

The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR

N: Contain Nuts | **V:** Vegetarian | **VG:** Vegan | **GF:** Gluten Free | **S:** Seeds

bluelegume.co.uk

instagram @the_bluelegume

SINCE 1994

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

BREAKFAST

BREAKFAST BAP Bacon, sausage, egg & cheddar in brioche bun with chips	8.90
MUSHROOM ON CREAMY SOURDOUGH Mushroom on toasted sourdough bread	8.90
WELSH RAREBIT Toasted cheddar and whole grain mustard sauce on ciabatta bread with poached egg	8.90
SMASHED AVOCADO With poached eggs on sourdough bread	9.90
CROQUE MADAME Toasted ham & cheese on brown bread with a poached egg	9.50
HASH BROWN BREAKFAST 3 hash brown, 2 bacon, scrambled eggs & grilled tomato	9.90
SMOKED SALMON & CREAMY SCRAM Sliced of smoked salmon served with sourdough bread & salad	9.90
MEDITERRANEAN BREAKFAST Grilled halloumi, spicy sausage, feta cheese, fresh tomato, poached egg, marinated olives & jam served with sourdough bread. *Veggies options available	11.00
FULL ENGLISH BREAKFAST Portobello mushroom, beans, bacon, grilled tomato, poached egg ,sausage, hash brown & sourdough bread	11.00
AMERICAN STACK Pancake served with bacon, sausage, fried egg & maple syrup	11.50
VEGETARIAN SAUSAGE BREAKFAST v Portobello mushroom, beans, grilled tomato, poached, sausage, hash brown & sourdough bread	10.50
FRENCH TOAST v 2 slices of brioche soaked in beaten eggs with milk and cinnamon toasted in pan served with poached plum & yogurt	9.50
VEGAN BREAKFAST vg Smashed avocado, portobello mushroom, hash brown, Mexican black beans, grilled tomato and salsa sauce with sourdough bread	9.90
GRANOLA BOWL v GF Home made organic rolled oats with dried fruits served with yogurt and maypole syrup	8.50
SCOTCH PANCAKES v With maple syrup and mix fruits	8.90

EGGS

EGG ON SOURDOUGH BREAD v Choice of Scrambled or Poached Egg	8.90
EGGS BENEDICT Toasted English muffins, ham, poached eggs & hollandaise sauce	10.00
EGGS FLORENTINE v Toasted English muffin, spinach, poached eggs & hollandaise sauce	10.00
EGGS ROYALE Toasted English muffin, smoked salmon , poached eggs & hollandaise sauce	10.90
CHORIZO BENEDICT Toasted English muffin, avocado, roasted pepper, poached eggs and hollandaise sauce	10.50
SHAKSHOUKA v Turkish style eggs cooked with tomato, pepper, onion crumbled feta cheese served with sourdough bread	10.50
TURKISH POACHED EGGS (CILBIR) v Served with garlic yoghurt butter sauce & sourdough bread	9.50
HUEVOS RANCHEROS v Corn tortilla, fried eggs, avocado, salsa sauce, black beans and feta cheese	10.90
COLOMBIAN EGGS v Smashed avocado, scrambled eggs, fresh chopped tomato & springs onion on sourdough bread	9.90

OMELETTE

3 FREE RANGE EGGS & 3 TOPPINGS : Ham Cheddar Cheese Bacon Red Onion Mushroom Spinach Tomato Goat Cheese	10.00
--	-------

STARTERS

GARLIC BREAD	3.5	HUMMUS	5.50	TZATZIKI	4.50
GARLIC PORTOBELLO		SHAKSHOUKA	4.50	CHORIZO WITH BREAD	6.50
MUSHROOM	4.95	CALAMARI	6.25	HALLOUMI	6.50
FALAFEL WITH HUMUS & BREAD	5.95	SPICY SAUSAGE (SUCUK)	4.50	MIX MEZE	6.95
MIX HOT MEZE 12.50 - FOR 2 PEOPLE - Borek Halloumi Falafel Spicy Sausage Calamari Mucver & White Bread					

