

# 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.

THE\_BLUELEGUME @

INFO@BLUELEGUME.CO.UK ✉

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## STARTER

<b>Soup of the day VG</b>	5.9
<i>Served with sourdough bread</i>	
<b>Bruschetta V</b>	6.5
<i>Tomato and basil on toasted ciabatta</i>	
<b>Mixed Mini Meze V</b>	6.9
<i>Hummus, falafel, shakshuka, halloumi &amp; tzatziki served with pita bread</i>	
<b>Crispy Fried Calamari</b>	7.5
<i>With jalapeño mayonnaise</i>	
<b>Avocado Carpaccio NV</b>	7.5
<i>Mustard dressing &amp; toasted sesame</i>	
<b>Pan Fried King Prawns</b>	7.9
<i>Chilli garlic butter &amp; cherry tomato, with crusty bread</i>	
<b>Guacamole V</b>	7.5
<i>With nachos &amp; topped with crumbled feta cheese</i>	
<b>Nachos V</b>	7.9
<i>With black beans, guacamole, salsa, sour cream, pickled jalapeños and cheddar</i>	
<b>Portobello Mushroom V</b>	7.9
<i>With goat's cheese, spinach &amp; parsley butter</i>	
<b>Buratta V</b>	8.5
<i>Served with cherry tomato &amp; basil</i>	

## PASTA

<b>Ravioli Garnachio</b>	13.9
<i>Crab ravioli with prawns in creamy tomato sauce</i>	
<b>Spinach &amp; Ricotta Ravioli V</b>	12.9
<i>Served with provencal vegetables &amp; parmesan</i>	
<b>Chicken Alfredo</b>	13.5
<i>Chicken, roasted pepper, courgette &amp; parmesan in creamy sauce</i>	
<b>Penne All'arabiatta V</b>	11.9
<i>Tomato sauce, garlic &amp; chilli with</i>	
<b>Prawn Linguine</b>	13.5
<i>Prawns cooked in chilli garlic tomato sauce</i>	

## RISOTTO

<i>All our risotto dishes are cooked with cream &amp; served with rocket &amp; parmesan</i>	
<b>Mushroom Risotto V</b>	12.9
<i>With truffle oil</i>	
<b>Chicken and Pea Risotto</b>	12.9
<i>With tarragon and green peas</i>	
<b>Prawn and Saffron Risotto</b>	12.9
<i>Peas, courgette and king prawns saffron risotto</i>	

## VEGETARIAN

<b>Stuffed Aubergine V</b>	12.9
<i>Stuffed with roast vegetables &amp; topped with goat's cheese, served with rice &amp; salad</i>	
<b>Vegetable Moussaka V</b>	12.9
<i>Layers of grilled vegetable with béchamel served with rice &amp; salad</i>	
<b>Homemade Lasagne V</b>	12.5
<i>With feta cheese &amp; spinach, served with salad</i>	
<b>Sweet Potato &amp; Brie Gallette V</b>	12.9
<i>Served with roasted provencal vegetables &amp; spinach</i>	

## SALAD

<i>All our salads are made with dairy-free dressing</i>	
<b>Chicken Salad</b>	12.9
<i>Mixed leaves, garlic croutons &amp; mustard dressing</i>	
<b>Grilled Goat's Cheese Salad NV</b>	11.9
<i>On garlic crostini with walnut dressing, mixed leaves &amp; beetroot</i>	
<b>Halloumi &amp; Chorizo Salad</b>	12.9
<i>Mixed leaves, garlic croutons &amp; mustard dressing</i>	
<b>Falafel Salad NV</b>	11.9
<i>Rocket, pumpkin seeds, halloumi, roasted tomato, humus &amp; beetroot, homemade pickled cucumber, served with pitta</i>	

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

## PAELLA

<b>Vegetable V</b>	13.5
<b>Seafood</b>	13.5
<b>Meat</b>	13.5
<b>Mixed</b>	13.5

## MEAT

<b>Mediterranean Kofte</b>	14.5
<i>Grilled minced lamb, served with rice and salad</i>	
<b>Chicken Schnitzel</b>	13.5
<i>Chicken breast covered in breadcrumbs, fried and served with fries &amp; coleslaw</i>	
<b>Chicken Souvlaki</b>	17.9
<i>Greek style chicken skewer with tzatziki, greek salad and fries</i>	
<b>Rib Eye Steak 8oz</b>	21.9
<i>Served with peppercorn sauce, fries &amp; salad</i>	

