

BEAM

OUR STORY

Food and family are at the centre of everything we do at Beam. As a mother and son team we have lived in Crouch End for over 25 years, run a bistro for 12 years and now have opened Beam. Passionate about fresh, high quality ingredients, we source locally and draw on our background and heritage in Mediterranean cuisine

BREAKFASTS

SHAKSHUKA

Free-range eggs slowly cooked in a fiery tomato sauce, with peppers, spices and cheese, served with artisan bloomer bread and Jerusalem pita | 10.50

VEGAN BREAKFAST

Sliced avocado, portobello mushroom, hash brown, grilled heritage tomatoes, bean salsa, dukkah, artisan multigrain bread and tomato salsa | 10.50

FULL ENGLISH BREAKFAST

Free-range egg, Warman Cumberland sausage, Norfolk smoked bacon, portobello mushroom, hash brown and beans, served with buttered artisan bloomer toast | 10.95

MEDITERRANEAN BREAKFAST

Grilled halloumi cheese, grilled free-range egg, filo pastry with parsley and feta cheese, grilled spicy sausage, crushed avocado, feta cheese, marinated olives and yoghurt harissa, served with artisan bread and jam | 10.95

VEGETARIAN BREAKFAST

Bubble and squeak, portobello mushroom, free-range egg, filo pastry with parsley and feta cheese, crushed avocado, hash brown, beans, harissa yoghurt, artisan bread | 10.95

BENEDICT | FLORENTINE | ROYALE

A choice of either eggs Benedict (smoked bacon), Florentine (spinach) or Royale (smoked salmon). All served on a toasted English muffin, with fresh homemade hollandaise sauce | 9.95

GOAT'S CHEESE & BEETROOT BENEDICT

Crushed beetroot with goat's cheese, poached eggs, hazelnut dukkah and homemade hollandaise sauce, served on a toasted muffin | 9.95

BREAKFAST BURRITO

Scrambled eggs and cheese in a tortilla wrap with crushed avocado, chorizo, peppers and a tomato salsa, served with bean salsa | 10.50

FRENCH TOAST

Artisan brioche french toast with vanilla creme fraiche, banana, berry compote and salted caramel | 9.95

GLUTEN FREE BUTTERMILK PANCAKES

Gluten free buttermilk pancakes served with a berry compote, bacon, salted caramel and maple syrup | 9.85

AVOCADO, EGG & BACON

Crushed avocado on artisan bread with poached egg and Norfolk smoked bacon | 9.95

AVOCADO, EGG & CHORIZO

Crushed avocado on artisan bread with poached egg and grilled chorizo | 9.95

SALMON & SCRAMBLED EGGS

Scrambled eggs on artisan bread and smoked salmon and creme fraiche | 10.50

ANA CAPRI

Parma ham, scrambled eggs, buffalo mozzarella, cherry tomatoes, rocket and parmesan, served on artisan sourdough | 10.50

MUSHROOM OMELETTE

Portobello mushroom, grilled pepper and spinach omelette with Cheddar cheese and grilled red onions, served with fries and a salad garnish | 10.95

alongside classic British menus. Our menus are carefully designed to provide tastes and colours which complement each other and provide a full range of choice for those who like vegetarian, fish, meat, poultry or game dishes. The result is variety - big exciting flavours and naturally healthy dishes. We are open from

KIDS MENU

[Dishes for children under 12yrs]
Fish fingers and peas | Chicken nuggets and chips | Egg, bacon and sausages | Cheese omelette and chips | Sausage, broccoli and beans | Pancakes, maple syrup and blueberry compote | 4.95

SANDWICHES & WRAPS

KOFTA WRAP

Kofta, grilled peppers, red onions in a tortilla wrap with a yoghurt drizzle, served with a green leaf salad | 9.50

CHICKEN & AVOCADO WRAP

Marinated grilled free-range chicken, crushed avocado, fresh sliced tomatoes and lettuce in a tortilla wrap, served with a salad garnish | 9.50

HALLOUMI WRAP

Halloumi, grilled peppers, caramelised red onion, tomato salsa and hummus in a tortilla wrap, served with a salad garnish | 9.50

VEGAN WRAP

Felafel, caramelised red onions, hummus, grilled peppers, tomato salsa, served with a salad garnish | 9.50

VEGETARIAN BAP

Crushed avocado, grilled halloumi, spinach, free-range egg, harrisa yogurt, Sriracha mayonnaise, served with a green leaf salad | 9.50

CLUB SANDWICH

Norfolk smoked bacon and marinated free-range chicken in three layers of artisan bloomer with a green leaf salad | 9.50

BREAKFAST BAP

Norfolk smoked bacon, free-range egg and Warman Cumberland sausage, binded with Cheddar cheese, served with chilli jam | 9.50

SOUP OF THE DAY

Soup of the day served with a buttered artisan bloomer | 4.95

SALADS

GRILLED CHICKEN SALAD

Marinated grilled free-range chicken, sliced avocado, green leaf and tomato salad with red onions, marinated croutons and a honey and mustard dressing | 10.50

HALLOUMI SALAD

Grilled halloumi with mixed peppers, grilled aubergine, caramelised red onions tomatoes, marinated croutons, sticky walnuts, with a tahini and walnut dressing | 10.50

GOAT'S CHEESE & BEETROOT SALAD

Warm goat's cheese and beetroot salad, sliced tomatoes, marinated croutons, sticky walnuts, hazelnut dukkah, with a tahini and walnut dressing | 10.50

FALAFEL SALAD

Falafel, green leaves, cherry tomatoes, hummus, beetroot borani, feta, olives, marinated croutons and hazelnut dukkah, with a tahini walnut dressing | 10.50

8am to 5pm in our Highbury location, and from 8am to 6.30pm in Crouch End, so why not begin your day at Beam with a rich artisan coffee and shakshuka breakfast. Or stay for lunch and have a Goat's Cheese & Beetroot Salad or grilled kofta wrap and one of our delicious smoothies.

STAFF TIPPING POLICY

Beam prides itself on having a strong team culture. So, when a customer tips one of our staff members, it's because they've earned it and they deserve to keep every penny!

AFTERNOON TEA FOR TWO

A selection of freshly prepared sandwiches, scones with clotted cream and strawberry jam, a selection of cakes and pastries and a choice from our range of teas | 25.00

MAIN DISHES

GRILLED KOFTE

Marinated tender lamb kofte, bean salsa, grilled Jerusalem pita, with a green leaf salad, basil and honey dressing | 15.95

LEAN CHICKEN BREAST

Marinated free-range chicken breast in herbs, bean salsa, with a green leaf salad, basil and honey dressing | 15.95

SALMON

Served on a bed of spinach with grilled asparagus, bean salsa and creamy homemade hollandaise sauce, with a green leaf salad | 15.95

BURGERS

BEEF BURGER

7Oz beef burger in an artisan brioche bun with cheese, red onion, green salad, sliced tomatoes and homemade burger sauce, served with chips (add bacon or egg £1.85) | 10.50

GRILLED CHICKEN BURGER

Lean grilled free-range chicken burger in a brioche bun with mature cheddar cheese, green salad, sliced tomatoes, red onion and creamy mayonnaise, served with chips (add Norfolk smoked bacon £1.85) | 10.50

DESSERT MENU

Raspberry cheesecake, served with a scoop of gelato ice cream | 5.95

Artisan brioche French toast, filled with Nutella, banana, salted caramel and berry compote | 5.95

Warm Belgian brownie, served with a scoop of gelato ice cream | 5.95

A selection of gelato ice cream between chocolate hazelnut, vanilla and biscotti | 4.95

A choice of sorbet between strawberry or mango | 4.95

BEAM

HOT CHOCOLATE

Chocolate milk and fresh dairy milk, steamed together to create a hot chocolate fit for a chocaholic | kids 2.30 | 2.95

TEAS

ENGLISH BREAKFAST TEA | 2.75

EARL GREY TEA | 2.75

DECAFFEINATED BREAKFAST TEA | 2.75

HERBAL TEAS FROM KANDULA TEAS

A selection of Kandula teas between; green ceylon, pink ceylon, peppermint leaf, lemon ginger, moroccan mint or strawberry hibiscus | 2.75

HERBAL TEAS FROM TEA HUGGERS

A selection of teas from a local Crouch End supplier between; good morning infusion, chill out infusion, slow down tea, detox tea or yummy mummy | 2.75

COFFEES

ESPRESSO | 2.30

CAPPUCCINO | 3.00

FLAT WHITE | 3.00

LATTE | 3.00

MACCHIATO | 2.30

AMERICANO | 2.70

MOCACCINO | 3.00

SOFT DRINKS

STILL WATER | 1.50

SPARKLING WATER | 1.95

COCA COLA | 2.50

DIET COCA COLA | 2.50

SPRITE | 2.50

FRESH JUICES

ORANGE JUICE | 3.60

PEAR JUICE | 3.60

APPLE JUICE | 3.60

SMOOTHIES

KIWI, AVOCADO & MINT | 4.75

MANGO, BANANA & STRAWBERRY | 4.75

RASPBERRY & BLUEBERRY | 4.75

PINEAPPLE, CARROT & GOJI BERRY | 4.75

MILKSHAKES

CHOCOLATE | 4.65

BANANA | 4.65

VANILLA | 4.65

STRAWBERRY | 4.65

PROSECCO

Gocce di Favola, Prosecco Extra Dry,
Veneto, Italy | 5.50 | 29.00

WHITE WINES

SOLLAZZO 2017

Trebbiano, Pinot Bianco, Vino d'Italia, Italy | 5.20 | 20.00

TIERRA ANTICA 2017

Sauvignon Blanc, Valle Central, Chile | 20.50

MESTA ORGANIC 2017

Verdejo, Uclés, Spain | 21.00

ROSÉ WINES

MESTA ORGANIC 2017

Tempranillo, Uclés, Spain | 5.75 | 21.00

RED WINES

SOLLAZZO 2017

Merlot, Cabernet Sauvignon, Vino d'Italia, Italy | 5.20 | 20.00

TIERRA ANTICA 2017

Merlot, Valle Central, Chile | 20.50

MESTA ORGANIC 2017

Tempranillo, Uclés, Spain | 21.50

BEERS

EFES DRAFT 500ML | 5.50

FREEDOM ORGANIC 330 ML | 5.00

THORNBRIDGE AM:PM 330ML | 5.00

COCKTAILS

MIMOSA

Orange and Prosecco | 6.85

APEROL SPRITZ

Aperol, Prosecco and soda water | 6.85

Please make our staff aware if you have any food allergies or if you would like to know more about the ingredients used in our dishes. Service charge is optional and will not be included in your bill. However, 12.5% will be added to groups of 6 or more. All tips are shared amongst floor and bar staff.