

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 (a Vegan option is available with mushrooms and spinach) | 9.95

FULL ENGLISH BREAKFAST

Free-range egg, Warman Cumberland sausage, Norfolk smoked bacon, portobello mushroom, sautéed potatoes and beans, served with buttered artisan bloomer toast | 10.50

MEDITERRANEAN BREAKFAST

Grilled halloumi cheese, grilled free-range egg, filo pastry with parsley and feta cheese, grilled spicy sausage, sautéed potatoes, feta cheese, marinated olives and yoghurt harissa, served with artisan bread and jam | 10.50

VEGETARIAN BREAKFAST

Bubble and squeak, portobello mushroom, free-range egg, filo pastry with parsley and feta cheese, sautéed potatoes, beetroot borani, beans and harissa yoghurt, served with artisan bread | 10.50

VEGAN BREAKFAST

Aubergine, peppers, red onion, portobello mushroom, avocado, smoked vegan cheese, vegan sausage, beans and hazelnut dukkah, served with artisan bread | 11.50

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 sour cream | 9.95

FRENCH TOAST

Artisan brioche french toast with vanilla creme fraiche, banana, berry compote and salted caramel | 9.50

GLUTEN FREE BUTTERMILK PANCAKES

Gluten free buttermilk pancakes served with a berry compote, bacon, salted caramel and maple syrup | 9.25

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 | 9.95

ANA CAPRI

Parma ham, scrambled eggs, buffalo mozzarella, cherry tomatoes, rocket and parmesan, served on artisan sourdough | 9.95

MUSHROOM OMELETTE

Portobello mushroom, grilled pepper and spinach omelette with Cheddar cheese and grilled red onions, served with fries and a salad garnish | 10.50

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

SOUP OF THE DAY

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

SANDWICHES & WRAPS

KOFTA WRAP

Kofta, grilled peppers, red onions in a tortilla wrap with a yoghurt drizzle, served with a salad garnish | 8.95

CHICKEN & AVOCADO WRAP

Marinated grilled free-range chicken, crushed avocado, fresh sliced tomatoes and lettuce in a tortilla wrap, served with a salad garnish | 8.95

HALLOUMI WRAP

Halloumi, grilled peppers, caramelised red onion, tomato salsa and hummus in a tortilla wrap, served with a green leaf garnish | 8.95

VEGETARIAN BAP

Crushed avocado, grilled halloumi, spinach, free-range egg, harrisa yogurt, Sriracha mayonnaise | 8.95

MEDITERRANEAN FOCACCIA

Sandwich with grilled aubergine and peppers, halloumi, spicy sausage, hummus and a dash of olive oil | 8.95

CLUB SANDWICH

Norfolk smoked bacon and marinated free-range chicken in three layers of artisan bloomer with a green leaf salad | 8.95

BREAKFAST BAP

Norfolk smoked bacon, free-range egg and Warman Cumberland sausage, binded with Cheddar cheese, served with chilli jam | 8.95

SALADS

GRILLED CHICKEN SALAD

Marinated grilled free-range chicken, green leaf and tomato salad with red onions, marinated croutons and a honey and mustard dressing | 9.95

HALLOUMI SALAD

Grilled halloumi with mixed peppers, grilled aubergine, caramelised red onions tomatoes, marinated croutons, sticky walnuts, with a tahini and walnut dressing | 9.95

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 | 9.95

FALAFEL SALAD

Falafel, green leaves, cherry tomatoes, bulgur wheat kisir, beetroot borani, hummus, feta, olives, marinated croutons and hazelnut dukkah, with a tahini walnut dressing | 9.95

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

8am to 6.00pm so why not begin your day at Beam with a rich artisan coffee and shakshuka breakfast. Or stay for a lunch of a Mediterranean Focaccia sandwich or 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!

