

# BCG's



## CAFÉ MENU

# BREAKFAST

**FULL ENGLISH BREAKFAST** ..... £7.25

2 slices back bacon, 1 Cumberland sausage, 1 hash brown, 1 fried egg, grilled tomato, mushrooms, beans and toast (includes tea or regular coffee)

**SMALL BREAKFAST** ..... £5.25

2 slices of back bacon, 1 sausage, fried egg, beans and toast

**VEGETARIAN BREAKFAST** ..... £5.50

Egg, vegetarian sausage, mushrooms, tomato, hash brown, beans and toast (v)

**CREATE YOUR OWN / ADDITIONAL ITEMS** ..... £1.00

Bacon, sausage, vegetarian sausage, hash brown, egg, mushrooms, grilled tomato and beans

**EGGS ON TOAST** ..... £4.25

Choose from fried, poached or scrambled on white or brown toast

**BAGUETTE**..... £ 3.75

Choose one filling bacon, sausage or egg

**SANDWICH OR BAP** ..... £3.25

Choose one filling bacon, sausage or egg

**TOAST** ..... £1.20

Two slices of toast and butter

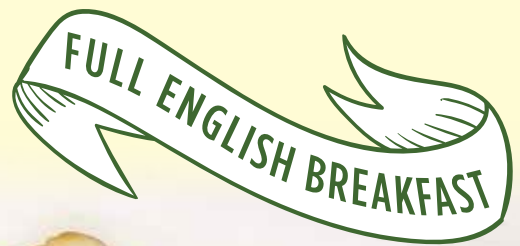
**BREAD** ..... £1.20

Two slices of bread and butter

**JAM OR MARMALADE** ..... 70p

**BUTTER PORTION** ..... 20p

Sorry no substitutions can be made



# BRUNCH

**EGGS BENEDICT** ..... £5.25

Toasted English muffin served with bacon, two poached eggs topped with hollandaise sauce and rocket

**EGGS FLORENTINE** ..... £5.25

Toasted English muffin served with spinach, two poached eggs and topped with hollandaise sauce and rocket

**BG'S SPECIAL** ..... £5.95

Toasted English muffin with smashed avocado, bacon and two poached eggs topped with rocket

**BELGIAN SWEET WAFFLE** ..... £3.95

Waffle served with maple syrup or chocolate sauce. Choose from ice cream or whipped cream



**AMERICAN PANCAKES** ..... £4.25

Three American style pancakes topped with maple syrup or chocolate sauce

**ADD A SLICE OF BACON FOR AN EXTRA**..... 50p

# LIGHT BITES

**HOMEMADE SOUP** ..... £5.00

Served with baguette and butter

**BAGUETTE**..... £5.75

Served with salad garnish with French dressing

**Choose from:**

- Cheddar cheese and Branston pickle (v)
- Coronation chicken
- Hand carved ham
- Tuna mayonnaise
- Prawn marie rose & lettuce
- Chicken and bacon mayonnaise

**SANDWICHES** ..... £4.95

On white or brown bread served with salad garnish with French dressing

**Choose from:**

- Cheddar cheese & Branston pickle (v)
- Coronation chicken
- Hand carved ham
- Tuna mayonnaise
- Chicken & bacon mayonnaise
- Bacon, lettuce and tomato
- Prawn marie rose & lettuce

**CLUB SANDWICH** ..... £6.75

Triple decker toasted bread sandwich with chicken breast fillet, bacon, lettuce, mayonnaise and tomatoes

**FISH FINGER SANDWICH** ..... £6.75

Cod fillet goujons in a light and crispy batter served on a bed of lettuce on white or brown bread



**TOASTED PANINIS**..... £5.75

Served with salad garnish and French dressing

**Choose from:**

- Brie and bacon
- Brie and cranberry
- Ham and cheese
- Emmenthal, mushroom & rocket (v)
- Mozzarella, pesto & sliced tomato (v)
- Tuna and cheese
- BBQ pulled pork with cheese
- Chicken and bacon mayonnaise

# MAIN MEALS

**HAM EGG AND CHIPS (GF) ..... £7.95**

Hand carved ham with two fried eggs and chips.

**OMELETTE ..... £7.75**

Three egg omelette served with chips and salad.

Choose one filling from: ham, cheese, mushroom or tomato.