MAINS

STUFFED AUBERGINE GF Roasted vegetables topped with goat cheese *Vegan option available	10.95	PAN ROASTED SALMON FILLET GF With spinach, potato & hollandaise sauce	13.95
VEGETABLE MOUSSAKA v Layer of vegetables topped with béchamel & cheddar	10.95	MEATBALLS SPAGHETTI Meatballs cooked in tomato sauce with herbs served with parmesan cheese	11.50
CHICKEN SKEWERS Grilled marinated chicken cubes with fries & salad	10.90	COD FILLET Baked cod fillet topped with creamy sun-dried tomato sauce served with mash potato & mix vegetables	12.50
SPINACH & RICOTTA RAVIOLI v With provencal roasted vegetables	10.50	CHICKEN CASSEROLE Chicken breast cooked with olive oil, tomato sauce, garlic and mix vegetables served with rice & salad	11.95
KOFTE Grilled Mediterranean meatballs with fries & salad	12.50	BEEF STEW Diced beef cooked with red wine, shallot onion, carrot and mushroom served with mashed potato	12.95
CHICKEN SCHNITZEL Served with fries and salad	11.50	KING PRAWNS Cooked with fresh chopped tomato, garlic, butter and springs onion served with rice & salad	12.95
VEGETABLES PENNE PASTA v Penne pasta with roasted vegetables cook with garlic & tomato sauce	10.50	MUSSELS Cooked with white wine, shallot onion, celery, carrots, served with choice of white or tomato sauce	12.50
PENNE AL' ARRABIATA v Chilli, garlic, basil and tomato sauce	10.50	CLUB SANDWICH Chicken, bacon, melted cheddar, lettuce, tomato & harissa mayonnaise	9.90
DUCK LEG Pan fired duck leg on spinach served with sautéed potato, red & black currant sauce	12.95		

SALADS

GRILLED HALLOUMI v With red onions, garlic croutons, mustard dressing & leaves	9.50	GRILLED CHICKEN With red onions, garlic croutons, salad dressing & leaves	9.90
GRILLED GOAT CHEESE v n On garlic crostini with walnut dressing, leaves & beetroot	9.50	QUINOA, AVOCADO & TOFU vg GF Mixed leaves, cherry tomato, olives & baby spinach	10.50
FALAFEL SALAD v Rocket, halloumi, roasted tomato, humus & beetroot served with pita bread	9.90	GRILLED HALLOUMI & SPICY SAUSAGE With red onions, garlic croutons, salad dressing & leaves	10.00

BURGERS

All Burgers are served with fries and seeded brioche bun			
BEEF BURGER Beef patty with prime cut steak	11.00	FALAFEL BURGER vg n Humus beetroot avocado and rocket	10.50
BEEF STEAK BURGER Grilled marinated beef, caramelised onions. Fresh tomato and lettuce	13.90	SALMON BURGER Grilled fresh salmon patties with basil, dill, mayonnaise, lettuce and tomato	13.50
BUTTER MILK CHICKEN BURGER Served with lettuce, tomato & chipotle mayonnaise	10.50	ADD TOPPINGS Goat' Cheese, Bacon, Fried Egg , Spinach, Halloumi, Blue Cheese & Mature Cheddar	Each 1.20

WRAPS

Gluten Free option available All wraps served with salad & chips	
GRILLED STEAK Pepper and caramelised onion	8.90
KOFTE Tzatziki, tomato & rocket	8.90
FALAFEL vg Humus, roasted vegetables & rocket	8.90
HALLOUMI v Avocado, olives, tomato & pesto sauce	8.90
CHICKEN Smashed avocado, rocket & roasted red peppers	8.90

PANINIS

Served with chips and salad	
ROASTED VEGETABLES & MOZZARELLA v	8.50
TUNA MELT	8.50
CHICKEN, PESTO, TOMATO & OLIVES	8.50
HAM & CHEDDAR CHEESE	8.50
GOAT CHEESE, SPINACH & CARAMELISED ONION v	8.50

SIDES

GLUTEN FREE BROWN TOAST	1.75	SWEET POTATO FRIES	4.50
SOURDOUGH	1.75	FRIES	3.75
BEANS, MUSHROOM, SAUSAGE or BACON	2.25	HALLOUMI	3.25
FRIED EGG, POACHED EGG or AVOCADO	2.25	SMOKED SALMON	3.50
SCRAMBLED EGG, HASH BROWN or SPINACH	2.25	TRUFFLE FRIES WITH PARMESAN	4.50
		POTATO WEDGES	4.50

