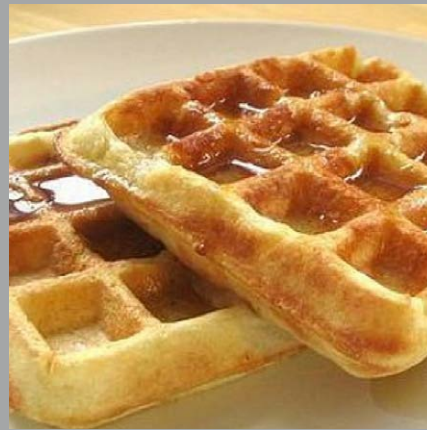


BCG's



CAFÉ MENU

BREAKFAST

FULL ENGLISH BREAKFAST £7.95

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 £5.95

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

VEGETARIAN BREAKFAST £5.95

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



Sorry no substitutions can be made

CREATE YOUR OWN/

ADDITIONAL ITEMS £1.25

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

EGGS ON TOAST £4.75

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

BAGUETTE £3.95

Choose one filling bacon, sausage or egg

SANDWICH OR BAP £3.75

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

BRUNCH

EGGS BENEDICT £5.75

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

EGGS FLORENTINE £5.75

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 £4.50

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

AMERICAN PANCAKES £4.50

Three American style pancakes topped with maple syrup or chocolate sauce



ADD A SLICE OF BACON FOR AN EXTRA 75p

LIGHT BITES

HOMEMADE SOUP £5.50

Served with baguette and butter

SANDWICHES £5.25

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 £6.95

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

BAGUETTE £5.95

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

TOASTED PANINIS £5.95

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 & CHIPS (GF) £8.25

Hand carved ham with two fried eggs and chips.

OMELETTE £8.25

Three egg omelette served with chips and salad. Choose one filling from: ham, cheese, mushroom or tomato.

EXTRA FILLINGS £1.00

MUSHROOM STROGANOFF (V) £8.25

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

CHILLI CON CARNE £8.50

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

SWEET CHICKEN DIPPERS £8.25

Served with chips and salad with French dressing.

JACKET POTATOES

ALL JACKET POTATOES £7.25

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 £8.50

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

SWEET POTATO CURRY (V) £8.50

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

VEGAN PENANG CURRY (GF) £8.50

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

BURGERS

Served in a toasted bun with chips and salad garnish

CLASSIC BEEF BURGER £8.95

6oz beef burger.

DELUXE BEEF BURGER £9.95

6oz beef burger topped with bacon and melted cheese.

GOURMET MEAT FEAST BURGER £9.95

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

CHICKEN BURGER £8.95

Southern fried chicken fillet.

VEGGIE BURGER (V) £8.95

Mixed vegetables seasoned with herbs and spices and coated in breadcrumbs.

FISH & CHIPS



Served with peas and tartare sauce

WHOLE TAIL SCAMPI £8.95

With garden peas and tartare sauce.

BREADED PLAICE FILLET £9.95

With garden peas and tartare sauce.

BATTERED COD FILLET £9.95

With mushy peas and tartare sauce.

HADDOCK AND

MOZZARELLA FISHCAKE (GF) £9.95

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 **£3.50**

OR sweet potato fries **£4.50**

KIDS

All served with apple juice or orange juice



CHICKEN NUGGETS & CHIPS £4.95

Choose from beans or peas

SAUSAGE & CHIPS £4.95

Choose from beans or peas

FISH FINGERS & CHIPS £4.95

Choose from beans or peas

SPAGHETTI BOLOGNESE £4.95

Pasta tangled with a rich meaty tomato sauce, mmm... yummy!

MACARONI CHEESE £4.95

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

ALL FOR £3.95

DESSERTS



SYRUP SPONGE (GF available) £4.95

JAM SPONGE £4.95

SPOTTED DICK £4.95

APPLE CRUMBLE £4.95

BELGIAN SWEET WAFFLE £4.95

Served with chocolate sauce or maple syrup

SENIOR CITIZENS

2 FOR £15

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



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.

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.

BEVERAGES

HOT DRINKS

	SMALL	REGULAR
AMERICANO	£2.20	£2.35
CAPPUCCINO	£2.25	£2.50
CAFÉ LATTE	£2.25	£2.50
CAFÉ MOCHA	£2.60	£2.95
FLAT WHITE	one size	£2.50
ESPRESSO	Single £1.60	Double £1.90
HOT CHOCOLATE	one size	£2.95
HOT CHOCOLATE with the works	one size	£3.50
MUG OF TEA		£1.40
POT OF TEA FOR ONE		£1.75
POT OF TEA FOR TWO		£2.75
FRUIT AND HERBAL POT OF TEA FOR ONE		£2.20
FLAVOUR SHOTS		£0.60
Vanilla, Caramel, Cinnamon, Hazelnut and more		
SOYA MILK	extra	£0.50
POURING CREAM	extra	£0.50

COLD DRINKS

MILKSHAKE	£3.25	COKE/DIET COKE	£1.50
Vanilla, Strawberry, Chocolate or Banana		SPRITE/7UP	£1.50
FRAPPÉS	£3.50	TRADITIONAL LEMONADE	£2.50
Cold, creamy frappe served with whipped cream		GINGER BEER	£2.50
Vanilla, Chocolate, Caramel, Coffee, Strawberry and Cream or Summer Fruits		SAN PELLEGRINO ORANGE	£2.00
ICE BLEND SMOOTHIES	£3.50	ELDERFLOWER PRESSE	£2.50
Concentrate fruit smoothie blended with crushed ice		FRUIT JUICE Apple or Orange	£2.25
Mango, Summer Fruits or Strawberry		SPARKLING WATER	£1.50
FRESH FRUIT SMOOTHIES	£3.50	STILL WATER	£1.50
Frozen fresh fruit blended with fruit juices		GLASS OF MILK	£1.50
		FRUIT SHOOT	£1.20
		KIDS JUICE CARTON Apple or Orange ...	£0.99



ALCOHOLIC DRINKS

CIDER	£4.50
BOTTLED BEER	£4.50
RED WINE 125ml glass	£4.25
WHITE WINE 125ml glass	£4.25