Extra fillings ..... **£1.00**

**MUSHROOM STROGANOFF (V) ..... £7.95**

Mushrooms in a creamy sauce with paprika. Served with a side salad, and choose from chips or rice.

**CHILLI CON CARNE..... £7.95**

Minced beef, fiery jalapeno peppers, red kidney beans and mixed peppers in a spicy tomato sauce. Served with a side salad, and choose from chips or rice.

**SWEET CHILLI CHICKEN DIPPERS ..... £7.95**

Served with chips and salad with French dressing.



**ALL JACKET POTATOES..... £6.75**

Served with your choice of filling and salad garnish with French dressing

**Choose from:**

- Baked beans
- Cheese
- Tuna mayonnaise
- Prawn in marie rose
- Chilli con carne
- Coronation chicken
- Chicken and bacon mayonnaise

**EXTRA CHEESE OR BEANS ..... £1.25**

## SAUCY CURRIES

Served with your choice of chips or rice

**CHICKEN TIKKA MASALA ..... £7.95**

Chunky pieces of marinated chicken in a creamy, medium spiced tomato curry sauce with added yoghurt. Served with naan bread.

**SWEET POTATO CURRY (V) ..... £7.95**

Chunky diced sweet potato with chickpeas, diced red peppers and spinach, in a mild spiced coconut curry sauce.

**VEGAN PENANG CURRY (GF) ..... £7.95**

Fiery aromatic coconut sauce with cauliflower green beans mange tout and peppers.



**IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE LET US KNOW BEFORE ORDERING.**

FULL ALLERGEN INFORMATION FOR FOOD AND DRINK IS AVAILABLE, UPON REQUEST

**ALLERGEN INFORMATION:**

ALL OUR FOOD IS PREPARED IN A KITCHEN WHERE NUTS, CEREALS CONTAINING GLUTEN AND OTHER ALLERGENS ARE PRESENT AND OUR MENU DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS.

**(V) THESE DISHES ARE SUITABLE FOR VEGETARIANS. ALL DISHES ARE SUBJECT TO AVAILABILITY.**

**ALL PRICES INCLUDE VAT AT THE CURRENT RATE. WE ACCEPT MOST MAJOR DEBIT AND CREDIT CARDS.**

# BURGERS

Served in a toasted bun with chips and salad garnish

**CLASSIC BEEF BURGER** ..... £7.95

6oz beef burger.

**DELUXE BEEF BURGER**..... £8.55

6oz beef burger topped with bacon and melted cheese.

**GOURMET MEAT FEAST BURGER** ..... £8.55

6oz beef burger topped with BBQ pulled pork and cheese.

**CHICKEN BURGER**..... £7.95

Southern fried chicken fillet.

**VEGGIE BURGER (V)** ..... £7.95

Mix of kidney, black turtle and haricot beans, potato, sweet potato, mozzarella, red peppers and tomatoes, seasoned with smoked paprika, herbs and spices and coated in breadcrumbs.

**SWEET POTATO FRIES**



# FISH & CHIPS

Served with peas and tartare sauce



**WHOLE TAIL SCAMPI** ..... £8.75

With garden peas and tartare sauce.

**BREADED PLAICE FILLET** ..... £8.75

With garden peas and tartare sauce.

**BATTERED COD FILLET** ..... £8.75

With mushy peas and tartare sauce.

**HADDOCK AND MOZZARELLA FISHCAKE (GF)** ..... £8.25

Smoked haddock and mozzarella coated in crispy gluten free breadcrumbs, with chips and salad.

## A BIT ON THE SIDE

**SIDE ORDERS CHOOSE FROM**

chips, jacket potato or a salad bowl **£2.95**

**OR** sweet potato fries **£3.95**

# SENIOR CITIZENS

**2 FOR £10 MONDAY TO WEDNESDAY ONLY**

(BANK HOLIDAYS EXCLUDED)

**ENJOY TWO MEALS OF YOUR CHOICE  
FROM OUR MAIN MEALS MENU AS A SMALLER PORTION**

(DELUXE AND GOURMET BEEF BURGER AT £1.00 EXTRA EACH) Please confirm senior meal when ordering at the till

# DESSERTS

All served with cream, custard or ice cream



SYRUP SPONGE (GF available) .....	£3.95
JAM SPONGE .....	£3.95
SPOTTED DICK .....	£3.95
APPLE CRUMBLE .....	£3.95
BELGIAN SWEET WAFFLE .....	£3.95

