The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR

SINCE 1994

BREAKFAST MENU

www.thebluelegume.com

f @ thebluelegumeN16

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_	B	KEAK	KFASI ————	
	CLASSIC ENGLISH BREAKFAST Sausage, bacon, hash brown, mushrooms, beans, grilled tomatoes, eggs, served with sourdough bread with butter.	11.9	VEGAN DELIGHT (V) Toasted brioche bread with crushed chilli avocado, French beans, mushroom & hash br	10.5 rown.
	TURKISH EGGS (V) Two poached eggs with garlic yoghurt and drized for the chilli peppered butter, dried mint comes with sourdough bread.		HEALTHY AVOCADO DREAM (V) Crushed avocado, poached egg, chilli, olive oil, lime, homemade sourdough bread. [Add Smoked Salmon & Bacon £2]	11
	HEALTHY MELTY [vegan option available] Smoked salmon & avocado, poached egg, grilled halloumi, grilled tomatoes & cherry jam, served with sourdough bread with butter.	12.5	VEGGIE MENEMEN [SHAKSHUKA] (V) Sizzling mixture of tomato, two eggs, finely topped green peppers, onion, served with bre [Vegan option available]	11.9 ad.
	MEDITERRANEAN BREAKFAST Grilled halloumi, spicy sausage, feta cheese, fr	12.5 esh	MENEMEN [SHAKSHUKA] Sizzling mixture of tomate, two eggs finely	12.9

OMELETTES

SPINACH AND FETA OMELETTE (V) 12.5

Served with bread and salad.

tomato, cucumber, poached eggs, marinated olives, butter and honey & jam served with

sourdough bread. [Vegan option available]

SMOKED SALMON OMELETTE 12.5

Served with chips and salad.

Sizzling mixture of tomato, two eggs finely

topped green peppers, onion, feta cheese & Turkish sucuk, chilli peppers, served with bread.

CRISPY BACON & CHEESE OMELETTE 12.5

Served with bread and salad.

EGGS

EGG FLORENTINE (V) 9.5

Toasted muffin, baby spinach, two poached eggs and hollandaise sauce.

EGG BENEDICT 9.5

Toasted muffin, crispy bacon, two poached eggs and hollandaise sauce.

EGG ROYALE 10.5

Toasted muffin, smoked salmon, two poached eggs and hollandaise sauce.

EGG ON SOURDOUGH BREAD (V) 7.5

Choice of scrambled or poached egg.

EARLY BIRD

ON SOURDOUGH

NUTTY BERRY GRANOLA (V) (N) Dairy/Oat Milk/Yoghurt	7	MORNING GLORY Smashed avocado, olive oil and lemon dressir	7.5 ng.
SEASONAL FRUIT & YOGHURT BOWL (V) (GF) Served with honey drizzle.	7	ADD >> Smoked salmon 4 • Eggs 2 • Feta 3 • Fe Chilli jam 4	eta &
LIZZIE'S MORNING BRIOCHE Smoked salmon, cream cheese and	7.9	HALLOUMI OPEN Grilled halloumi, fried egg, smashed avocado.	12.5
cucumber.		CRISPY BACON OPEN	12.5
HER ROYAL BUN'NESS	8.5	Smoked bacon, fried egg, smashed avocado.	
Brioche bun, bacon, scrambled egg, avocado and tomato.		SMOKED SALMON OPEN Smoked salmon, fried egg, smashed avocado	13.5
CROWN JEWELS	8.9	SCRAMBLED EGGS ON SOURDOUGH	13
Brioche bun, egg, bacon, cheddar cheese and		TRUFFLE SCRAMBLED EGGS	16
sautéed onions.		INUTTLE SUNATIDLED EUUS	15

PANCAKES

DEVIL PANCAKE (V) 11.25

Pancakes served with Nutella, strawberries and banana.

THE AMERICAN PANCAKE 11.25

CARAMEL PANCAKE 11.25 American style pancake with Served with salted caramel crispy bacon and maple syrup. butter, banana and berries.