The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR
SINCE 1994

LUNCH SET MENU | 13.95 FROM 12-3.30PM

2 COURSE MEAL
MONDAY to FRIDAY, except Bank Holidays

STARTERS

SOUP OF THE DAY **vg**

GARLIC BREAD **v**

GUACAMOLE **v**

Avocado, corn tortilla and salsa de molcajete

BRUSCHETTA **v**

Tomato and basil on toasted ciabatta

TRICOLORE SALAD **v**

Avocado, mozzarella, tomato & pesto

FALAFEL & HUMMUS **vg n**

Topped with pine nuts

MAINS

HOMEMADE BEEF BURGER

Beef patty with prime cut steak

FALAFEL BURGER **v n**

Humus, grated beetroot, rocket & herby yogurt

CHICKEN SKEWERS

Grilled marinated chicken cubes
with fries & salad

CHICKEN SCHNITZEL

Served with fries & salad

FALAFEL SALAD **v s**

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

GRILLED HALLOUMI SALAD **v**

With red onions, garlic croutons,
mustard dressing & leaves

GOATS' CHEESE SALAD **v n**

Grilled Goats' cheese on garlic crostini with
walnut dressing, leaves & beetroot

RAVIOLI **v**

Spinach & ricotta, ravioli, pasta
with Provençal roasted vegetables

VEGETARIAN MOUSSAKKA **v**

Layers of vegetables topped with cheddar
served with rice & salad

STUFFED AUBERGINE **v**

Roasted vegetables grilled goats' cheese
served with rice & salad

DRINKS

SMOOTHIES

Made with Apple Juice Suitable for Vegans

BERRY LOVE 4.90

Blackberry, Strawberry, Raspberry, Blueberry & Banana

SUPER SMOOTHIE 4.90

Goji berry, Pineapple, Papaya, Carrot and Mango

GROOVY GREEN 4.90

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

QUEEN PEACH 4.90

Peach, Pineapple & Banana

SUNRISE 4.90

Strawberry, Mango & Banana

SPIRULINA 4.90

Banana & Algae

LOOSE TEA

Served in a pot

BREAKFAST TEA 3.50

EARL GREY 3.50

ASSAM 3.50

DARJEELING 3.50

PEPPERMINT HERB 3.50

CAMOMILE FLOWERS 3.50

CHINA SENCHA GREEN TEA 3.50

VANILLA TEA 3.50

JASMINE TEA 3.50

ROOIBOS 3.50

FRESH MINT TEA 3.50

SOFT DRINKS & PRESSES

CARTON JUICES 2.20

Cranberry, apple, orange, pomegranate, tomato & pineapple

ORGANIC LEMONADE 2.50

GINGER PRESSE 2.50

ELDER FLOWER PRESSE 2.50

HOMEMADE - CITRON PRESSE 2.50

COKE, DIET COKE 2.50

STILL OR SPARKLING WATER 375ml 2.50

STILL OR SPARKLING WATER 800ml 4.50

BLOODY MARRY 6.50

VIRGIN MARY 5.40

FRESHLY SQUEEZED JUICES

SINGLE 3.50

ORANGE JUICE

APPLE JUICE

CARROT JUICE

DOUBLE COMBINATIONS 3.80

-ORANGE & APPLE -ORANGE & CARROT

-APPLE & MINT -CARROT & APPLE

TRIPLE COMBINATIONS 4.20

-CARROT, ORANGE & GINGER

-CARROT, ORANGE & APPLE

-CARROT, CELERY & BEETROOT

-APPLE, CELERY & MINT

Or Simply Make Up Your Own Combination

COFFEE & HOT CHOCOLATE

ESPRESSO 2.20

DOUBLE ESPRESSO 2.70

FLAT WHITE 3.20

CAPPUCCINO 2.90

LATTE 2.90

AMERICANO 2.70

MOCCACCINO 3.20

CHAI LATTE 3.20

MATCHA LATTE 3.20

DECAF CAPPUCCINO OR LATTE 3.40

ICED LATTE Please let us know how much sugar you like 3.20

HOT CHOCOLATE 3.20

KIDS HOT CHOCOLATE 1.50

HOT BEVERAGES FOR VEGANS

SOYACCINO 3.20

SOYALATTE 3.20

SOYA ICED LATTE 3.20

Please let us know how much sugar you like

SOYA MOCCACCINO 3.20

SOYA HOT CHOCOLATE 3.20

SOYA, OAT OR ALMOND MILK ON THE SIDE 35p

bluelegume.co.uk

instagram @the_bluelegume

N: Contain Nuts | **V:** Vegetarian | **VG:** Vegan | **GF:** Gluten Free | **S:** Seeds

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