

# The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR

SINCE 1994

bluelegume.co.uk

instagram @the\_bluelegume

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

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

## BREAKFAST

<b>SCRAMBLED OR POACHED EGGS</b> On toasted sourdough (*add bacon 1.7)	7.9	<b>HUEVOS RANCHEROS v</b> Corn tortilla, fried eggs, avocado & black beans	9.5
<b>BREAKFAST BAP</b> Bacon, sausage, egg and cheddar in brioche bun with fries	8.5	<b>MEDITERRANEAN BREAKFAST</b> Grilled halloumi, spicy sausage, feta cheese, fresh tomato, poached egg, marinated olives & jam served with sourdough *Veggie option with spinach instead of spicy sausage	9.5
<b>MUSHROOMS ON TOAST</b> Portabello mushrooms on toasted sourdough & crème fraiche	7.9	<b>FULL ENGLISH BREAKFAST</b> Portabello mushrooms, beans, bacon, grilled tomato, poached egg, sausage & brown toast	9.5
<b>WELSH RAREBIT</b> Toasted cheddar & whole grain mustard sauce on ciabatta bread with poached egg	8.5	<b>VEGETARIAN SAUSAGE BREAKFAST v</b> Portabello mushrooms, beans, grilled tomato, poached egg, sausage, hash brown & brown toast	9.5
<b>CROQUE MADAME</b> Toasted ham & cheese on brown bread with a poached egg	8.5	<b>VEGAN BREAKFAST vg</b> Smashed avocado, portebello mushroom, hash brown, Mexican black beans, grilled vine tomato & salsa sauce	9.5
<b>SMASHED AVOCADO</b> With poached eggs on sourdough (*add bacon 1.7)	8.9		
<b>HASH BROWN BREAKFAST</b> 3 hash browns, 2 bacon, scrambled egg, grilled tomato & toast	9.5		

## FRUIT BREAKFAST

<b>FRUIT SALAD</b> Served with yoghurt	7	<b>ACIA BOWL</b> Mashed Brazilian acia palm fruit, topped with banana, mixed fruit, coconut & granola	8.5
<b>GRANOLA BOWL</b> Home-made organic rolled oats with dried fruits served with yoghurt and maple syrup. *Vegan option with soya milk	8	<b>FRENCH TOAST</b> Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan. served with poached plums & yoghurt	8.5
<b>SCOTCH PANCAKES</b> With maple syrup & banana	8.5		

## MAINS

<b>CHICKEN SKEWERS</b> Grilled marinated chicken cubes with fries & salad	9.5
<b>RAVIOLI v</b> Spinach & ricotta with Provençal roasted vegetables	8.9
<b>STEAK SANDWICH</b> With grilled red pepper and salad in Ciabatta served with fries	9.5
<b>PAN ROASTED SALMON</b> With spinach, potato & hollandaise sauce	11.9
<b>KOFTE</b> Grilled mediterranean meatballs with fries & salad	13.5
<b>CHICKEN SCHNITZEL</b> Served with fries & salad	10.5

## BURGERS

<b>BEEF BURGER</b> 7oz Beef patty made with prime cut steak	9
<b>BUTTER MILK CHICKEN BURGER</b> With chipotle mayo	9
<b>FALAFEL BURGER n v</b> Humus, grated beetroot, rocket & harrisa yogurt	9
<b>BBQ BURGER</b> 7oz Beef patty bacon & BBQ sauce	10
<b>ADD TOPPINGS</b>	Each 1.2
Goats' Cheese, Bacon, Fried Egg, Spinach, Halloumi, Blue Cheese, Mature Cheddar	

## SALADS

<b>GRILLED HALLOUMI v</b> With red onions, garlic croutons, mustard dressing & leaves	8	<b>FALAFEL SALAD v</b> Rocket, pumpkin seed, halloumi, chickpea, roasted tomato, humus & beetroot served with pita bread	8.5
<b>GRILLED GOATS' CHEESE n v</b> On garlic crostini with walnut dressing, leaves & beetroot	8	<b>GRILLED HALLOUMI &amp; SPICY SAUSAGE SALAD</b> With red onions, garlic croutons, mustard dressing & leaves	8.5
<b>GRILLED CHICKEN SALAD</b> With red onions, garlic croutons, mustard dressing & leaves	8.5	<b>POACHED EGG &amp; BACON SALAD</b> With cherry tomatoes, brown toast & leaves	8.5
<b>PAN ROASTED SALMON SALAD</b> With baby spinach, pickled cucumber & baby potato	9.7		

## WRAPS

All wraps are made with salad & crisps

<b>GRILLED STEAK</b> Peppers & caramelised onion	7.9
<b>GRILLED CHICKEN</b> Smash avocado, rocket & roasted red peppers	7.5
<b>KOFTE WRAP vg</b> With tzatziki, rocket and tomatoes	6.9
<b>FALAFEL WRAP v</b> Roasted vegetables, houmous & salad	6.9
<b>SMOKED SALMON &amp; SMASH AVOCADO</b> Rocket & salad dressing	7.9

## SANDWICHES

All sandwiches are made to order on bread of your choice Baguette - Ciabatta - Sourdough or Granary	
<b>HALLOUMI v</b> Avocado, olives, cherry tomato & pesto	7.9
<b>PARMAHAM</b> Artichoke, sundried tomato, mozzarella, pesto & rocket	6.5
<b>CHICKEN &amp; JALAPEÑO</b> With rocket and tomatoes	6.5
<b>CHICKEN BREAST</b> Roasted red peppers & basil	8.5
<b>BLT</b> Bacon, lettuce & tomato with mustard mayo	8.5
<b>CLUB</b> Chicken, bacon, melted cheddar, lettuce, tomato & smoky mayo	8.5

## EGGS

<b>EGGS BENEDICT</b> Toasted English muffins, ham, poached eggs & hollandaise sauce	8.9
<b>EGGS FLORENTINE</b> Toasted English muffins, spinach, poached eggs & hollandaise sauce	8.9
<b>EGGS MEDITERRANEAN</b> Toasted muffins, spinach, spicy garlic sausage, poached eggs & hollandaise sauce	8.9
<b>EGGS ROYALE</b> Toasted English muffins, smoked salmon, poached eggs & hollandaise sauce	9.5
<b>SHAKSHUKA</b> Turkish style eggs cooked with tomato, peppers & onion, crumbled feta cheese, served with sourdough bread (*add Turkish spicy sausage 1.7)	9.5

## OMELETTE

<b>OMELETTE OR EGG WHITE OMELETTE</b> Baby spinach, sun-dried tomato & feta cheese	8.9
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## COUNTER SPECIALS

Below dishes are served with four different salads

<b>CHICKPEA &amp; TAHINI BALL vg</b> Chickpea ball cooked with tahini, garlic and onion	8.9
<b>NUT ROAST n   vg</b> Nut filling with cranberry sauce, wrapped in puff pastry	
<b>STUFFED AUBERGINE gf</b> Roast vegetables topped with goats' cheese	
<b>MED BAKE</b> Roast vegetables topped with cheddar	
<b>SALMON FISH CAKE</b> Salmon, potato, dill & whole grain mustard	
<b>TORTILLA gf</b> Spanish omelette with vegetables	
<b>SWEET POTATO &amp; BRIE GALETTE gf</b> Sweet potato, brie and eggs	
<b>VEGETABLE MOUSSAKKA v</b> Layers of vegetables topped with béchamel and cheddar	
<b>SPINACH &amp; FETA CHEESE LASAGNE</b>	

## EXTRAS

<b>GLUTEN FREE BROWN TOAST</b>	1.2
<b>SOUROUGH</b>	1.5
<b>BEANS   MUSHROOM   SAUSAGE   BACON</b>	1.7
<b>FRIED EGG   POACHED EGG   AVOCADO</b>	1.7
<b>SCRAMBLED EGG   HASH BROWN</b>	1.7
<b>SPINACH</b>	2.5
<b>FRIES</b>	3
<b>HALLOUMI</b>	3
<b>SMOKED SALMON</b>	3.5

## PANINIS

Served with crisps and salad	7.5
- ROAST VEGETABLES & MOZZARELLA	
- TUNA MELT n	
- CHICKEN, PESTO, TOMATOES & OLIVES	
- PARMA HAM, MUSHROOM & MOZZARELLA	
- GOATS' CHEESE, SPINACH & CARAMELISED ONION	
- MOZZARELLA, PESTO & TOMATO n	
- HAM & CHEDDAR	

## BREAKFAST DEAL | 8.5

TILL 12 NOON

ANY BREAKFAST & HOT DRINK  
MONDAY to FRIDAY, except Bank Holidays

**HUEVOS RANCHEROS**  
Corn tortilla, fried eggs, avocado & black beans

**EGGS BENEDICT**  
Toasted muffins, ham, poached eggs & hollandaise sauce

**EGGS FLORENTINE**  
Toasted muffins, spinach, poached eggs & hollandaise sauce

**CROQUE MADAME**  
Toasted ham & cheese on brown bread with a poached egg

**CROQUE MONSIEUR**  
Same as above, but without the egg

**MUSHROOMS ON TOAST**  
On toasted sourdough

**SCRAMBLED EGGS**  
On toasted sourdough

**FULL ENGLISH BREAKFAST**  
Mushrooms, beans, bacon, 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 ciabatta bread with poached egg

## HOT DRINKS

CAPPUCCINO

LATTE

DECAF CAPPUCCINO & LATTE

ESPRESSO

DOUBLE ESPRESSO

AMERICANO

MOCCACCINO

HOT CHOCOLATE

BREAKFAST TEA

EARL GREY

## LUNCH SET MENU | 11.9

FROM 12-3.30PM

2 COURSE MEAL  
MONDAY to FRIDAY, except Bank Holidays

### STARTERS

**SOUP OF THE DAY**  
Vegan

**MIXED MEZE**  
Hummus, shakshuka, tzatziki, falafel, halloumi & pita bread

**GUACAMOLE**  
Avocado, corn tortilla and salsa de molcajete

**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

**HOME-MADE BEEF BURGER**

**FALAFEL BURGER **N****  
Hummus, grated beetroot, rocket & herby 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 MOUSSAKKA**  
Layers of vegetables topped with cheddar served with rice & salad

**STUFFED AUBERGINE**  
Roasted vegetables grilled goats' cheese served with rice & salad

**CHICKEN SCHNITZEL**  
Served with fries & salad

## SMOOTHIES 4.5

Made with Apple Juice Suitable for Vegans

**BERRY LOVE**  
Blackberry, Strawberry, Rasperry, Blueberry & Banana

**SUPER SMOOTHIE**  
Goji berry, Pineapple, Papaya, Carrot and Mango

**GROOVY GREEN**  
Green Apple, Pear, Mint, Avocado, Spinach & Melon

**QUEEN PEACH**  
Peach, Pineapple & Banana

**SUNRISE**  
Strawberry, Mango & Banana

**SPIRULINA**  
Banana & Algae

## TEA SELECTION Served in a pot

ASSAM 3.5

DARJEELING 3.5

PEPPERMINT HERB 3.5

CAMOMILE 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

## SOFT DRINKS & PRESSES

**CARTON JUICES** 2.2  
Cranberry, apple, orange, pomegranate, tomato & pineapple

**ORGANIC LEMONADE** 2.5

**GINGER PRESSE** 2.5

**ELDER FLOWER PRESSE** 2.5

**HOME MADE-CITRON PRESSE** 2.5

**COKE, DIET COKE *Coca-Cola*** 2.5

**STILL OR SPARKLING WATER** 375ml 2.5

**STILL OR SPARKLING WATER** 800ml 4.5

**BLOODY MARRY** 6.5

**VIRGIN MARY** 5.4

## FRESHLY SQUEEZED JUICES

**SINGLE 3**

ORANGE JUICE

APPLE JUICE

PEAR

CARROT JUICE

**DOUBLE COMBINATIONS 3.5**

ORANGE & APPLE ORANGE & CARROT

APPLE & MINT CARROT & APPLE

**TRIPLE COMBINATIONS 3.9**

CARROT, ORANGE & GINGER CARROT, ORANGE

& APPLE. CARROT, CELERY & BEETROOT APPLE,

CELERY & MINT

Or Simply Make Up Your Own Combination

## COFFEE

CAPPUCCINO 2.6

LATTE 2.6

FLAT WHITE 2.6

DECAF CAPPUCCINO & LATTE 2.6

ESPRESSO 2

DOUBLE ESPRESSO 2.5

AMERICANO 2.5

MOCCACCINO 2.7

ICED LATTE Please let us know how much sugar you like 2.6

HOT CHOCOLATE 2.7

BREAKFAST TEA 2.3

EARL GREY 2.5

KIDS HOT CHOCOLATE 1.5

## HOT BEVERAGES FOR VEGANS

SOYACCINO 2.7

SOYALATTE 2.7

SOYA ICED LATTE 2.7  
Please let us know how much sugar you like

SOYA MOCCACCINO 2.7

SOYA HOT CHOCOLATE 2.7

SOYA, OAT OR ALMOND MILK ON THE SIDE 35p

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