ALBERT'S PANCAKE STACK 11.25

• Crispy bacon, chilli butter and maple syrup • OR • Mixed berry, banana, honeycomb butter & maple syrup •

FRENCH TOAST

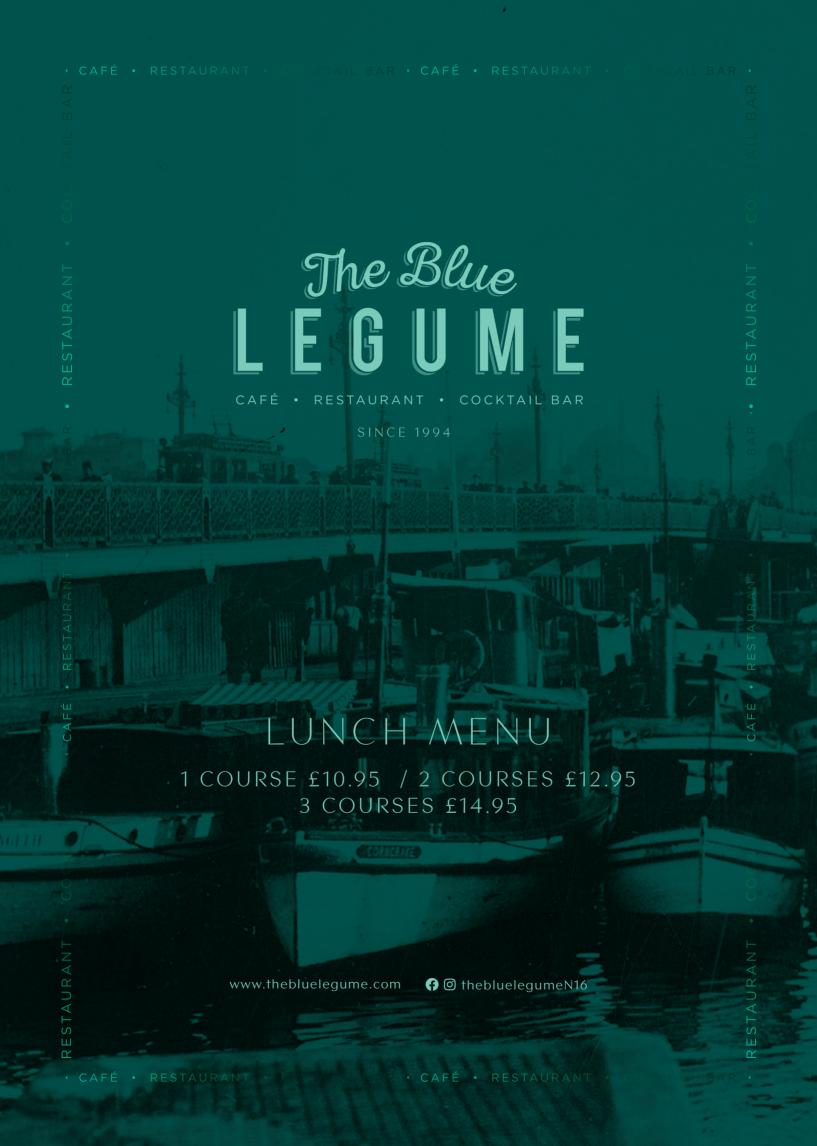
10.5 **CRISPY BACON** 9.9 **CREAM & BANANA** Served with cherry jam, crispy bacon Served with cherry jam, double cream, and butter. Banana and butter.

