first page, then choose a **vegetable** and **sauce** from below.

### VEGETABLES

Choose broccoli, carrots, red peppers, corn, kale, or peapods.

### SAUCES

Choose from teriyaki, four-star, sweet & sour, or sassy me.

# tacos

Choose **yellow corn** or a **steamed flour** tortilla. **Grilled chicken, wok-fired steak (+\$0.75),** **tofu,** or **lentils** are available as a protein on any taco. *Prices shown below are for a pair (2 tacos).*  
*Nutrition listed accounts for tacos including sauce.*

CHOOSE ANY THREE TACOS FOR \$10



## bangbang

\$6

SPICY 5/5

GARLICKY

SALTY

Grilled chicken smothered in our spicy bangbang sauce and a cool yogurt sauce. Garnished with red onion, cilantro, and crunchy noodles.

*Contains dairy.*



### VEGETARIAN OPTION

Choose **Tofu** or **Lentils** as a protein.

160 Calories 100 Calories From Fat 11g Total Fat 2g Saturated Fat 2g Protein

15g Total Carbohydrate 2g Total Sugars 470mg Sodium 170mg Potassium 3g Dietary Fiber



## mongo

\$7

SWEET

SMOKY

SAVORY

A Balance classic and fan favorite! Sweet and smoky mongo sauce atop wok-fired steak, japanese mayo, spiral-cut carrots, and garnished with Balance Farms micro cilantro.



### VEGETARIAN OPTION

Choose **Tofu** or **Lentils** as a protein.

90 Calories 0 Calories From Fat 0 Total Fat 0 Saturated Fat 1g Protein

20g Total Carbohydrate 18g Total Sugars 520mg Sodium 135mg Potassium 2g Dietary Fiber





## orange crunch

\$7

SWEET

CITRUSY

SAVORY

Citrus szechuan sauce drizzled over grilled chicken, garnished with curried cashews, crunchy noodles, and Balance Farms microgreens.

*Contains nuts.*



### VEGAN OPTION

Choose **Tofu** or **Lentils** as a protein.

160 Calories 100 Calories From Fat 11g Total Fat 2g Saturated Fat 2g Protein

15g Total Carbohydrate 2g Total Sugars 470mg Sodium 170mg Potassium 3g Dietary Fiber



## soho

\$6

TANGY

CITRUSY

CREAMY

A creamy treat! Grilled chicken, SoHo spread, tomatoes, red onion, crunchy noodles, and fresh scallions for garnish. *Contains dairy. Substitute sauce for a dairy-free version.*



### VEGETARIAN OPTION

Choose **Tofu** or **Lentils** as a protein.

120 Calories 80 Calories From Fat 9g Total Fat 4.5g Saturated Fat 3g Protein

10g Total Carbohydrate 4g Total Sugars 150mg Sodium 150mg Potassium 1g Dietary Fiber



## wasabi aioli

\$6

SPICY 2/5

CITRUSY

SALTY

Japanese-inspired wasabi aioli over grilled chicken served with red cabbage, kimchi pickles, and Balance Farms microgreens.

*Contains dairy.*



### VEGETARIAN OPTION

Choose **Tofu** or **Lentils** as a protein.

160 Calories 140 Calories From Fat 16g Total Fat 2.5g Saturated Fat 1g Protein

5g Total Carbohydrate 1g Total Sugars 410mg Sodium 110mg Potassium 1g Dietary Fiber

# snacks

Choose a tasty snack as a starter or to share with friends.

*Nutrition listed accounts for item including sauce (if applicable).*



## edamame

**\$3**

NUTTY

SALTY

Imported baby soybeans in the pod, briefly steamed and served with sea salt. A traditional Japanese treat!



VEGAN



GLUTEN-FREE

350 Calories 130 Calories From Fat 15g Total Fat 2g Saturated Fat 31g Protein

28g Total Carbohydrate 6g Total Sugars 4670mg Sodium 1240mg Potassium 15g Dietary Fiber



## creamy wontons

**\$4**

CREAMY

CRISPY

TART

Handmade cream cheese and vegetable wontons served with our signature sweet & sour sauce.

*Contains dairy.*



VEGETARIAN

450 Calories 340 Calories From Fat 38g Total Fat 16g Saturated Fat 7g Protein

19g Total Carbohydrate 3g Total Sugars 300mg Sodium 120mg Potassium 1g Dietary Fiber



## bangbang nachos

**\$4**

SPICY 5/5

CITRUSY

SALTY

Bangbang or Bombay style! Fresh flour chips with potato, chickpeas, tomato, onion, and Balance Farms micro cilantro.

*Contains Dairy.*

290 Calories 180 Calories From Fat 20g Total Fat 3g Saturated Fat 7g Protein

26g Total Carbohydrate 3g Total Sugars 360mg Sodium 190mg Potassium 4g Dietary Fiber



## citrus brussels

**\$5**

SWEET

CITRUSY

TANGY

Split brussels sprouts wok-fired in a unique orange glaze. Perfectly balanced flavors in every bite!



VEGAN



GLUTEN-FREE

440 Calories 240 Calories From Fat 27g Total Fat 4g Saturated Fat 7g Protein

47g Total Carbohydrate 31g Total Sugars 125mg Sodium 930mg Potassium 7g Dietary Fiber



## five spice poppers

**\$5**

SWEET

SAVORY

AROMATIC

Fresh strips of juicy chicken thigh hand battered, fried, and spun in our signature five spice sauce to order. Served on a bed of red cabbage and garnished with fresh scallions.

290 Calories 180 Calories From Fat 20g Total Fat 3g Saturated Fat 7g Protein

26g Total Carbohydrate 3g Total Sugars 360mg Sodium 190mg Potassium 4g Dietary Fiber

# teas

MAKE ANY TEA LARGE FOR +\$1

## 1 MILK TEAS

Choose **organic dairy**, **oat** (OATLY!), or **almond milk** (Califia).

### original milk tea \$4.5

Assam tea and organic milk sweetened with our house made simple syrup and served with tapioca bubbles & caramel drizzle.

### chocolate milk \$5

Assam tea, honey, and organic milk layered in chocolate, crushed Oreo cookies, and classic tapioca bubbles.

### green melon \$5

Sweet green honeydew, real honey, green tea, and organic milk with strawberry bubbles.

### purple taro \$5

All-new recipe! Japanese purple yam and your choice of dairy, sweetened with honey and served with tapioca bubbles.

### strawberry cream \$4.5

Sweet strawberry, green tea, and honey blended with your choice of dairy and tapioca bubbles.

### sweet red bean \$4.5

Sweetened red bean, assam tea, honey, and your choice of dairy with tapioca bubbles and crushed Oreos.



**2****FRUIT TEAS**

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**just peachy****\$3.5**

A fan favorite! Juicy peach green tea paired with strawberry juice bubbles.

**pineapple express****\$3.5**

Groovy pineapple & sweet strawberry green tea with passion fruit bubbles.

**strawberry****\$3.5**

Sweet strawberry, green tea, choice of dairy and honey, and tapioca bubbles.

**passion fruit****\$3.5**

The original! Exotic passion fruit oolong tea with sweet strawberry juice bubbles.

**raspberry bliss****\$3.5**

Refreshing raspberry green tea, shaken and served over kiwi juice bubbles.

**the whatever****\$3.5**

Our signature blend of five flavors served with mixed juice bubbles.

**3****BUBBLE BREW**

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**blackberry****\$3.5**

Balance blend with sweet and tart blackberry flavors served with tapioca bubbles.

**custom brew****\$3.5**

Choose up to 2 bubble brew flavors! Pair them with our Maddie & Bella cold brew and your choice of dairy. Served with popping fruit juice bubbles or tapioca bubbles.

**mocha****\$3.5**

Cold brew with chocolate, espresso, shaken with choice of dairy and tapioca bubbles.

**caramel****\$3.5**

Cold brew coffee with a sweet caramel infusion, paired with chewy tapioca bubbles.

**cold brew****\$3.5**

Cold Brew shaken with choice of dairy and served over tapioca bubbles.

**vanilla****\$3.5**

Smooth and creamy, this cold brew features vanilla flavor and tapioca bubbles.



**blue crush****\$3.5**

Blueraspberry paired with fresh lemonade, green tea, and strawberry bubbles.

**neon nights****\$3.5**

Green apple and pineapple flavors served with pomegranate bubbles.

**pom noir****\$4**

Tart blackberry flavors with a sweet burst of lychee bubbles.

**cheeky peachy****\$4**

Thirst-quenching peach with passion fruit flavors topped with strawberry bubbles.

**pina colada****\$3.5**

Green tea, organic milk, pineapple and coconut flavors with strawberry bubbles.

**strawberry****\$3.5**

Sweet strawberry green tea with passion fruit bubbles.

**b.lychee****\$5**

Lemonade and fresh brewed tea with blue raspberry and lychee flavors, served with lychee bubbles. Shake before drinking!

**love equally****\$5**

Lemonade and tea with refreshing mango and strawberry flavors, topped with kiwi bubbles. Shake before drinking!

**oat my goodness****\$3.5**

Freshly brewed tea with oat milk, topped with tapioca boba. Shake before drinking!

**flower power****\$5**

Freshly brewed tea with oat milk and lavender flavor, served with tapioca boba. Shake before drinking!

**new glass city****\$5**

Freshly brewed tea with grape and raspberry flavors, served with pomegranate bubbles. Shake before drinking!

**sour patch****\$5**

Lemonade with fresh brewed tea, topped with strawberry bubbles. Shake before drinking!



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