

The Blue LEGUME

CAFÉ • RESTAURANT • COCKTAIL BAR

SINCE 1994

N: CONTAIN NUTS V: VEGETARIAN VG: VEGAN GF: GLUTEN FREE

LOVEBLUELEGUME 

BLUELEGUME.CO.UK/ISLINGTON 

BREAKFAST

SCRAMBLED OR POACHED EGGS ON TOASTED V	8.9
<i>On toasted sourdough (*add bacon £1.9)</i>	
BREAKFAST BAP	9.9
<i>Bacon, sausage, egg and cheddar in brioche bun with fries</i>	
MUSHROOMS ON CREAMY TOAST V	8.9
<i>Portobello mushrooms on toasted sourdough & crème fraiche (*add poached egg 1.9)</i>	
WELSH RAREBIT V	9.5
<i>Toasted cheddar & whole grain mustard sauce on ciabatta bread with poached egg</i>	
CROQUE MADAME	9.9
<i>Toasted ham & cheese on brioche slice with a poached egg</i>	
SMOKED SALMON ON CREAMY TOAST	10.9
<i>With cream cheese, avocado & poached egg</i>	
SMASHED AVOCADO V	9.9
<i>With poached eggs on sourdough (*add bacon 1.9)</i>	
HASH BROWN BREAKFAST	10.9
<i>3 hash browns, 2 bacon, scrambled egg, grilled tomato & toast</i>	
HUEVOS RANCHEROS V	10.5
<i>Tortilla, fried eggs, avocado, salsa sauce, black beans & feta cheese</i>	
MEDITERRANEAN BREAKFAST	11.5
<i>Grilled halloumi, spicy sausage, feta cheese, fresh tomato, poached egg, marinated olives & jam served with sourdough</i>	
<i>*Veggie option with spinach instead of spicy sausage</i>	
FULL ENGLISH BREAKFAST	11.9
<i>Portobello mushrooms, beans, bacon, grilled tomato, poached egg, sausage, hash brown & brown toast</i>	
VEGETARIAN SAUSAGE BREAKFAST V	11.5
<i>Portobello mushrooms, beans, grilled tomato, poached egg, sausage, hash brown & brown toast</i>	
VEGAN BREAKFAST VG	11.5
<i>Smashed avocado, portebello mushroom, hash brown, Mexican black beans, grilled vine tomato & salsa sauce served with sourdough</i>	

PANINIS *Served with crisps & salad*

ROAST VEGETABLES & MOZZARELLA V	8.5
TUNA MELT N	8.5
CHICKEN, PESTO, TOMATOES & OLIVES N	8.5
PARMA HAM, MUSHROOM & MOZZARELLA	8.5
GOAT'S CHEESE, SPINACH & CARAMELISED ONION V	8.5
MOZZARELLA, PESTO & TOMATO N V	8.5
HAM & CHEDDAR	8.5

FRUITY BREAKFAST

FRUIT SALAD V <i>served with yoghurt</i>	8
GRANOLA BOWL N	9
<i>Home-made organic rolled oats with dried fruits served with yoghurt and maple syrup.</i>	
<i>*Vegan option with soya, oat, almond milk</i>	
SCOTCH PANCAKES V <i>with maple syrup & banana</i>	9.5
BLUE BERRY SCOTCH PANCAKES	10.5
<i>with maple syrup & banana (*add yoghurt £1)</i>	
ACAI BOWL N V	9.9
<i>Mashed Brazilian acai palm fruit, topped with banana, mixed fruit, coconut & granola</i>	
FRENCH TOAST V	9.9
<i>Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan. Served with poached plums & yoghurt</i>	

OMELETTES

HAM & CHEDDAR	11
MUSHROOM & CHEDDAR V	11
GOAT'S CHEESE & SPINACH V	11

EGGS

EGGS BENEDICT	10.5
<i>Toasted English muffins, ham, poached eggs & Hollandaise sauce</i>	
EGGS FLORENTINE V	10.5
<i>Toasted English muffins, spinach, poached eggs & hollandaise sauce</i>	
EGGS MEDITERRANEAN	11.5
<i>Toasted English muffins, spinach, spicy garlic sausage, poached eggs & hollandaise sauce</i>	
EGGS ROYALE	11
<i>Toasted English muffins, smoked salmon, poached eggs & hollandaise sauce</i>	
AVOCADO BENEDICT V	10.5
<i>Toasted muffins, smashed avocado, grilled pepper with poached egg & hollandaise sauce</i>	
SHAKSHUKA (MENEMEN) V	11
<i>Turkish style eggs cooked with tomato, peppers & onion, crumbled feta cheese, served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	
PAN EGGS BREAKFAST V	11.5
<i>Roasted potato, char-grilled pepper, spicy tomato sauce, topped with fried eggs & served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	
TURKISH EGGS (CHULBUR) V	9.9
<i>Poached eggs with garlic spinach yoghurt drizzled with chilli butter sauce & served with ciabatta bread (*add Turkish spicy sausage 1.9)</i>	