	ADD	ONS	
FREE RANGE EGGS (2)	2	VEGETARIAN SAUSAGES (2)	3
CUMBERLAND SAUSAGE (LARGE)	3	SPINACH	3
SUCUK	3	SAUTÉED FRY SPICY VEGETABLES	4
CHAR-GRILLED HALLOUMI (2)	3.5		
HASH BROWNS (2)	1.75	SMOKED BACON (2)	3
AVOCADO	2.9	PORTOBELLO MUSHROOMS	3.5
HOME STYLE POTATOES	3	SMOKED SALMON	4

COFFEES

SMOOTHIES 5.5

ESPRESSO	2.5	MERRY BERRY Blackberry, Strawberry, Raspber	ry,
DOUBLE ESPRESSO	2.8	Blueberry & Banana.	
AMERICANO	2.8	STRAWBERRY SUNSHINE Strawberry, Mango & Banana.	
CAPPUCCINO	3	GROOVY GREEN Avocado, Spinach, Pear, Mint,	
LATTE	3	Green Apple & Melon.	
FLAT WHITE	3.2	TROPICAL CRUSH Passion Fruit, Pineapple, Papaya & Pineapple.	
MOCHA	3.4		
CHAI LATTE	3.2	FRESH JUICES	
MATCHA LATTE	3.6		
IRISH COFFEE (LIQUEUR)	4.6	SINGLE Orange, Apple or Carrot.	4
HOT CHOCOLATE	3.4	COMBINATIONS	4.7
BABYCCINO	1.8	Ginger, Celery, Apple, Beetroot, Mint, Orange, Carrot.	
ICED COFFEE	3.2	Currot.	
ICED MATCHA & CHAI	4.2	SOFT DRINKS	
Extra shot 0.60, Decaf 0.60 • Alternative milk	options	3011 DKINKS	
0.60 (soy, oat, almond, coconut)		CARTON JUICES	3.2
		Cranberry, Apple, Orange, Tomato, Pineapple.	
TEAS served in a pot		ORGANIC LEMONADE	3.5
ENGLISH BREAKFAST	3.5	GINGER BEER	3.5
EARL GREY	3.5	ELDER FLOWER	3.5
DECAF ENGLISH BREAKFAST	3.5	COKE, DIET COKE, SPRITE	3.5
HERBAL TEA	3.5	STILL OR SPARKLING WATER 375ML 2.7 800N	иL 4.5
Camomile, Green, Jasmine, Fresh mint or Peppermint.		TONIC WATER OR SODA WATER	2.7





LUNCH MENU

- Monday to Friday 11am to 5pm -

1 COURSE £10.95 / 2 COURSES £12.95 3 COURSES £14.95

STARTERS

SOUP OF THE DAYServed with warm bread.

TZATZIKI (\lor) (GF)Served with warm bread. **HUMMUS** (V) (VG) (S) Served with warm bread.

CALAMARI FRITTI

Baby squid served with sweet chilli, grain mustard and aioli.

FALAFEL (V) (VG) (S)

Grounded vegetables & herbs, served with hummus dip.

HOT CHICKEN WINGS (GF) (4 PIECES)

Marinated in a choice of Sriracha or Medium Peri-Peri. Served with chips & salad.

MAINS

ADANA KOFTE

Grilled spicy lamb kofte on skewer served with roasted peppers, mix baby leaf salad & rice.

CHICKEN SKEWERS (GF)

Char-grilled skewer of marinated free-range chicken, served with rice, salad, grilled tomato & pepper.

SPAGHETTI BOLOGNESE

Classic Spaghetti bolognese topped with homemade parmesan.

PRAWN RISOTTO (GF)

Prawns cooked in garlic & white wine.

CHICKEN WRAP

Served with chips on the side.

FALAFEL WRAP (V) (VG) (S)

Served with chips on the side.

HALLOUMI WRAP (V)

Served with chips on the side.

GRILLED SEABASS (GF)

Single seabass fillet served with rice & salad.

HALLOUMI AVOCADO SALAD (V) (GF)

Halloumi with roasted beetroot and avocado on a bed of salad with lemon olive oil dressing.