## FISH

<b>Salmon</b>	14.9
<i>Pan roasted salmon, with asparagus, carrot &amp; baby potato</i>	
<b>Sea Bass</b>	16.5
<i>Pan fried sea bass, served with peas, courgette and king prawns saffron risotto</i>	
<b>Moule Mariniere</b>	17.9
<i>Mussels cooked in white wine &amp; cream sauce served with fries</i>	
<b>Monk Fish</b>	18.9
<i>Cooked with saffron cream sauce, mussels &amp; served with baby potato</i>	

## BURGER *Served with fries*

<b>Beef Burger</b>	10.9
<i>Made with prime cut beef</i>	
<b>BBQ Burger</b>	11.9
<i>7oz Beef patty bacon &amp; BBQ sauce</i>	
<b>Falafel Burger NV</b>	10.9
<i>Hummus, halloumi &amp; rocket with herby yoghurt</i>	
<b>Chicken Burger</b>	10.9
<i>With chipotle mayo</i>	
<b>Add Extra Topping</b>	Each 1.2
<i>Cheddar, Monetary Jack, Goat's Cheese, Halloumi, Bacon</i>	

## SIDE

<b>French fries with truffle oil and parmesan</b>	4.5
<b>Creamy sautéed spinach</b>	4.5
<b>Grilled Vegetables</b>	3.9
<b>Mixed Leaves</b>	3.9
<b>Mozzarella &amp; Cherry tomato salad</b>	4.5
<b>Rocket Salad</b>	3.9

## RED WINE

Valdemoreda Tempranillo, La Mancha, Spain 6 12 22

*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 7 14 24

*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 27

*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 8 16 29

*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 32

*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 6 12 22

*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 7 14 24

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

Fiddlehead Sauvignon Blanc, Marlborough, New Zealand 7.5 15 26

*Lively aromas of gooseberry, passion-fruit, grapefruit, and crisp red capsicum. Bold flavours of lemon, lime, grapefruit and gooseberry tantalise the palate and provide a refreshing clean finish*

Thymiopoulos Malagouzia Assyrtiko, Macedonia, Greece 28

*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 31

*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 greengage and almond notes on the palate. Fresh and dry, this is particularly characterful Gavi.*

## ROSE WINE

Valdemoreda Garnacha Rosado, La Mancha, Spain 6 12 22

*This delicious Spanish rose, reveals delicate rose petal aromas, together with fine redcurrant and raspberry fruit. In the mouth it is rounded with a touch of sweet fruit and a refreshing aftertaste.*

Poggio Alto Pinot Grigio Rose, Veneto, Italy 7 14 24

*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 7 25

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

Prosecco Rose Itinera, Veneto, Italy 8 29

*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 4.5 Guacamole 7.5

## DRAUGHT BEER

Efes Pilsener (Pint) 4.6% 5.5

Efes Pilsener (Half Pint) 4.6% 3

## BOTTLED BEER

Punk IPA, London, 5.6% 4.8

Peroni, Italy, 4.7%, 4

Peroni Gluten Free, Italy, 5.1% 4.8

Peroni Free Non-Alcoholic, Italy, 0%, 3.8

## SIGNATURE COCKTAIL

The Blue Legume's 9

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

Molino Rojo 8.5

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

Mojito de Vanilla 8.5

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

El Maestro 9

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

Hibiscus Fizz 9

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

Dark Angelico 9

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

Rocky Candy 9

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

Mamasita 9

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

The Blue Legume's G&T 9

*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 9

*Vodka, kahlua, fresh espresso*

Margarita 9

*Tequila, cointreau, fresh lime juice*

Aperol Spritz 9

*Aperol, prosecco & soda*

Pornstar Martini 9

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

Negroni 10

*Campari, Gin, Martini Rosso*

Old Fashioned 10

*Bourbon, angostura bitter, cube of sugar*

## VIRGIN COCKTAIL

Virgin Mary 5

*Tomato juice, lemon juice, Worcestershire sauce, tabasco*

Mediterranean Summer 5

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

Little Mamasita 5.5

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

Mediterranean Passion 5

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

## SOFT DRINK

Bottled Drinks 2.5

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

## WATER

Still / Sparkling 750ml 3.5