

The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR
SINCE 1994

STARTER

SOUP OF THE DAY (v) Suitable for Vegan with sourdough bread	5.95
MIXED MINI MEZE (v) Hummus, falafel, Shakshuka Halloumi & Tzatziki served with Pita bread	7.50
GARLIC BREAD (v) Garlic butter in ciabatta bread (£1.50 topped mozzarella cheese)	4.50
CRISPY FRIED CALAMARI with Harissa mayo	7.50
MOULE MARINIERE Mussels cooked in tomato basil sauce served with crispy Ciabatta bread	8.50
PAN FRIED KING PRAWNS Chili, garlic, butter & cherry tomato with crispy bread	8.95
BURRATA SALAD (v) Fresh tomato & basil	6.95
HUMMUS & BEETROOT (vg)	5.95
GOAT CHEESE (n) Rocket, beetroot & walnut	6.50
WHITEBAIT Served with tartar sauce	6.95
KOFTE & HUMMUS Served with hummus & crispy bread	7.25

SIDE

French fries with truffle oil & parmesan (v)	3.95
Creamy sautéed spinach (v)	3.95
Steamed vegetables (v)	3.95
Mixed leaves (v)	3.95
Mozzarella & cherry tomato salad (v)	3.95
Parmesan & rocket salad (v)	3.95

MEAT

LAMB CHOPS With potato fondant, asparagus & gravy	16.50
T-BONE Served with Shakshuka & gravy, mushroom sauce	19.90
MEDITERRANEAN KOFTE Served with rice, tzatziki & pitta bread	15.00
POLO MOLONESE Bread crumbed chicken breast served with bolognese and salad	13.90
VITELLO LEMON (v) Pan fried veal served with steamed veggies, baby roasted potatoes, butter & lemon sauce	14.95

PASTA

SPAGHETTI CARBONARA Crispy pancetta, cream, egg yolk topped with parmesan	13.90
PENNE AL ARRABIATA (vg) Chilli tomato sauce and basil	13.50
CHICKEN ALFREDO (n) Chicken cooked in creamy sauce tarragon & pine nut	13.50
SALMON & SPINACH SPAGHETTI Cooked in creamy with wine sauce topped with parmesan	13.95
PRAWN LINGUINE Prawns cooked in chili garlic, tomato sauce	13.95
VEG TAGLIATELLE (vg) Grilled Provence veg in veg bouillon topped with rocket	13.50

(v) Vegetables (vg) Vegan (n) Contain Nuts

We cannot guarantee traces of nuts in our kitchen, please ask a member of staff if you have any dietary requirements. Optional service charge of 12.5% will be added to your bill.

FISH

SEA BASS PISCATORA	17.50
Pan fried Sea bass with mash potatoes, asparagus, cherry tomato & butter sauce	
SALMON COULIS	17.50
Pan fried Salmon served with beetroot coulis puree, goat cheese and rocket	
MOULE MARINIERE	14.90
Mussels cooked in white wine creamy sauce served with fries	
MONKFISH & MUSSELS	16.95
In Safran creamy and lemon sauce served with roasted baby potatoes	
GRILLED KING PRAWNS	17.95
Garlic King Prawns served with rice and salad	

BURGER

All burgers are served with fries

FALAFEL BURGER (v)	10.90
Hummus, halloumi & rocket, fresh tomato and cucumber pickles	
BEEF BURGER	12.90
Made with prime cut beef & pickle cucumber, fresh tomato, lettuce	
BUTTER MILK CHICKEN BURGER	10.90
With harissa Mayo, fresh tomato, lettuce, pickles cucumber	
BEEF STEAK BURGER	14.95
Grilled marinated beef, caramelised onions. Fresh tomato and lettuce	
*ADD A TOPPING	2.25
- Cheddar	
- Goat cheese	
- Halloumi	
- Monetary jack	
- Bacon	

RISOTTO

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

MUSHROOM RISOTTO	13.50
with truffle oil	
CHICKEN & PEA RISOTTO	13.95
with Tarragon & green peas	
FRUTTI DI MARE RISOTTO	13.95
Mixed seafood risotto	
CHORIZO SPINACH RISOTTO	13.50

VEGETARIAN

STUFFED AUBERGINE (v)	13.50
Stuffed with roasted vegetables topped with goat cheese served with rice & salad	
VEGETABLE MOUSSAKA (v)	13.50
Layers of grill vegetable with béchamel served with rice & salad	
VEGETABLE LASAGNE (v)	13.50
Served with chips & salad	

SALAD

GRILLED GOAT CHEESE (v)	12.90
On garlic roast with walnut dressing mix leaf & beetroot	
FALAFEL (vg)	12.90
Rocket, Halloumi, roasted tomatoes, beetroot, pickled cucumber served with pitta bread	
CHICKEN CAESAR	12.90
Grilled chicken, large lettuce, croutons & Caesar dressing	
TUNA STEAK NICOISE	15.90
Grilled Tuna Steak, green beans, egg, olive, onion & baby potatoes	

Just a quick message

We are open daily from 08:30, serving a wide range of breakfast until 4pm. Please ask a member of our staff to show you are amazing breakfast menu or simply visit thebluelegume.co.uk