DESSERT

ROASTED WALNUT BROWNIE (N)

Served with vanilla ice-cream & berry sauce



GOLD STARTERS

MIXED OLIVES (VG)(GF) Kalamata and nocello olives with lemon zest, olive oil & herbs.	6.5
BABA GANOUSH $(\lor)(S)(GF)$ Smoked aubergine, tahini, garlic, lemon, olive oil & yoghurt.	6
BEETROOT KISIR (V)(VG) Bulgur wheat, beetroot, green peppers, spring onions, fresh herbs & pomegranate.	5.9
TZATZIKI (V)(GF) Yoghurt, garlic, cucumber, olive oil, dry mint.	6
ATOM (V)(GF) Strained yoghurt, dried cayenne pepper, ground red pepper & butter.	6.5
HUMMUS (V)(S) Classic Middle Eastern dip of chickpeas puree, tahini, hint of garlic, lemon juice, extra virgin olive oil, paprika & parsley.	5.5
TUNA TARTARE Avocado, red onion, cucumber, olive oil, Chef sauce.	12.5
TOMATO & MANGO (V)(VG)(GF) Heritage tomato, mango, capers, red onion, salsa, black olive & olive oil.	9
BURRATA (V)(GF) Tomato, green herb oil, fresh basil.	9.75
BEEF BRESAOLA (GF) Sliced premium beef, balsamic glaze, parmesan.	13.5

SIDES & SAUCES

COLD MIXED STARTER (S) (V) 12.5

Pitta Bread, Hummus, Baba Ganoush,
Tzatziki, Beetroot Kisir & Atom.

SIDE SALAD (V)(VG)(GF)	4.9
GARLIC MUSHROOMS (V)	4.5
CREAMY SPINACH (V)	3.9
CHIPS PARMESAN & TRUFFLE OIL (V)	5.5
CHIPS (V)	4.5
RICE (V)(GF)	3.25
PEPPERCORN SAUCE	2
TURKISH FLAT BREAD (V)	1.5

HOT STARTERS

SOUP OF THE DAY Served with warm bread.	7.75
CALAMARI FRITTI Baby squid served with sweet chilli, grain mustard and aioli.	10.5
PADRON PEPPERS (VG)(GF) Fried, served with Maldon Sea salt.	9
FRIED HALLOUMI (V)(GF) Served with honey and pomegranate sauce and crispy parsley.	8.5
SUCUK Char-grilled Turkish beef spicy sausage, served with garnished salad.	7.5
CHILLI PRAWNS Pan fried chilli prawns, cooked with butter, white wine, tomatoes & mixed pepper. Topped with parsley, served with bread.	8.5
HONEY GLAZED GOAT CHEESE (V)(GF) Buttered goat cheese served with mixed greens, honey, pomegranate sauce and pomegranate.	8.9
LAHMACUN A thin levantine flatbread topped with minced lamb, garlic, peppers, tomato and parsley.	6

SALADS

Served with salad.

& house dressing.

SALADS	
[- house dressing: olive oil, lemon, mustard -]
SALMON AVOCADO SALAD (GF) Salmon, avocado, mixed leaves, tomato, cucumber, olive oil, pomegranate sauce & house dressing.	13.5
GOAT'S CHEESE SALAD $(V)(N)(GF)$ Mixed leaves, avocado, beetroot, cherry tomatoes, walnut, green apple with melted goat's cheese, olive oil, pomegranate sauce & house dressing.	14.5
HOMEMADE FALAFEL SALAD $(V)(S)(GF)$ Homemade falafel with mixed leaves, tomato, cucumber, beetroot, olive oil, pomegranate sauce & house dressing.	14
GRILLED HALLOUMI SALAD (V)(GF) Grilled halloumi with roasted beetroot & avocado on a bed of salad with olive oil, pomegranate sauce & house dressing. [Add grilled chicken for £2]	14
GREEK SALAD (V)(GF) Tomatoes, onions, cucumber, green pepper, olives and feta, olive oil, pomegranate sauce	12.5

GRILLS

GRILLS	
CHICKEN SHISH (GF) Char-grilled skewer of marinated free range chicken, served with rice, salad, grilled tomato & pepper.	16.5
HOT CHICKEN WINGS (GF) Marinated in a choice of Sriracha or Medium Peri-Peri. Served with chips & salad.	13.9
LAMB BEYTI Spicy lamb seasoned with garlic & parsley, wrapped in tortilla bread. Topped with yoghurt, tomato sauce & melted butter. Served with rice.	15.75
ADANA KOFTE Grilled spicy lamb kofte on skewer served with roasted peppers, mixed baby leaf salad & rice	
LAMB CUTLETS Lamb Cutlets served with chips, tomato & pap	21 er.
MIX KEBAB Marinated lamb cutlets, chicken shish, chicker wings and lamb kofte served with grilled tomatoes, pepper, rice & salad.	24
RIB-EYE STEAK (GF) Premium 14-day aged Argentinian Balck Angus steak, served with fries & sauce.	29.9
FISH DISHES	
GRILLED SALMON (GF) Salmon fillet served with baby spinach and mixed vegetables.	20.5
GRILLED SEA BASS (GF) Sea bass fillet served with baby spinach and mixed vegetables.	19.9
GALICIAN OCTOPUS Served with baby potatoes, smoked paprika and aioli.	23.5
PASTAS	
CREAMY CHICKEN LINGUINE Linguine with chicken in white wine, garlic, pesto & dash of double cream.	14.9
SEAFOOD LINGUINE King prawns, squid & mussels cooked in garlic white wine & homemade tomato sauce.	18
SPAGHETTI BOLOGNESE Classic spaghetti bolognese topped with parmesan.	15
SPINACH & RICOTTA RAVIOLI (V) Served with a basil tomato sauce.	15.4
PENNE ALL'ARRABBIATA (V) Tomato, garlic, red chilli and buffalo parmesan cheese.	12.9
RISOTTO	
MUSHROOM RISOTTO (\lor) With truffle oil. [Vegan option available]	15.5
SEAFOOD RISOTTO (GF) Prawn, squid & mussels cooked in garlic & white wine.	16.5

LEGUME SPECIALS

CHICKEN FIRE CASSEROLE (GF) Sautéed chicken in white wine with spring onions, green peppers, tomatoes, mushroom, parsley and herbs. Served with rice. >>Choice of spice; Mild, Medium or Hot	17.9
HALLOUMI AUBERGINE GRATIN (V) Layers of aubergine and halloumi cheese with garlic, tomato sauce and basil pesto. Served with mixed salad.	18
RACK OF LAMB (N)(GF) Rack of lamb in pistachios and cherry sauce served with baby potatoes & spinach.	24
ROASTED AUBERGINE $(VG)(N)(S)$ Tomato sauce, tahini pistachio, pea shoot, almond flakes.	17.9
VEGETABLE MOUSSAKA (V) Layers of grill vegetable with béchamel served with rice.	16.5

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LLOOML DOROLK -	-
BEEF BURGER Served in a brioche bun with pickles, tomato topped with cheddar cheese. Served with chips.	4.75
CHICKEN BURGER Grilled chicken breast served in brioche bun with sriracha sauce, pickles, tomato and baby leaf greens. Served with chips.	13
VEGAN BURGER (VG)(S) Beetroot, chickpeas and onion mix in patty, served in vegan bun with lettuce, tomato and pickles with chips and hummus on the side.	12.9
HALLOUMI BURGER (V)(S) Grilled halloumi served in a brioche bun with tomato, pickles, baba ghanoush. Served with chips.	12.9
LEGIIME VEGETARIAN	_

Grilled halloumi served in a brioche bun with tomato, pickles, baba ghanoush. Served with chips.	
 LEGUME VEGETARIAN 	-
GOAT'S CHEESE SALAD (V) (N) Mixed leaves, avocado, beetroot, cherry tomatoes, walnut, green apple with melted goat's cheese, olive oil, pomegranate sauce & house dressing.	13.9
ROASTED AUBERGINE (VG) (N) (S) Tomato sauce, tahini pistachio, pea shoot, flakes almond.	17.9
VEGAN BURGER (VG) (S) Beetroot, chickpeas and onion mix in patty, served in vegan bun with lettuce, tomato and pickles with chips and hummus on the side.	12.9
VEGETABLE MOUSSAKA (V) Layers of grill vegetable with béchamel sauce, served with rice.	16.5

The Blue L E G U M E

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WINE & DRINKS MENU



- All £9.95

MARGARITA

Tequila, triple sec., lemon juice and sugar syrup.