SANDWICHES

*All sandwiches are made to order on bread of your choice
Ciabatta - Sourdough or Granary*

HALLOUMI V	8.9
<i>Avocado, olives, cherry tomato & pesto</i>	
BLT <i>Bacon, lettuce & tomato with mustard mayo</i>	8.9
CLUB	8.9
<i>Chicken, bacon, melted cheddar, lettuce, tomato & smoky mayo</i>	

WRAPS *served with salad & crisps*

GRILLED STEAK <i>Peppers & caramelised onion</i>	9.5
GRILLED CHICKEN	9.5
<i>Smash avocado, rocket & roasted red peppers</i>	
KOFTE WRAP <i>With tzatziki, rocket & tomatoes</i>	9.5
FALAFEL WRAP V	9.5
<i>Roasted vegetables, houmous & salad</i>	
SMOKED SALMON & SMASH AVOCADO	9.5
<i>Rocket & salad dressing</i>	

MAINS

CHICKEN SKEWERS	13.9
<i>Grilled marinated chicken cubes served with fries, salad & tzatziki</i>	
RAVIOLI V	11.5
<i>Spinach & ricotta with provencal roasted vegetables</i>	
STEAK SANDWICH	10.9
<i>With grilled red pepper and tomato in ciabatta served with fries & salad</i>	
PAN ROASTED SALMON	14.5
<i>With spinach, potato & hollandaise sauce</i>	
KOFTE	14.9
<i>Grilled lamb meatballs served with fries, salad & tzatziki</i>	
CHICKEN SCHNITZEL <i>Served with fries & salad</i>	13.5

BURGERS *Served with fries*

BEEF BURGER	10.5
<i>7oz prime cut beef patty</i>	
BBQ BURGER	11.5
<i>7oz prime cut beef patty, bacon & BBQ sauce</i>	
BUTTER MILK CHICKEN BURGER	10.5
<i>With chipotle mayo</i>	
FALAFEL BURGER N V	10.5
<i>Humus, grated beetroot, rocket & chipotle mayo</i>	
ADD EXTRA TOPPINGS	(Each) 1.5
<i>Goat's Cheese, Bacon, Fried Egg, Spinach, Halloumi, Blue Cheese, Mature Cheddar</i>	

SALADS

GRILLED HALLOUMI V	9.9
<i>With red onions, garlic croutons, mustard dressing & leaves</i>	
GRILLED GOAT'S CHEESE N V	9.9
<i>On garlic crostini with walnut dressing, leaves & beetroot</i>	
GRILLED CHICKEN SALAD	11.5
<i>With red onions, garlic croutons, mustard dressing & leaves</i>	
SMOKED SALMON & POACHED EGG SALAD	11.5
<i>With rocket, cherry tomato & baby potato</i>	
FALAFEL SALAD V	10.5
<i>Rocket, pumpkin seed, halloumi, chickpea, roasted tomato, humus & beetroot served with pita bread</i>	
GRILLED HALLOUMI & SPICY SAUSAGE SALAD	10.5
<i>With red onions, garlic croutons, mustard dressing & leaves</i>	
POACHED EGG & BACON SALAD	10.5
<i>With cherry tomatoes, brown toast & leaves</i>	

COUNTER SPECIALS

Below dishes are served with four different salads

CHICKPEA & TAHINI BALL VG	11
<i>Chickpea ball cooked with tahini, garlic & onion</i>	
STUFFED AUBERGINE GF V	11
<i>Roast vegetables topped with goat's cheese</i>	
SALMON FISH CAKE	11
<i>Salmon, potato, dill & whole grain mustard</i>	
TORTILLA GF V	11
<i>Spanish omelette with vegetables</i>	
SWEET POTATO & BRIE GALETTE GF V	11
<i>Cooked with carrot & eggs</i>	
VEGETABLE MOUSSAKA V	11
<i>Layers of vegetables topped with béchamel & cheddar</i>	
SPINACH & FETA CHEESE LASAGNE V	11

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

BREAKFAST DEAL £12.9

ANY BREAKFAST & HOT DRINK

TILL 12NOON - MONDAY TO THURSDAY

BREAKFAST

HASH BROWN BREAKFAST

3 hash browns, 2 bacon, scrambled egg, grilled tomato & toast

HUEVOS RANCHEROS V

Tortilla, fried eggs, avocado, salsa sauce, black beans & feta cheese

EGGS BENEDICT

Toasted English muffins, ham, poached eggs & Hollandaise sauce

EGGS FLORENTINE V

Toasted English muffins, spinach, poached eggs & hollandaise sauce

CROQUE MADAME

Toasted ham & cheese on brioche slice with a poached egg

SMOKED SALMON CREAMY ON TOAST

With cream cheese, avocado & poached egg

EGGS ROYALE

Toasted English muffins, smoked salmon, poached eggs & hollandaise sauce

FRENCH TOAST V

Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan. Served with poached plums & yoghurt

FULL ENGLISH BREAKFAST

Portobello mushrooms, beans, bacon, grilled tomato, poached egg, sausage, hash brown & brown toast

VEGETARIAN SAUSAGE BREAKFAST V

Portobello mushrooms, beans, grilled tomato, poached egg, sausage, hash brown & brown toast

SCOTCH PANCAKES V

With maple syrup & banana

WELSH RAREBIT V

Toasted cheddar & whole grain mustard sauce on ciabatta bread with poached egg

HOT DRINKS

CAPPUCCINO, LATTE, FLAT WHITE

ESPRESSO, DOUBLE ESPRESSO

AMERICANO, MOCACCINO

BREAKFAST TEA, EARL GREY

* Set Menus and Deals do not apply on Bank holidays or special days.

LUNCH SET MENU £15.9

2 COURSES MEAL

12 TO 3:30PM - MONDAY TO THURSDAY

STARTERS

SOUP OF THE DAY VG

MIXED MEZE V

Hummus, shakshuka, tzatziki, falafel, halloumi & pita bread

GUACAMOLE V GF

Avocado, corn tortilla

BRUSCHETTA V

Tomato and basil on toasted ciabatta

TRICOLORE SALAD V GF

Avocado, mozzarella, tomato & pesto

FALAFEL & HUMMUS V N

Topped with pine nuts

MAINS

CHICKEN SKEWERS

Grilled marinated chicken cubes with fries & salad

CHICKEN SCHNITZEL

Served with fries & salad

RAVIOLI V

Spinach & ricotta with provencal roasted vegetables

BEEF BURGER

7oz prime cut beef patty

FALAFEL BURGER V N

Humus, grated beetroot, rocket & chipotle mayo

VEGETABLE MOUSSAKA V

Layers of vegetables topped with béchamel and cheddar served with rice & salad

STUFFED AUBERGINE V GF

Roast vegetables topped with goat's cheese served with rice & salad

GRILLED GOAT'S CHEESE N V

On garlic crostini with walnut dressing, leaves & beetroot

GRILLED HALLOUMI V

With red onions, garlic croutons, mustard dressing & leaves

FALAFEL SALAD V

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

HOT BEVERAGES

Alternative milk of your choice Oat, Soya, Almond / 50p

BREAKFAST TEA	2.5
EARL GREY	2.5
CAPPUCCINO, LATTE, FLAT WHITE	3.2
Decaf option available	
ESPRESSO	2.4
DOUBLE ESPRESSO	2.9
AMERICANO	2.9
MOCHACCINO	3.5
HOT CHOCOLATE	3.2
ICED LATTE	3.5
Please let us know how much sugar you like	
HOT CHOCOLATE FOR KIDS	2

LOOSE TEA SELECTION

Served in a pot

ASSAM	3.5
DARJEELING	3.5
PEPPERMINT HERB	3.5
GAMOMILE 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
ALMOND TEA	3.5

EXTRAS

GLUTEN FREE TOAST GF	1.5
SOURDOUGH	1.5
BEANS V MUSHROOM V SAUSAGE BACON	1.9
FRIED EGG V POACHED EGG V AVOCADO VG	1.9
SCRAMBLED EGG V HASH BROWN V	1.9
SPINACH V	3
HALLOUMI V	3
FRIES V	4
SMOKED SALMON	4.5
TRUFFLE FRIES WITH PARMESAN V	5

SMOOTHIES

BERRY LOVE	5
Blackberry, Strawberry, Raspberry, Blueberry & Banana	
SUPER SMOOTHIE	5
Goji berry, Pineapple, Papaya, Carrot & Mango	
GROOVY GREEN	5
Green Apple, Pear, Mint, Avocado, Spinach & Melon	
QUEEN PEACH	5
Peach, Pineapple & Banana	
SUNRISE	5
Strawberry, Mango & Banana	

FRESHLY SQUEEZED JUICES

SINGLE	4
Orange, Apple, Pear, Carrot	
DOUBLE COMBINATIONS	4.5
Orange & Apple / Orange & Carrot Apple & Mint / Carrot & Apple	
TRIPLE COMBINATIONS	4.9
Or simply make up your own combination Carrot, Orange & Ginger Carrot, Orange & Apple Carrot, Celery & Beetroot Apple, Celery & Mint	

SOFT DRINKS & PRESSES

CARTON JUICES	2.2
Cranberry, Apple, Orange, Pomegranate, Tomato, Pineapple	
LEMONADE	2.9
GINGER BEER	2.9
GINGER PRESSE	2.9
ELDER FLOWER PRESSE	2.9
HOMEMADE-CITRON PRESSE	2.9
COKE, DIET COKE, COKE ZERO	2.9
STILL / SPARKLING WATER - 750ML -	3.5
BLOODY MARY	7
VIRGIN MARY	5

N: CONTAIN NUTS V: VEGETARIAN VG: VEGAN GF: GLUTEN FREE

If you suffer from a food allergy or intolerance, please let the manager know upon placing your order.

Guests with severe allergies or intolerance should be aware that although all due care is taken, there is a risk of allergen ingredients still being present.

OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL.