

All our products are freshly made in the BG Kitchen using locally sourced, and natural ingredients. Where possible we use local suppliers; Russell's of Shenstone supply our delicious sausages and bacon and Saporous Foods and WT Bakeries deliver our fresh bread products daily. Our team take pride in creating great food with a smile, and are happy to help should you have any special dietary requirements just let us know.



Why not pre-order your breakfast or lunch and we'll have it ready for you to collect, or we can deliver free within a 1/2 mile radius. Minimum spend of £10 applies. *Charges apply for delivery outside this area.



Heading to the gym? why not order before go, just let us know your pick up time and we'll get your food ready while you're working out, all you need to do is collect and refuel. Just pop in, call or text us your order.



From a platter of sandwiches to a delicious buffet we can create something simple or spectacular for your event whether it be for a celebration, office lunch or team meeting, Talk to us, we'd love to help.



Catch up over coffee, breakfast or lunch with our free Wi-Fi, we even have charging points for your laptop and phone.



We are licenced for private hire and events, get in touch or visit our website bgkitchen.co.uk we'd love to help.

297 Lichfield Road
Mere Green
Sutton Coldfield
B74 4BZ

T: 0121 439 8388

M: 07505 016864

E: beangreenkitchen@outlook.com
www.bgkitchen.co.uk

[bgkitchen_](https://www.instagram.com/bgkitchen_)

[@BGKitchen_](https://twitter.com/BGKitchen_)

[@BeanGreenKitchen](https://www.facebook.com/BeanGreenKitchen)

Allergy disclaimer

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances please let us know before ordering.



Breakfast at BGK

Served all day, every day

Traditional Full English - 2 Packington pork sausages, 2 slices back bacon, fried egg, hash brown, black pudding, beans, fresh or tinned tomatoes, mushrooms and unlimited toast £6.95

Healthy Start - 2 Linda McCartney sausages, mushrooms, spinach, eggs, sweetcorn fritter, fresh grilled tomatoes, baked beans and granary toast (v) £6.50

Protein Breakfast - 2 chicken sausages, bacon, scrambled egg mixed with spinach, beans and tomatoes £6.50

Protein Pancake Stack - served with berries, Greek yogurt and drizzled with maple syrup or honey (v) £5.95

Avocado on sourdough with chopped tomato, chilli flakes and poached eggs (v) £5.95

Eggs Benedict - Muffin with ham, poached eggs and hollandaise sauce £6.50

Eggs Royale - Muffin with poached eggs, smoked salmon and hollandaise sauce (v) £8.50

Eggs on toast - 3 eggs - Fried, scrambled or poached £4.00

Homemade Porridge - Plain and Simple (v) £3.50

Homemade Porridge - Luxury with berry compote, sliced banana, flax seeds and passion fruit drizzle (v) £4.00

Granola and yogurt served with berries and flax seeds (v) £3.50

Hot toast and preserves £2.20

Breakfast Sandwiches

Bacon, sausage or egg £3.50
Bacon and sausage £3.90

Create your own and add any extra for 50p

Fried egg • Black pudding • Hash brown
Mushrooms • Fresh or tinned tomatoes • Fried bread

For the Little Ones

Kiddies breakfast - Sausage, bacon, hash brown, scrambled egg, beans and toasted soldiers £4.50

Cheesy beans on toast £3.00

Deli Bar at BGK

New Yorker - Pastrami, gherkin and sauerkraut with sweet mustard mayo £4.50

Hippy Chick - Roast chicken and avocado £4.50

Chorizo, salami and Emmental cheese, served in a ciabatta roll with leaves and a homemade remoulade sauce **NEW** £4.95

Chicken Zinger with chipotle mayo £4.95
Spice it up with melted homemade Mexican cheese for 80p

Chicken Caesar wrap with shredded lettuce and Parmesan cheese **NEW** £4.95

Smoked salmon bagel, cream cheese, lemon zest and rocket £5.95

Shazza's Club Sandwich - Triple decker with bacon, cheese, egg, roast chicken, salad and mayo £6.50

Steak baguette- Rump steak, caramelised onions and blue cheese sauce £6.95

BGK Lebanese Flatbread - Hummus, salad, cous cous and coleslaw topped with halloumi, peri peri chicken or avocado **NEW** £6.95

Deli Favourites

Specially selected for their fusion of flavours

Tomato, buffalo mozzarella and Basil pesto panini (v) **NEW** £4.50

Bacon, brie and cranberry panini £4.95

Tuna crunch melt panini £4.95

Avocado and spinach with sundried tomatoes, leaves and red onion panini (v) (vg) £4.95

Cajun chicken with peppers, spinach and cheese panini £5.50

The Italian Job – Chicken fillet topped with tomato sauce, mozzarella and herbs; oven baked on a baguette £6.50

Sandwich Bar

Our sandwiches are freshly made to order with a choice of bread or upgrade to a baguette, panini or wrap for 50p

Tuna Mayo £3.50

Cheese (v) £3.50

Chucky egg mayo (v) £3.50

Carved gammon ham £3.80

Hannah's Chicken Tikka £3.80

Chicken and bacon mayo £3.80

BLT - Bacon, lettuce and tomato £3.80

Prawn cocktail - Prawns, Marie-Rose sauce and lettuce £4.50

Roast beef and horseradish £4.50

BGK Salads

House Peri Peri chicken breast £6.00

Griddled halloumi £6.00

Cajun salmon fillet £6.95

Buddha Bowl – Halloumi, cous cous, pomegranate, egg, tomato, onion, red pepper, dry slaw, leaves and honey mustard sauce £6.00

Superfood Salad – A hearty salad bowl brimming with seasonal vegetables on a bed of fresh spinach, pomegranate and fat free dressing £6.95

Add protein

Chicken £3.00

Salmon £3.50

Rump steak £4.50

Greek Salad – Feta cheese, with chunky cut plum tomatoes, cucumber, olives and red onions on a bed of leaves with a balsamic dressing £5.95

Tuna Niçoise – Fresh tuna, cucumber, tomatoes, red onion, new potatoes, French beans, black olives and boiled egg on a bed of leaves with a classic dressing £6.95

Small Salad Bowl £2.00

Medium Salad Bowl £4.00
Fill a bowl with your favourite salad and choose one deli topping - Ham, Tuna, Cheese, Chicken mayo or Chicken tikka

Soup of the Day

Fresh and homemade - Please ask for today's selection. Our homemade soups are served with thick white bloomer or granary bread and butter £4.00

Jacket Potatoes

Served with or without butter

For a healthy twist swap for a sweet potato for 50p

Just cheese (v) £4.00

Baked beans (v) (vg) £4.00

Cheese and coleslaw (v) £4.00

Cheese and baked beans (v) £4.50

Cheese, bacon and crème fraîche £4.95

Homemade chicken curry £4.95

Homemade chilli £4.95

Homemade spicy dhal (v) (vg) £4.95

CHECK OUT OUR DAILY SPECIALS BOARD

Omelette Bar

2 eggs £4.95 or 3 eggs £5.95

Choose up to 3 fillings from the list below:
Ham • Cheese • Mushrooms • Tomatoes • Onion • Bacon • Peppers

Protein Boost

2 whole eggs and 2 egg whites £5.95

Choose up to 2 fillings from the list below:
Roast chicken • Spinach • Red onion • Avocado • Tomatoes • Peppers • Kale • Mushrooms • Halloumi • Lean bacon