

# The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR  
SINCE 1994

N: CONTAIN NUTS V: VEGETARIAN VG: VEGAN GF: GLUTEN FREE

THE\_BLUELEGUME @  
ISLINGTON.BLUELEGUME.CO.UK 🍷

## BREAKFAST

<b>SCRAMBLED OR POACHED EGGS ON TOASTED</b> <i>On toasted sourdough (*add bacon 1.9)</i>	7.9
<b>BREAKFAST BAP</b> <i>Bacon, sausage, egg and cheddar in brioche bun with fries</i>	8.9
<b>MUSHROOMS ON CREAMY TOAST</b> <i>Portobello mushrooms on toasted sourdough &amp; crème fraiche (*add poached egg 1.9)</i>	8.5
<b>WELSH RAREBIT</b> <i>Toasted cheddar &amp; whole grain mustard sauce on ciabatta bread with poached egg</i>	8.9
<b>CROQUE MADAME</b> <i>Toasted ham &amp; cheese on brioche slice with a poached egg</i>	8.9
<b>SMOKED SALMON ON CREAMY TOAST</b> <i>With cream cheese, avocado &amp; poached egg</i>	9.5
<b>SMASHED AVOCADO</b> <i>With poached eggs on sourdough (*add bacon 1.9)</i>	9.5
<b>HASH BROWN BREAKFAST</b> <i>3 hash browns, 2 bacon, scrambled egg, grilled tomato &amp; toast</i>	9.9
<b>HUEVOS RANCHEROS V</b> <i>Tortilla, fried eggs, avocado, salsa sauce, black beans &amp; feta cheese</i>	10.5
<b>MEDITERRANEAN BREAKFAST</b> <i>Grilled halloumi, spicy sausage, feta cheese, fresh tomato, poached egg, marinated olives &amp; jam served with sourdough</i> <i>*Veggie option with spinach instead of spicy sausage</i>	10.9
<b>FULL ENGLISH BREAKFAST</b> <i>Portobello mushrooms, beans, bacon, grilled tomato, poached egg, sausage, hash brown &amp; brown toast</i>	10.9
<b>VEGETARIAN SAUSAGE BREAKFAST V</b> <i>Portobello mushrooms, beans, grilled tomato, poached egg, sausage, hash brown &amp; brown toast</i>	10.5
<b>VEGAN BREAKFAST VG</b> <i>Smashed avocado, portobello mushroom, hash brown, Mexican black beans, grilled vine tomato &amp; salsa sauce</i>	9.5

## PANINIS *Served with crisps & salad*

<b>ROAST VEGETABLES &amp; MOZZARELLA</b>	7.5
<b>TUNA MELT N</b>	7.5
<b>CHICKEN, PESTO, TOMATOES &amp; OLIVES</b>	7.5
<b>PARMA HAM, MUSHROOM &amp; MOZZARELLA</b>	7.5
<b>GOAT'S CHEESE, SPINACH &amp; CARAMELISED ONION</b>	7.5
<b>MOZZARELLA, PESTO &amp; TOMATO N</b>	7.5
<b>HAM &amp; CHEDDAR</b>	7.5

## FRUITY BREAKFAST

<b>FRUIT SALAD</b> <i>served with yoghurt</i>	8
<b>GRANOLA BOWL</b> <i>Home-made organic rolled oats with dried fruits served with yoghurt and maple syrup.</i> <i>*Vegan option with soya, oat, almond milk</i>	8
<b>SCOTCH PANCAKES</b> <i>with maple syrup &amp; banana</i>	8.5
<b>ACAI BOWL</b> <i>Mashed Brazilian acai palm fruit, topped with banana, mixed fruit, coconut &amp; granola</i>	8.9
<b>FRENCH TOAST</b> <i>Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan. Served with poached plums &amp; yoghurt</i>	8.9

## OMELETTE

<b>HAM &amp; CHEDDAR</b>	10
<b>MUSHROOM &amp; CHEDDAR</b>	10
<b>GOAT'S CHEESE &amp; SPINACH</b>	10

## EGGS

<b>EGGS BENEDICT</b> <i>Toasted English muffins, ham, poached eggs &amp; Hollandaise sauce</i>	10
<b>EGGS FLORENTINE</b> <i>Toasted English muffins, spinach, poached eggs &amp; hollandaise sauce</i>	10
<b>EGGS MEDITERRANEAN</b> <i>Toasted muffins, spinach, spicy garlic sausage, poached eggs &amp; hollandaise sauce</i>	10.5
<b>EGGS ROYALE</b> <i>Toasted English muffins, smoked salmon, poached eggs &amp; hollandaise sauce</i>	10.5
<b>AVOCADO BENEDICT</b> <i>Toasted muffins, smashed avocado, grilled pepper with poached egg &amp; hollandaise sauce</i>	10.5
<b>SHAKSHUKA</b> <i>Turkish style eggs cooked with tomato, peppers &amp; onion, crumbled feta cheese, served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	10.5
<b>PAN EGGS BREAKFAST</b> <i>Roasted potato, char-grilled pepper, spicy tomato sauce, topped with fried eggs &amp; served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	10.5
<b>TURKISH EGGS (CHULBUR)</b> <i>Poached eggs with garlic spinach yoghurt drizzled with chilli butter sauce &amp; served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	9.9

## SANDWICHES

*All sandwiches are made to order on bread of your choice Ciabatta - Sourdough or Granary*

<b>HALLOUMI V</b> <i>Avocado, olives, cherry tomato &amp; pesto</i>	8.5
<b>BLT</b> <i>Bacon, lettuce &amp; tomato with mustard mayo</i>	8.5
<b>CLUB</b> <i>Chicken, bacon, melted cheddar, lettuce, tomato &amp; smoky mayo</i>	8.5

## WRAPS

*All wraps are served with salad & crisps*

<b>GRILLED STEAK</b> <i>Peppers &amp; caramelised onion</i>	8.5
<b>GRILLED CHICKEN</b> <i>Smash avocado, rocket &amp; roasted red peppers</i>	8.5
<b>KOFTE WRAP</b> <i>With tzatziki, rocket &amp; tomatoes</i>	8.5
<b>FALAFEL WRAP V</b> <i>Roasted vegetables, houmous &amp; salad</i>	8.5
<b>SMOKED SALMON &amp; SMASH AVOCADO</b> <i>Rocket &amp; salad dressing</i>	8.5

## MAINS

<b>CHICKEN SKEWERS</b> <i>Grilled marinated chicken cubes with fries &amp; salad</i>	11.9
<b>RAVIOLI V</b> <i>Spinach &amp; ricotta with Provençal roasted vegetables</i>	10.5
<b>STEAK SANDWICH</b> <i>With grilled red pepper and salad in Ciabatta served with fries</i>	10.5
<b>PAN ROASTED SALMON</b> <i>With spinach, potato &amp; hollandaise sauce</i>	13.5
<b>KOFTE</b> <i>Grilled Mediterranean meatballs with fries &amp; salad</i>	13.5
<b>CHICKEN SCHNITZEL</b> <i>Served with fries &amp; salad</i>	11.5

## BURGERS *Served with fries*

<b>BEEF BURGER</b> <i>7oz Beef patty made with prime cut steak</i>	9.5
<b>BUTTER MILK CHICKEN BURGER</b> <i>With chipotle mayo</i>	9.5
<b>FALAFEL BURGER NV</b> <i>Humus, grated beetroot, rocket &amp; harrisa yogurt</i>	9.5
<b>BBQ BURGER</b> <i>7oz Beef patty bacon &amp; BBQ sauce</i>	10.5
<b>ADD EXTRA TOPPINGS</b> <i>(Each) 1.2</i> <i>Goats' Cheese, Bacon, Fried Egg, Spinach, Halloumi, Blue Cheese, Mature Cheddar</i>	

## SALADS

<b>GRILLED HALLOUMI V</b> <i>With red onions, garlic croutons, mustard dressing &amp; leaves</i>	8.9
<b>GRILLED GOATS' CHEESE NV</b> <i>On garlic crostini with walnut dressing, leaves &amp; beetroot</i>	8.9
<b>GRILLED CHICKEN SALAD</b> <i>With red onions, garlic croutons, mustard dressing &amp; leaves</i>	9.5
<b>SMOKED SALMON &amp; POACHED EGG SALAD</b> <i>With rocket, cherry tomato &amp; baby potato</i>	10.5
<b>FALAFEL SALAD V</b> <i>Rocket, pumpkin seed, halloumi, chickpea, roasted tomato, humus &amp; beetroot served with pita bread</i>	9.5
<b>GRILLED HALLOUMI &amp; SPICY SAUSAGE SALAD</b> <i>With red onions, garlic croutons, mustard dressing &amp; leaves</i>	9.5
<b>POACHED EGG &amp; BACON SALAD</b> <i>With cherry tomatoes, brown toast &amp; leaves</i>	9.5

## COUNTER SPECIALS

*Below dishes are served with four different salads*

<b>CHICKPEA &amp; TAHINI BALL VG</b> <i>Chickpea ball cooked with tahini, garlic &amp; onion</i>	10
<b>STUFFED AUBERGINE GF</b> <i>Roast vegetables topped with goats' cheese</i>	10
<b>SALMON FISH CAKE</b> <i>Salmon, potato, dill &amp; whole grain mustard</i>	10
<b>TORTILLA GF</b> <i>Spanish omelette with vegetables</i>	10
<b>SWEET POTATO &amp; BRIE GALETTE GF</b> <i>Sweet potato, brie and eggs</i>	10
<b>VEGETABLE MOUSSAKA V</b> <i>Layers of vegetables topped with béchamel &amp; cheddar</i>	10
<b>SPINACH &amp; FETA CHEESE LASAGNE V</b>	10

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

## BREAKFAST DEAL 11.5

ANY BREAKFAST & HOT DRINK

TILL 12NOON - MONDAY TO WEDNESDAY

### BREAKFAST

#### SCRAMBLED OR POACHED EGGS ON TOASTED

On toasted sourdough

#### HUEVOS RANCHEROS

Tortilla, fried eggs, avocado, salsa sauce, black beans & feta cheese

#### EGGS BENEDICT

Toasted muffins, ham, poached eggs & Hollandaise sauce

#### EGGS FLORENTINE

Toasted muffins, spinach, poached eggs & Hollandaise sauce

#### CROQUE MADAME

Toasted ham & cheese on brioche slice with a poached egg

#### SMOKED SALMON CREAMY ON TOAST

With cream cheese, avocado & poached egg

#### EGGS ROYALE

Toasted English muffins, smoked salmon, poached eggs & hollandaise sauce

#### FRENCH TOAST

Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan. served with poached plums & yoghurt

#### FULL ENGLISH BREAKFAST

Mushrooms, beans, bacon, hash brown, grilled tomato, poached egg, sausage & brown toast

#### VEGETARIAN SAUSAGE BREAKFAST

Mushrooms, beans, grilled tomato, poached egg, sausage, hash brown & brown toast

#### SCOTCH PANCAKES

With maple syrup & banana

#### WELSH RAREBIT

Toasted cheddar & whole grain mustard sauce on sourdough bread with poached egg

### HOT DRINKS

#### CAPPUCCINO, LATTE, FLAT WHITE

#### ESPRESSO, DOUBLE ESPRESSO

#### AMERICANO,

#### MOCACCINO

#### BREAKFAST TEA

#### EARL GREY

\* Set Menus and Deals do not apply on Bank holidays or special days.

## HOT BEVERAGES

Alternative milk of your choice oat, soya, almond 50p

#### CAPPUCCINO, LATTE, FLAT WHITE

2.9

Decaf option available

#### ESPRESSO

2.2

#### DOUBLE ESPRESSO

2.7

#### AMERICANO

2.7

#### MOCACCINO

3

#### HOT CHOCOLATE

3.2

#### ICED LATTE

3

Please let us know how much sugar you like

#### KIDS HOT CHOCOLATE

1.5

#### BREAKFAST TEA

2.5

#### EARL GREY

2.5

## LUNCH MENU SET 13.9

2 COURSES MEAL

12 TO 3:30PM - MONDAY TO WEDNESDAY

### STARTERS

#### SOUP OF THE DAY **VG**

#### MIXED MEZE

Hummus, shakshuka, tzatziki, falafel, halloumi & pita bread

#### GUACAMOLE

Avocado, corn tortilla

#### BRUSCHETTA

Tomato and basil on toasted ciabatta

#### TRICOLORE SALAD

Avocado, mozzarella, tomato & pesto

#### FALAFEL & HUMMUS

Topped with pine nuts

### MAINS

#### CHICKEN SKEWERS

Grilled marinated chicken cubes with fries & salad

#### RAVIOLI

Spinach & ricotta, ravioli, pasta with Provençal roasted vegetables

#### BEEF BURGER

7oz Beef patty made with prime cut steak

#### FALAFEL BURGER **N**

Humus, grated beetroot, rocket & harrisa yogurt

#### GRILLED GOATS' CHEESE SALAD **N**

On garlic crostini with walnut dressing, leaves & beetroot

#### GRILLED HALLOUMI SALAD

With red onions, garlic croutons, mustard dressing & leaves

#### FALAFEL SALAD

Rocket, pumpkin seed, halloumi, roasted tomato, humus & beetroot served with pita

#### VEGETARIAN MOUSSAKA

Layers of vegetables topped with cheddar served with rice & salad

#### STUFFED AUBERGINE

Roast vegetables topped with goats' cheese served with rice & salad

#### CHICKEN SCHNITZEL

Served with fries & salad

## LOOSE TEA SELECTION

Served in a pot

#### ASSAM

3.5

#### DARJEELING

3.5

#### PEPPERMINT HERB

3.5

#### GAMOMILE FLOWERS

3.5

#### CHINA SENCHA GREEN TEA

3.5

#### VANILLA TEA

3.5

#### JASMINE TEA

3.5

#### ROOIBOS

3.5

#### FRESH MINT TEA

3.5

#### ALMOND TEA

3.5

## EXTRAS

GLUTEN FREE TOAST 1.5

SOURDOUGH 1.5

BEANS | MUSHROOM | SAUSAGE | BACON 1.9

FRIED EGG | POACHED EGG | AVOCADO 1.9

SCRAMBLED EGG | HASH BROWN 1.9

SPINACH 3

HALLOUMI 3

SMOKED SALMON 3.5

FRIES 3.5

TRUFFLE FRIES WITH PARMESAN 4.5

## SMOOTHIES

BERRY LOVE 4.5

Blackberry, Strawberry, Raspberry, Blueberry & Banana

SUPER SMOOTHIE 4.5

Goji berry, Pineapple, Papaya, Carrot & Mango

GROOVY GREEN 4.5

Green Apple, Pear, Mint, Avocado, Spinach & Melon

QUEEN PEACH 4.5

Peach, Pineapple & Banana

SUNRISE 4.5

Strawberry, Mango & Banana

## FRESHLY SQUEEZED JUICES

SINGLE 3.5

Orange, Apple, Pear, Carrot

DOUBLE COMBINATIONS 3.8

Orange & Apple / Orange & Carrot

Apple & Mint / Carrot & Apple

TRIPLE COMBINATIONS 4.2

Or simply make up your own combination

Carrot, Orange & Ginger

Carrot, Orange & Apple

Carrot, Celery & Beetroot

Apple, Celery & Mint

## SOFT DRINKS & PRESSES

CARTON JUICES 2.2

Cranberry, Apple, Orange, Pomegranate, Tomato, Pineapple

LEMONADE 2.5

GINGER BEER 2.5

GINGER PRESSE 2.5

ELDER FLOWER PRESSE 2.5

HOMEMADE-CITRON PRESSE 2.5

COKE, DIET COKE, COKE ZERO 2.5

STILL / SPARKLING WATER 750ML 3.5

BLOODY MARY 7

VIRGIN MARY 5

**N:** CONTAIN NUTS **V:** VEGETARIAN **VG:** VEGAN **GF:** GLUTEN FREE

If you suffer from a food allergy or intolerance, please let the manager know upon placing your order.

Guests with severe allergies or intolerance should be aware that although all due care is taken, there is a risk of allergen ingredients still being present.

OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL.