

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 Your Daily Bakery 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.



Call, text or WhatsApp us and pre-order your breakfast or lunch and we'll have it ready for you to collect.



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](http://bgkitchen.co.uk) we'd love to help.

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#### 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 £7.50

Healthy Start - 2 vegetarian sausages, mushrooms, spinach, eggs, sweetcorn fritter, fresh grilled tomatoes, baked beans and granary toast (v) £7.20

Protein Breakfast - 2 chicken sausages, 2 bacon, scrambled egg mixed with spinach, beans and tomatoes £7.20

Protein Pancake Stack - served with berries, Greek yogurt and drizzled with maple syrup or honey (v) £6.95

Avocado on sourdough with chopped tomato, chilli flakes and poached eggs (v) £6.95

Sourdough with smashed avocado, mushrooms, spinach, tomato and onion (v)(vg) **NEW** £5.95

Eggs Benedict - Muffin with ham, poached eggs and hollandaise sauce £7.50

Eggs Royale - Muffin with poached eggs, smoked salmon and hollandaise sauce (v) £8.95

Eggs on toast - 3 eggs - Fried, scrambled or poached £4.50

Homemade Porridge - Plain and Simple (v) £4.50

Homemade Porridge - Luxury with berry compote, sliced banana, flax seeds and passion fruit drizzle (v) £5.25

Granola and yogurt served with berries and flax seeds (v) £4.50

Hot toast and preserves £3.00

## Breakfast Sandwiches

Bacon, sausage or egg £4.00  
Bacon and sausage £4.50

*Create your own and add any extra for 80p*

Fried egg • Black pudding • Hash brown • Mushrooms  
Fresh or tinned tomatoes • Fried bread  
Bacon or Sausage 95p

## For the Little Ones

Kiddies breakfast - Sausage, bacon, hash brown, scrambled egg, beans and toasted soldiers £5.50

Cheesy beans on toast £4.00

## BGK Deli Bar

New Yorker - Pastrami, gherkin and sauerkraut with sweet mustard mayo £4.95

Hippy Chick - Roast chicken and avocado £4.95

Chorizo, salami and Emmental cheese, served in a ciabatta roll with leaves and a homemade remoulade sauce **NEW** £5.50

Chicken Zinger with chipotle mayo £5.95  
*Spice it up with melted homemade Mexican cheese for 80p*

Coronation chicken and rocket wrap **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 £6.95

Steak baguette- Rump steak, caramelised onions and blue cheese sauce £7.50

BGK Lebanese Flatbread - Hummus, salad, cous cous and coleslaw topped with halloumi, peri peri chicken or avocado £7.20

Taste of Greece - Flatbread, tzatziki, halloumi, chicken or avocado, slaws and salad **NEW** £7.20

## BGK Favourites

*Specially selected for their fusion of flavours*

Tomato, buffalo mozzarella and Basil pesto panini (v) £5.50

Bacon, brie and cranberry panini £5.50

Tuna crunch melt panini £5.50

Avocado and spinach with sundried tomatoes, leaves and red onion panini (v) (vg) £5.50

Cajun chicken with peppers, spinach and cheese panini £5.95

Quesadillas, chicken fajita and cheese topped with salsa, sour cream and guacamole **NEW** £7.50

Meatball marinara, mozzarella, gherkin and crispy onion **NEW** £6.50

Pesto, roast chicken, sundried tomato, mozzarella and rocket panini **NEW** £6.50

Katsu chicken fillet burger **NEW** £6.95

Halloumi and mushroom burger (v) **NEW** £6.95

## 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 £3.95

Cheese (v) £3.95

Chucky egg mayo (v) £3.95

Carved gammon ham £4.00

Hannah's Chicken Tikka £4.00

Chicken and bacon mayo £4.00

BLT - Bacon, lettuce and tomato £4.00

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

Roast beef and horseradish £4.50

## BGK Salads

House Peri Peri chicken breast £6.95

Griddled halloumi £6.50

Teriyaki salmon with sesame seeds **NEW** £7.50

Zinger salad **NEW** £6.95

Buddha Bowl - Halloumi, cous cous, pomegranate, egg, tomato, onion, red pepper, dry slaw, leaves and honey mustard sauce £6.95

## Add protein

Chicken £3.50

Salmon £4.00

Rump steak £4.95

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

Small Salad Bowl £2.50

Medium Salad Bowl £4.50  
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 £4.50

## Jacket Potatoes

*Served with or without butter*

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

Just cheese (v) £4.20

Baked beans (v) (vg) £4.20

Cheese and coleslaw (v) £4.70

Cheese and baked beans (v) £4.70

Cheese, bacon and crème fraîche £5.25

Homemade chicken curry £5.25

Homemade chilli £5.25

Homemade spicy dhal (v) (vg) £5.25

## CHECK OUT OUR DAILY SPECIALS BOARD

### Omelette Bar

2 eggs £5.95 or 3 eggs £6.95

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 £6.95

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

Extra fillings 95p each