

The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR

SINCE 1994

VG: VEGAN | **V:** VEGETARIAN
N: CONTAIN NUTS

*Please inform us if you have any allergies or intolerances. We cannot guarantee that our dishes are free from traces of nuts.

LOVEBLUELEGUME 

ISLINGTON@BLUELEGUME.CO.UK 

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STARTER

Soup of the day VG	5.9
<i>Served with sourdough bread</i>	
Bruschetta V	6.9
<i>Tomato and basil on toasted ciabatta</i>	
Mixed Mini Meze V	7.9
<i>Hummus, falafel, shakshuka, halloumi & tzatziki served with pita bread</i>	
Crispy Fried Calamari	7.9
<i>With jalapeño mayonnaise</i>	
Avocado Carpaccio N V	7.9
<i>Mustard dressing & toasted sesame</i>	
Pan Fried King Prawns	8.5
<i>Chilli garlic butter & cherry tomato, with crusty bread</i>	
Guacamole V	8
<i>With nachos & topped with crumbled feta cheese</i>	
Nachos V	7.9
<i>With black beans, guacamole, salsa, sour cream, pickled jalapeños and cheddar</i>	
Portobello Mushroom V	8.5
<i>With goat's cheese, spinach & parsley butter</i>	
Buratta V	8.5
<i>Served with cherry tomato & basil</i>	

PASTA

Ravioli Garnachio	14.9
<i>Crab ravioli with prawns in creamy tomato sauce</i>	
Spinach & Ricotta Ravioli V	13.9
<i>Served with provencal vegetables & parmesan</i>	
Chicken Alfredo	14.9
<i>Chicken, roasted pepper, courgette & parmesan in creamy sauce</i>	
Penne All'arabiatta V	12.9
<i>Tomato sauce, garlic & chilli</i>	
Prawn Linguine	14.9
<i>Prawns cooked in chilli garlic tomato sauce</i>	

RISOTTO

All our risotto dishes are cooked with cream & served with rocket & parmesan

Mushroom Risotto V	13.5
<i>With truffle oil</i>	
Chicken and Pea Risotto	14.5
<i>With tarragon and green peas</i>	
Prawn and Saffron Risotto	14.9
<i>Peas, courgette and king prawns saffron risotto</i>	

VEGETARIAN

Stuffed Aubergine V	13.9
<i>Stuffed with roast vegetables & topped with goat's cheese, served with rice & salad</i>	
Vegetable Moussaka V	13.9
<i>Layers of grilled vegetable with béchamel served with rice & salad</i>	
Homemade Lasagne V	13.9
<i>With feta cheese & spinach, served with salad</i>	
Sweet Potato & Brie Gallette V	13.9
<i>Served with roasted provencal vegetables & spinach</i>	

SALAD

All our salads are made with dairy-free dressing

Chicken Salad	14.5
<i>Mixed leaves, garlic croutons & mustard dressing</i>	
Grilled Goat's Cheese Salad N V	12.9
<i>On garlic crostini with walnut dressing, mixed leaves & beetroot</i>	
Halloumi & Spicy Sausage Salad	13.9
<i>Mixed leaves, garlic croutons & mustard dressing</i>	
Falafel Salad N V	12.9
<i>Rocket, pumpkin seeds, halloumi, roasted tomato, humus & beetroot, homemade pickled cucumber, served with pitta</i>	

Optional service charge of 12.5% will be added to your bill.

PAELLA

Vegetable V	14
Seafood	14.9
Meat	14.9
Mixed	14.9

MEAT

Mediterranean Kofte	15.9
<i>Grilled lamb mince served with rice, salad and tzatziki</i>	
Chicken Schnitzel	14.9
<i>Chicken breast covered in breadcrumbs, fried and served with fries & coleslaw</i>	
Chicken Souvlaki	18.5
<i>Greek style chicken skewer with tzatziki, greek salad and fries</i>	
Rib Eye Steak 8oz	24.9
<i>Served with peppercorn sauce, fries & salad</i>	