MAIN DISHES

GRILLED KOFTA

Served with sautéed potatoes, bulgur wheat kisir and a green leaf salad, with a basil and honey dressing | 14.95

LEAN CHICKEN BREAST

Marinated free-range chicken breast in herbs served with sautéed potatoes, bulgur wheat kisir, a green leaf salad, with a basil and honey dressing | 14.95

PAN FRIED SALMON STEAK

Served on a bed of spinach with grilled asparagus, bulgur wheat kisir and creamy homemade hollandaise sauce and sautéed potatoes | 14.95

BURGERS

BEEF BURGER

7Oz beef burger in an artisan brioche bun with cheese, red onion, green salad, sliced tomatoes and homemade burger sauce (add bacon or egg £1.25) | 9.95

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 (add Norfolk smoked bacon £1.25) | 9.95

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 | 22.00

DINNER AT BEAM

If you like Beam during the day, why not book a place for dinner one evening?

In addition to our delicious breakfast, brunch and lunch dishes, Beam Highbury also has a dedicated evening menu. Our evening dishes draw on the flavours and tastes of the Middle East, North Africa and the Mediterranean (turn over to see our sample menu).

For invitations to our introductory offers, follow Beam on Instagram and Facebook.

Instagram | @cafebeam Facebook | cafebeam

BEAM

DESSERT MENU

Raspberry cheesecake, served with a scoop of gelato ice cream | 5.50

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 | 5.50

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

A choice of sorbet between strawberry or mango | 4.95

TEAS

ENGLISH BREAKFAST TEA | 2.50

EARL GREY TEA | 2.50

DECAFFEINATED BREAKFAST TEA | 2.50

HERBAL TEAS FROM KANDULA TEAS

A selection of Kandula teas between; green ceylon, pink ceylon, peppermint leaf, lemon ginger, moroccan mint or strawberry hibiscus | 2.50

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 | 2.50

COFFEES

ESPRESSO | 2.20

CAPPUCCINO | 2.95

FLAT WHITE | 2.95

LATTE | 2.95

MACCHIATO | 2.20

AMERICANO | 2.50

MOCACCINO | 2.95

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 | 3.50

PEAR JUICE | 3.50

APPLE JUICE | 3.50

HOT CHOCOLATE

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

SMOOTHIES

KIWI, AVOCADO & MINT | 4.50

MANGO, BANANA & STRAWBERRY | 4.50

RASPBERRY & BLUEBERRY | 4.50

PINEAPPLE, CARROT & GOJI BERRY | 4.50

MILKSHAKES

CHOCOLATE | 4.50

BANANA | 4.50

VANILLA | 4.50

STRAWBERRY | 4.50

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 | 5.30 | 20.50

MESTA ORGANIC 2017

Verdejo, Uclés, Spain | 5.50 | 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 | 5.30 | 20.50

MESTA ORGANIC 2017

Tempranillo, Uclés, Spain | 5.50 | 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 | 6.50

APEROL SPRITZ

Aperol, Prosecco and soda water | 6.50

BEAM Highbury FROM 6PM

Since the start of the year we have been creating, developing and building upon our existing successful Beam in Crouch End. We're extremely proud to announce that we're ready to open Beam Highbury (24th September 2018) and to share a sample of our new and exciting evening menu available from 6pm onwards. Beam Highbury will also serve the same breakfast and lunch menu from 8am - 6pm.

MEZZE

Smoked aubergine, black tahini yoghurt, pickled cauliflower florets and sultanas.

Ascolana olives, crispy olives stuffed with spicy lamb with Siracha mayonnaise.

Roasted carrot hummus, pistachio dukkah with minted yoghurt.

Somerset grilled halloumi, confit tomatoes with pineapple salsa.

Charred spring onion, Romesco, smoked almonds and smoked lebaneh.

Salt and pepper squid with harrisa Aioli.

VEGETABLES

Charred cauliflower smoked over the grill, pomegranate and toasted pumpkin seeds, with a tahini sauce.

Roasted aubergine and sweet potato, smoked lebaneh, with walnuts, and a parsley and lemon pesto,

Hispy cabbage served with a salsa verde lardo.