Served with chocolate sauce or maple syrup

# KIDS

All served with apple juice or orange juice

CHICKEN NUGGETS AND CHIPS .....	£3.95
Choose from beans or peas	
SAUSAGE AND CHIPS .....	£3.95
Choose from beans or peas	
FISH FINGERS AND CHIPS .....	£3.95
Choose from beans or peas	
SPAGHETTI BOLOGNESE .....	£3.95
Pasta tangled with a rich meaty tomato sauce, mmm... yummy!	
MACARONI CHEESE .....	£3.95
Cheesy, gooey, creamy and oh-so-delicious	
Ice cream (per scoop) .....	£1.00



## CHILDREN'S LUNCH BOX



Sandwich (tuna, cheese or ham, on white or brown bread)  
 Packet of crisps  
 Box of raisins  
 Apple or orange juice carton



# BEVERAGES

## HOT DRINKS

	SMALL .....	REGULAR
AMERICANO .....	£2.00	£2.20
CAPPUCCINO .....	£2.10	£2.30
CAFÉ LATTE .....	£2.10	£2.30
CAFÉ MOCHA served with whipped cream .....	£2.50	£2.95
FLAT WHITE .....	one size	£2.30
ESPRESSO .....	Single £1.50	double £1.80
HOT CHOCOLATE .....	one size	£2.75
<b>THE WORKS HOT CHOCOLATE</b> served with whipped cream, marshmallows and a flake .....	one size	£3.25
MUG OF TEA .....		£1.40
POT OF TEA FOR ONE .....		£1.65
POT OF TEA FOR TWO .....		£2.65
FRUIT AND HERBAL POT OF TEA FOR ONE .....		£2.00
<b>FLAVOUR SHOTS</b> Vanilla, Caramel, Cinnamon, Hazelnut and more .....		£0.50
SOYA MILK .....	extra	£0.40
POURING CREAM .....	extra	£0.40

## COLD DRINKS

<b>MILKSHAKE</b> .....	£2.75
Vanilla, Strawberry, Chocolate or Banana	
<b>FRAPPÉS</b> Cold, creamy frappe served with whipped cream .....	£3.25
Vanilla, Chocolate, Caramel, Coffee, Strawberry and Cream or Summer Fruits	
<b>ICE BLEND SMOOTHIES</b> Concentrate fruit smoothie blended with crushed ice .....	£3.25
Mango, Summer Fruits or Strawberry	
<b>FRESH FRUIT SMOOTHIES</b> Frozen fresh fruit blended with fruit juices .....	£3.25
<b>COKE/DIET COKE</b> .....	£1.40
<b>SPRITE/7UP</b> .....	£1.40
<b>VICTORIAN LEMONADE</b> .....	£2.10
<b>SAN PELLEGRINO ORANGE</b> .....	£1.80
<b>ELDERFLOWER PRESSE</b> .....	£2.05
<b>FRUIT JUICE</b> Apple or Orange .....	£2.05
<b>SPARKLING WATER</b> .....	£1.30
<b>STILL WATER</b> .....	£1.30
<b>GLASS OF MILK</b> .....	£1.25
<b>FRUIT SHOOT</b> .....	£1.20
<b>KIDS JUICE CARTON</b> Apple or Orange .....	£0.75

## ALCOHOLIC BEVERAGES

CIDER .....	£3.95
BOTTLED BEER .....	£3.95
RED WINE 125ml glass .....	£3.75
WHITE WINE 125ml glass .....	£3.75



Bedfordshire Growers was formed in 1963 to market and pack a range of vegetables from the country. We have 31 growers within our cooperative, many of them from the original group that set up the business.

We are famous for our Onions and Shallots. We introduced Red Onions to the UK and now are heavily involved in the promotion of Sweet Onions.

In 2014 we were awarded the prestigious 'Vegetable Grower of the Year Award' at the National Awards. We hope while at BG's you taste some of our local vegetables of which we are very proud of.

We pride ourselves on our quality and service and hope you enjoy your experience at BG's café.



**01767 319205** [www.bedgrow.co.uk](http://www.bedgrow.co.uk)

**BG's CAFÉ, BEDFORDSHIRE GROWERS, POTTON ROAD, BIGGLESWADE, BEDFORDSHIRE SG18 0ER**