FISH

Salmon	15.9
<i>Pan-roasted salmon, with asparagus, carrot & baby potato</i>	
Sea Bass	17.5
<i>Pan-fried sea bass, served with peas, courgette and king prawns saffron risotto</i>	
Moule Mariniere	18.5
<i>Mussels cooked in white wine & cream sauce served with fries</i>	
Monk Fish	19.9
<i>Cooked with saffron cream sauce, mussels & served with baby potato</i>	

BURGER *Served with fries*

Beef Burger	11.9
<i>7oz prime cut beef patty</i>	
BBQ Burger	12.5
<i>7oz prime cut beef patty, bacon & BBQ sauce</i>	
Falafel Burger N V	11.9
<i>Hummus, halloumi & rocket with chipotle mayo</i>	
Butter Milk Chicken Burger	11.9
<i>With chipotle mayo</i>	
Add Extra Topping	Each 1.9
<i>Cheddar, Monterey Jack, Goat's Cheese, Halloumi, Bacon</i>	

SIDE

French fries with Truffle Oil and Parmesan V	5
Creamy Sautéed Spinach V	5
Grilled Vegetables VG	4.5
Mixed Leaves VG	4.5
Mozzarella & Cherry Tomato Salad V	5
Rocket Salad V	4.5

RED WINE

Valdemoreda Tempranillo, *La Mancha, Spain* 7.5 14 24.5

This smooth Tempranillo shows complex ripe fruit aromas with subtle spicy hints of vanilla and caramel thanks to five months in oak. Rounded and well balanced in the mouth with a full, long after-taste.

Morandé Merlot Estate Reserve, *Maule Valle, Chile* 8 15 27

A refined Merlot in which black cherry and plum fruit is lifted by savoury-spice notes of cedar and white pepper. The palate offers a delicious blend of freshness and depth.

Podere Montepulciano d'Abruzzo, *Umani Ronchi, Abruzzi, Italy* 29

Youthful and juicy. With flavours of plums and morello cherries. The palate is full-bodied with robust tannins and a fruit-filled, yet dry finish.

Promesa Rioja Crianza, *Rioja, Spain* 9.5 18 33

A classic style of Rioja, with strawberry, blackberry and rhubarb fruit flavours taking on a vanilla and cocoa smoothness during twelve months in oak barrels.

Côtes-du-Rhône Samorëns rouge, *Ferraton, Rhône, France* 35

Bright, fresh cherry and berry fruit is followed by a savoury earthy note and lifted by floral, peppery aromas. The tannins are silky and well-rounded and the finish is fresh!

Pulenta Estate I Malbec, *Mendoza, Argentina* 39

The nose combines red and black fruits with appealing floral notes, followed by a lush, well-rounded palate with a fruit profile that blends freshness and intensity.

WHITE WINE

Valdemoreda Macabeo, *La Mancha, Spain* 7.5 14 24.5

This fresh dry Macabeo displays well-defined fruity aromas of peach and apple, with floral notes. Free and rounded in the mouth, with a long, smooth after taste of flowers and fruit.

Nina Pinot Grigio, *Veneto, Italy* 8 15 27

Fresh pear and almond notes infuse this delicately structured, stylish Pinot Grigio. Dry yet rounded, with a refreshing finish.

Morandé Sauvignon Blanc Estate Reserve, *Chile* 8.75 16.5 30

This complex Sauvignon Blanc offers layered aromas of grapefruit, lime and gooseberry, lifted by spicy-citrus notes of lemongrass and lemon verbena. The palate is intensely fruity, with excellent weight and texture.

Thymiopoulos Malagouzia Assyrtiko, *Macedonia, Greece* 31

The perfect marriage of the rich stone fruit and floral flavours of Malagouzia with the acidity and mineralogy of Assyrtiko, which adds freshness and complexity to the finish.

Touraine Sauvignon, *Domaine du Haut Perron, Loire, France* 34

A fresh, grassy nose is followed by a palate full of green apple and citrus fruit, and even a touch of blackcurrant bud. Dry yet generous, with a long, crisp finish.

Gavi di Gavi La Meirana, *Broglia, Piedmont, Italy* 39

Great texture and precision, with distinctive green apple and almond notes on the palate. Fresh and dry, this is particularly characterful Gavi.

ROSE WINE

Candidato Rosado Tempranillo, *Spain* 7.5 14 24.5

With masses of summer berry fruit, this light, easy drinking dry rose offers a smooth texture and a long refreshing finish.

Poggio Alto Pinot Grigio Rose, *Veneto, Italy* 8 15 27

With a delicate pale pink colour and an elegant nose of acacia flowers, this light-bodied dry rose is delightfully refreshing.

SPARKLING WINE

Prosecco Brut Luna Argenta, *Veneto, Italy* 8 28

A delightful Prosecco with fresh apple and pear fruit. Delicate bubbles, and a soft, rounded finish.

Prosecco Rose Itinera, *Veneto, Italy* 9 32

Fresh as a bowl of strawberries with gentle, tongue tingling fizz, think of it as a life affirming glass of cheer whenever the fancy takes you.

BAR SNACK

Olives 5 Guacamole 8

DRAUGHT BEER

Efes Pilsener (Pint) 4.6% 6.5

Efes Pilsener (Half Pint) 4.6% 4

BOTTLED BEER

Punk IPA, *London, 5.6%* 5.5

Peroni, *Italy, 4.7%* 5

Peroni Gluten Free, *Italy, 5.1%* 5.5

Peroni Free Non-Alcoholic, *Italy, 0%* 4.5

SIGNATURE COCKTAIL

The Blue Legume's 9.5

A tempting tryst. Blueberries smashed with fit liquor and Bison Grass Vodka with a splash of lime and Creme de Murre Float. Served with frappe.

Molino Rojo 9.5

Amaretto and vodka fused with passion fruit puree and fresh lemon juice.

Mojito de Vanilla 9.5

Temporarily richer than the original. Gold Rum muddled with homemade vanilla sugar, fresh mint and lemon.

El Maestro 9.5

Velvety smooth onion of tequila blanco and Amaretto with a splash of bitters, fresh lemon juice & egg white. Served on the rocks with a tajin rim.

Hibiscus Fizz 9.5

Timeless and stylish blend of hibiscus syrup, edible hibiscus flower, rose petal syrup finished with cava.

Dark Angelico 9.5

Delightful combination of Bourbon, Sherry and Frangelico. Crowned with orange twist.

Rocky Candy 9.5

Citron vodka, lychee liqueur, cranberry and apple juice, accented with a hint of fresh muddled ginger.

Mamasita 10

Heavenly combination of Cachaca, sweet vanilla, coconut and strawberry smothered with cream, served over flake ice.

The Blue Legume's G&T 9.5

Hendrick's with fresh cucumber, homemade basil tincture, lemon juice, elderflower cordial and tonic.

CLASSIC COCKTAIL

Bloody Mary 8.5

Vodka, tomato & lemon juice, Worcestershire sauce, tabasco

Espresso Martini 10

Vodka, kahlua, fresh espresso

Margarita 10

Tequila, cointreau, fresh lime juice

Aperol Spritz 9

Aperol, prosecco & soda

Pornstar Martini 10

Vanilla vodka, pineapple juice, passion fruit purée, lime juice, passoa

Negroni 10.5

Campari, Gin, Martini Rosso

Old Fashioned 10.5

Bourbon, angostura bitter, cube of sugar

VIRGIN COCKTAIL

Virgin Mary 6

Tomato juice, lemon juice, Worcestershire sauce, tabasco

Mediterranean Summer 6

A fantastically fruit mix of pear and raspberry purées with pressed apple juice.

Little Mamasita 6.5

Heavenly combination of vanilla, coconut and strawberry smothered with cream, served over fleaked ice.

Mediterranean Passion 6

Fruity and tropical. Passion fruit puree & agave syrup topped with lemonade.

SOFT DRINK

Bottled Drinks 2.9

Coke, Diet Coke, Coke Zero, Ginger Beer, Ginger Ale, Lemonade, Elderflower Presse, Ginger Presse

WATER

Still / Sparkling 750ml 4.5