Crispy thyme, rosemary and preserved lemon potatoes, with a smoked garlic crème fraîche.

GRILL

Slow cooked Lamb in Shawarma spices, then charcoal smoked, with a homemade garlic sauce.

Middle Eastern spiced lamb Adana, with charred jalapeno yoghurt.

Ribeye steak, with a cumin and paprika butter with a side of burnt Turkish chilli.

Skewered saffron and preserved lemon chicken thighs, pickled onion and chilli, with a saffron yoghurt.

Whole charred sea bass, Za'atar oil, with green sauce and Samke Harra.

DESSERTS

Blackberries in quince gin, orange lebaneh, with an almond and honeycomb crumb fumble.

Chocolate truffle pot, topped with pistachio's, with biscotti.

SOFT LAUNCH OFFER

50% off all food after 6pm on the 24th September - 8th October.

9am - 5pm from Monday - Tuesday
9am - 11pm from Wednesday - Sunday

Instagram | @cafebeam Facebook | cafebeam

BEAM

MEZZE

All dips are served with grilled pitta to share.

Beetroot Borani, whipped feta, beetroot crisp | 5.00

Baba ganoush, black tahini yoghurt, pickled cauliflower florets & sultanas | 5.50

Red Muhammara, walnut, mint | 5.50

Charred spring onion, Romesco, smoked almonds, & smoked lebneh | 5.50

Ascolana olives, stuffed with spicy lamb, Sriracha mayonnaise | 6.00

Carrot hummus, dukkah, mint yoghurt | 5.50

Somerset halloumi, confit tomatoes, pineapple salsa | 6.50

Salt & pepper squid with harrisa aioli | 6.50

Chargrilled Prawns in garlic and chilli, lemon garlic dip, burnt lemon | 7.50

MEATS

Charcoal smoked slow cooked lamb in Shawarma spices, garlic sauce & smoked garlic crispy potatoes | 12.50

3 Lamb chops, chermoula, confit leek & Mejadra rice | 17.50

Middle Eastern spiced lamb Adana, charred jalapeno yoghurt & Mejadra rice | 13.00

Charcoaled lamb Shish, Sumac onions & Mejadra rice | 13.00

Skewered saffron & preserved lemon chicken thighs, saffron yoghurt, pickled onion, chilli & Mejadra rice | 14.00

Whole charred sea bass, Zaatar oil, our Samke Harrah sauce, burnt lemon & fenel salad | 17.00

Ribeye steak, cumin and paprika butter, burnt Turkish chilli & smoked garlic crispy potatoes | 19.00

VEGETABLES

Charred cauliflower, tahini, pomegranate | 6.50

Chargrilled smoked broccoli, chipotle dress & smoked almonds | 6.00

Roasted aubergine, sweet potato, walnut, parsley & lemon pesto, smoked lebneh | 7.00

Hispy cabbage salsa verde & chilli breadcrumbs | 6.00

DESSERTS

Blackberries in quince gin, orange lebneh, almond and honeycomb crumbs fumble | 5.50

Chocolate truffle pot, pistachio's, biscotti | 5.50

RED WINES

Sollazzo 2017, Merlot, Cabernet Sauvignon, Vino d'Italia, Italy | 5.20 | 20.00

Tierra Antica 2017, Merlot, Valle Central, Chile | 5.30 | 20.50

Mesta Organic 2017, Tempranillo, Uclés, Spain | 5.50 | 21.50

Viña Echeverria Reserva 2017, Cabernet Sauvignon, Curico Valley, Chile | 5.50 | 21.50

Foundstone 2017, Shiraz, Durif, South East Australia | 6.10 | 23.00

Sierra Los Andes 2017, Malbec, Mendoza, Argentina | 23.50

Avegiano 2015, Montepulciano, Abruzzi, Italy | 24.00

Rivallana 2015, Rioja, Spain | 25.00

Le Prieuré 2016, Carignan, Cinsault, Syrah, Cabernet Sauvignon, Bekaa Valley, Lebanon | 26.00

Kayra 2015, Öküzgözü, Boğazkere, Anatolia, Turkey | 27.00

Fleurie 2015, Gamay, Beaujolais, France | 32.00

Château Fleur de Lisse 2014, Merlot, Cabernet Franc, Bordeaux, France | 39.00

ROSÉ WINES

Mesta Organic Rosé 2017, Tempranillo, Uclés, Spain | 5.00 | 21.00

Sacchetto Vini 2017, Pinot Grigio, Venezia, Italy | 6.10 | 23.00

Château del'Aumérade 2017, Cinsault, Grenache, Syrah, Côtes de Provence, France | 32.00

BEERS

Efes Draft 500ml | 5.50

Freedom Organic 330 ml | 5.00

Thornbridge AM:PM 330ml | 5.00

TEAS

Herbal Teas From Kandula Teas: A selection of Kandula teas between; green ceylon, pink ceylon, peppermint leaf, lemon ginger, moroccan mint or strawberry hibiscus | 2.50

WHITE WINES

Sollazzo 2017, Trebbiano, Pinot Bianco, Vino d'Italia, Italy | 5.20 | 20.00

Tierra Antica 2017, Sauvignon Blanc, Valle Central, Chile | 5.30 | 20.50

Mesta Organic 2017, Verdejo, Uclés, Spain | 5.50 | 21.00

Sacchetto Vini 2017, Pinot Grigio, Venezia, Italy | 5.80 | 22.00

Foundstone 2017, Chardonnay, Fiano, Sauvignon Blanc, South East Australia | 5.90 | 22.50

Vitese 2017, Grillo, Sicilia, Italy | 22.00

Faultline 2017, Sauvignon Blanc, Marlborough, New Zealand | 26.00

Buzbağ 2016, Emir, Narince, Anatolia, Turkey | 27.00

Notios 2017, Moschofilero, Roditis, Peloponnese, Greece | 28.00

Fossili 2017, Cortese, Gavi di Comune di Gavi, Italy | 30.00

Domaine del'Elite 2017, Chardonnay, Burgundy, France | 35.00

SPARKLING WINES

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

Collet, Pinot Meunier, Chardonnay, Pinot Noir, Champagne, France | 60.00

Moëtet Chandon, Pinot Meunier, Pinot Noir, Chardonnay, Champagne, France | 90.00

SOFT DRINKS

Still or sparkling water | 2.00

Diet or regular Coca Cola | 2.50

Sprite | 2.50

COFFEES

Espresso | 2.20

Cappuccino | 2.95

Americano | 2.50

HUGO SPRITZ

Gin, elderflower cordial, mint leaves, Prosecco, simple syrup and soda | 8.50

LIMONCELLO SPRITZ

Vodka, Limoncello, lemon juice, simple syrup, Contreau, Prosecco and soda | 8.50

FIG & ARMAGNAC

Fine Armagnac stirred with fig liqueur | 10.00

CARDAMOM-CHAI OLD FASHIONED

Cardamom infused Bourbon, chai tea, homemade syrup, bitters | 9.50

LEMON THYME NEGRONI

Lemon thyme infused Gin, sweet Vermouth, Campari | 9.50

SAILORS WILD TEA

Spiced Rum, peach liqueur, tea syrup, lime juice, soda, ginger beer, bitters | 9.50

GRAPEFULLY

Grapefruit Gin, peach liqueur, Contreau, grapefruit juice, elderflower cordial | 9.50

SLOE CINNAMON

Gin, sloe gin, cinnamon syrup, lemon juice, soda | 8.50

HONEY JALAPENO MARGARITA

Jalapeno infused Tequila, Contreau, honey syrup, lime juice | 9.00

CUCUMBER PEPPER GIMLET

Black pepper infused gin, muddle cucumber, lime juice, simple syrup | 9.00