MARTINI

Gin and vermouth.

PORNSTAR MARTINI

Vodka, fruit liqueur, vanilla syrup and lime juice.

ESPRESSO MARTINI

Vodka, espresso, coffee liqueur and sugar syrup.

OLD FASHIONED

Bourbon, Angostura bitters, sugar and orange peels.

NEGRONI

Gin, vermouth and Campari.

CUBA LIBRE

Rum, coke and lime juice.

BLUE LEGUME



Vodka 'Gin, Blue Curaçao & lime juice.

COSMOPOLITAN

Vodka, trip sec., lime juice and cranberry juice.

WHISKEY SOUR

Whiskey, lime juice, sugar, Angostura bitters and egg white.

LONG ISLAND ICE TEA

Vodka, gin, tequila, rum, Cointreau, lime juice and coke.

MOJITO

Rum, slices lime, fresh mint sugar, sugar syrup and soda water.

STRAWBERRY DAIQUIRI

Rum, Cointreau, lime juice, fresh strawberry sugar syrup.

MOSCOW MULE

Vodka, ginger beer and lime juice.

BLOODY MARY

Vodka, tomatoes juice, fresh lemon juice, dash of Worcestershire sauce, tabasco, celery salt and pepper.

BELLINI

Prosecco and peach syrup.

PIMM'S

Pimm's, lemonade, fresh mint spring, slices of cucumber, oranges, apple and strawberry.

SANGRIA

Red wine with orange juice spirits, slices of orange and lime.

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White Wines	175ML	250ML	BOTTLE
CAPE MARLIN CHENIN BLANC Medium dry with good honest balance. SOUTH AFRICA	7 t fruit and	8.75 lovely	22.95
ROOS ESTATE SAUVIGNON BLANC Refreshing light gooseberry a flavours. SOUTH AFRICA	7.5 nd grape	9.5 fruit	24.95
ARCANO PINOT GRIGIO Fragrant, fresh and crisp Pinot region. ITALY	7.25 t from the	9 Abruzzo	23.95
TELEGRAPH ROAD CHARDONNAY Crisp and balanced with flora apricot aromas. AUSTRALIA	7.5 II, peach d	9.5 and drie	24.95 d
CANKAYA, EMIR NARINCE A classic Turkish white blend r Anatolian grape varieties. Bala good body, pleasing acidity a sweet pear notes on the palar	anced, fre ind peach	esh with	
Red Wines	175ML	250ML	BOTTLE
PECKING ORDER MERLOT	7	8.75	22.95
Supple and round-bodied wit of cherries, subtle herbs, spice palate. SOUTH AFRICA			I
LISO VEINTE TEMPRANILLO Ripe red fruit with a lovely after	7.25 ertaste. SP		24.00
TORO FUERTE MALBEC Light red with aromas and flatand wild berry fruit balanced ARGENTINA	7.95 vours of s with soft	9.25 trawber tannins.	26.00 Try
YAKUT KAVAKLIDERE BOGAZKERE ÖKUZGÖZÜ The most popular Turkish red indigenous grape varieties, fa yet accessible palate with vib cranberries, cherries and spic	mous for rant note	its tann	
Rosé Wines	175ML	250ML	BOTTLE
ARCANO PINOT GRIGIO ROSÉ Delicate strawberry hints on c	7.25 I fresh pa	8.95 late. ITAL	23.00
OUT OF AMERICA ZINFANDEL ROSE Ripe strawberry and raspberry balanced sweetness. USA		9.15 with	24.00
Champagne & S	Spark	lina	
Wines		125ML	BOTTLE
NUA PROSECCO		7.95	28.95
Elegant yet fruity bouquet with mellow greengage and a ligh citrus note. ITALY	h flavours t, pleasar	of	
MOËT ET CHANDON CHAMPAGNE			80.00

Gin			
BOMBAY SAPPHIRE ENGLA	NN 7.09	25ML % 5	50ML 7.5
HENDRICK'S SCOTLAND, 413			8.5
MONKEY 47 GERMANY, 47%	/0	5.5	8.5
FIUNKET 47 GERMANY, 47%		5.5	0.0
Whiskey		25ML	50ML
JAMESON IRELAND 40%		5	7.5
JACK DANIELS USA, 40%		5.5	8
JOHNNIE WALKER		5.5	8
BELLS SCOTCH		5.5	8
BULLEIT BOURBON USA 4	5%	5.5	8
COURVOISIER		6.5	9.5
Liquour			
Liqueur Baileys 17%	25ML 5	CAMPARI 25%	25ML 5
			5 5
PIMM'S 25%		SAMBUCA 38%	
JAGERMEISTER 35%		LIMONCELLO 27%	5
KAHLUA 16%	5	AMARETTO 28%	5
Vodka		25ML	50ML
ABSOLUT SWEDISH, 40%		5.5	8
BELVEDERE POLAND, 40%		5.5	8
GREY GOOSE FRANCE, 40%		5.75	8.5
Rum		OFM!	FOMI
CAPTAIN MORGAN SPICE	Β. ΙΔΜΔ	25ML Acia, 36% 5.5	50ML 8
BACARDI CARTA BLANCA		•	
HAVANDA CLUB 3YR OLD		•	
KRAKEN TRINIDAD AND TOBA			8.5
		•	0.5
Bottled Bee	er 8	Cider Cider	
EFES DRAFT TURKEY, 5%			6.5
PERONI ITALY, 4.8%			5.5
ESTRELLA GALICIA SPAIN	, 4.7%		5.5
MEANTIME PALE ALE UK,	4.3%		5.5
CORONA MEXICO, 4.7%			5.5
MAGNERS ORIGINAL IRIS	SH CID	ER IRELAND, 4.5%	6.5
Soft Drinks			
ORGANIC LEMONADE		ELDER FLOWER	3.5
GINGER		COKE, DIET COKE	3.5
CARTON JUICES			3.2
Cranberry, Apple, Ord	•		
STILL OR SPARKLING WA	ATER	375ML 2.7 80	DOML 4.5

FRANCE

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SINCE 1994

DESSERT MENU

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*Please inform us if you have any allergies or intolerances. We cannot guarantee that our dishes is free from traces of nuts. • A discretionary 12.5% Service charge will be added to the final bill.

DESSERT

HOMEMADE TIRAMISU 7.9

Finger biscuits dipped in coffee & courvoisier. Layered between creamy mascarpone

TURKISH COFFEE CRÈME BRÛLÈE 7.9

Served with vanilla ice cream

PANNA COTTA 6.9

Served with mixed berry sauce

OVEN-BAKED CHEESECAKE 7

Served with mixed berry sauce

ROASTED WALNUT BROWNIE 6.9

Served with vanilla ice-cream & berry sauce

ICE CREAM

1 SCOOP **2** 3 SCOOPS **5.9** Vanilla & Strawberry & Chocolate

SORBET

1 SCOOP **2** 3 SCOOPS **5.9** Lemon & Mango

ТГЛ

COLLL

C	OFFEE	ICA	
ESPRESSO	SINGLE 2.5 DOUBLE 2.8	served in a pot	
AMERICANO	2.8	8 ENGLISH BREAKFAST	3.5
CAPPUCCINO	3	3 EARL GREY	3.5
LATTE	3	DECAF ENGLISH BREAKFAST	3.5
FLAT WHITE	3.2	2 Herbal tea	3.5
MOCHA	3.4	Camomile, Green, Jasmine,	J.:
IRISH COFFE	E (LIQUEUR) 4.6		

Extra shot • Decaf • OR • Alternative milk options 0.60 (soy, oat, almond, coconut)