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 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 8am to 6.30pm 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.

BREAKFASTS

SHAKSHUKA

Free-range eggs slowly cooked in a fiery tomato sauce, with peppers, onions, 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, beans and harissa yoghurt, served with artisan bread | 10.50

VEGAN BREAKFAST

Aubergine, peppers, red onion, portobello mushroom, avocado, sautéed potatoes, beans, olives, hummus and seeds, served with artisan bread | 10.50

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, mixed seeds 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

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

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

VEGETARIAN BAP

Portobello mushroom, grilled halloumi cheese, grilled aubergine, roasted pepper, spinach and hummus | 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, mixed seeds, with a tahini and walnut dressing | 9.95

FALAFEL SALAD

Falafel, green leaves, cherry tomatoes, bulgur wheat kisir, beetroot borani, feta, olives, croutons and mixed seeds, with a tahini and walnut dressing | 9.95

SOUP OF THE DAY

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

STAFF TIPPING POLICY

We believe that Beam has a very 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!

KIDS MENU

Dishes for children under 12yrs:
Fish fingers and potato smiley faces | Chicken nuggets and chips | Egg, bacon and potato smiley faces | Cheese omelette and chips | Sausage, broccoli and beans | 4.95

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

Marinaded 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

NEW BEAM OPENING 2018

We are excited to announce that we will be opening our second Beam in Highbury, this coming summer.

In addition to our delicious breakfast, brunch and lunch dishes, our new eatery will also include a dedicated evening menu. Our evening dishes will draw on the flavours, tastes and ingredients of the Middle East, North Africa and the Mediterranean.

For the latest updates, offers and news, follow Beam on Instagram and Facebook.

Instagram | **@cafebeam** Facebook | **cafebeam**

BURGERS

BEEF BURGER

7Oz beef burger in an artisan brioche bun with cheese, red onion, green salad, sliced tomatoes and creamy mayonnaise (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

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

MILKSHAKES

CHOCOLATE | 4.50
BANANA | 4.50
VANILLA | 4.50
STRAWBERRY | 4.50

PROSECCO

Sacchetto, Prosecco Extra Dry Fili, Veneto, Italy | 6.00 | 27.00

WHITE WINES

LES BOULES 2014
Vin de France | 4.80 | 22.00

VINA EDMARA 2015
Sauvignon Blanc, Valle Central, Chile | 5.00 | 23.00

TOURNEE DU SUD 2015
Picpoul de Pinet, Languedoc-Roussillion, France | 26.00

ROSÉ WINES

SACCHETTO 2015
Pinot Grigio Blush Di Venezie, Italy | 5.00 | 22.00

RED WINES

LES BOULES 2015
Vin de France | 4.80 | 22.00

VINA EDMARA 2015
Pinot Noir, Valle Central, Chile | 26.00

BERTON VINEYARD 2015
Foundstone Shiraz, South East Australia | 23.00

BEERS

CORONA | 4.00
PERONI | 4.00

COCKTAILS

MIMOSA
Orange and Prosecco | 6.50

APEROL SPRITZ
Aperol, Prosecco and soda water | 6.50

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.