



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.

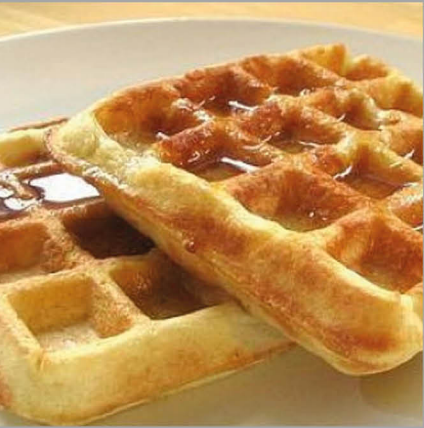
BEVERAGES

HOT DRINKS

	SMALL	REGULAR
AMERICANO	£3.20	£3.45
CAPPUCCINO	£8.40	£3.65
CAFÉ LATTE	£3.40	£3.65
CAFÉ MOCHA	£3.60	£3.85
SPECIALITY LATTES		£4.95
ESPRESSO	Single £2.35	Double £2.80
FLAT WHITE	one size	£3.40
KIDS HOT CHOCOLATE	one size	£3.50
HOT CHOCOLATE	one size	£3.50
HOT CHOCOLATE with the works	one size	£4.95
BABYCCINO		£1.25
MUG OF TEA		£1.90
POT OF TEA FOR ONE		£2.60
POT OF TEA FOR TWO		£3.60
FRUIT AND HERBAL POT OF TEA FOR ONE		£3.00
FLAVOUR SHOTS Vanilla, Caramel, Cinnamon, Hazelnut and more		£0.75
OAT MILK	extra	£0.50
POURING CREAM	extra	£0.50

COLD DRINKS

MILKSHAKE	£3.95	COKE/DIET COKE	£2.50
Vanilla, Strawberry, Chocolate OR Banana		SPRITE/7UP	£2.50
ICED LATTE	£3.95	TRADITIONAL LEMONADE	£3.50
Two shots of espresso poured over ice topped with milk		GINGER BEER	£3.50
CREATE A SHAKE	£4.00	SAN PELLEGRINO ORANGE	£2.95
Choose a bar of chocolate, added to ice cream and blended with milk		ELDERFLOWER PRESSE	£3.50
FRESH FRUIT SMOOTHIES	£4.50	FRUIT JUICE Apple OR Orange	£2.95
Frozen fresh fruit blended with fruit juices		SPARKLING WATER	£1.95
FRAPPÉS	£4.95	STILL WATER	£1.95
Cold, creamy frappé served with whipped cream		GLASS OF MILK	£1.95
Choose from Vanilla, Chocolate, Caramel, Coffee, Strawberry and Cream OR Summer Fruits		FRUIT SHOOT	£2.25
		KIDS JUICE CARTON Apple OR Orange	£1.95



CAFÉ MENU



@Bgscountrystoreandcafe

01767 319205 www.bedgrow.co.uk

@BedsGrowers

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

BREAKFAST

FULL ENGLISH BREAKFAST **£12.50**
2 slices back bacon, 1 Cumberland sausage,
1 hash brown, mushrooms, beans, 1 fried
egg, grilled tomato, and toast (includes
tea **OR** regular coffee)

SMALL BREAKFAST **£9.95**
2 slices back bacon, 1 sausage,
fried egg, beans and toast

VEGETARIAN BREAKFAST (V) **£9.95**
Egg, vegetarian sausage, mushrooms,
grilled tomatoes, browns, beans and toast

VEGAN BREAKFAST (VG) (V) **£9.95**
Vegan sausage, mushrooms, beans, hash
brown, tomatoes and slice of toast

CREATE YOUR OWN / ADDITIONAL ITEMS
Bacon, sausage, hash brown,
vegetarian sausage **£2.50**

Egg, mushrooms, tomatoes,
beans, fried slice **£2.00**

EGGS ON TOAST (V) **£6.95**
Duo of Eggs choose from fried, poached **OR**
scrambled on white **OR** brown toast
(**GLUTEN FREE ALSO AVAILABLE**)

AMERICAN BREAKFAST **£11.95**
3 pancakes served with scrambled eggs,
bacon and maple syrup

BAGUETTE **£5.95**
Choose one filling: bacon, sausage **OR** egg

BREAKFAST SANDWICH OR BAP **£5.75**
Choose one filling: bacon, sausage **OR** egg

TOAST **£2.50**
2 slices of toast and butter

BREAD **£2.50**
2 slices of bread and butter

JAM OR MARMALADE **95p**

BUTTER PORTION **30p**

BRUNCH

EGGS BENEDICT **£8.95**
Toasted English muffin served with bacon,
two poached eggs topped with hollandaise
sauce and rocket

EGGS FLORENTINE (V) **£8.95**
Toasted English muffin served with
spinach, two poached eggs and topped
with hollandaise sauce

BG'S SPECIAL **£8.95**
Toasted English muffin with smashed
avocado, bacon and two poached eggs
topped with rocket

BELGIAN SWEET WAFFLE (V) **£6.95**
Waffle served with maple syrup **OR**
chocolate sauce. Choose from ice cream
OR whipped cream

AMERICAN PANCAKES (V) **£6.95**
Three American style pancakes topped
with maple syrup **OR**
chocolate sauce

ADD A SLICE OF BACON
FOR AN EXTRA £1.25



MAIN MEALS

HAM, EGG & CHIPS (GF) **£13.50**
Hand carved ham with 2 fried eggs
and chips

OMELETTE **£12.50**
3 egg omelette served with chips and
salad. Choose one filling from: ham,
cheese, mushroom **OR** tomato

EXTRA FILLINGS **£1.75**

MUSHROOM STROGANOFF (V) **£8.50**
Mushrooms in a paprika sauce. Served with
a side salad, and choose from chips **OR** rice

CHILLI CON CARNE **£13.50**
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

SPRING GREEN RISOTTO **£13.50**
Creamy leek and spinach sauce topped
with green beans, broad beans, broccoli,
peas and served with a side salad

VEGAN CHICKEN FILLETS **£11.95**
Served with chips and a side salad

JACKET POTATOES

ALL JACKET POTATOES **£9.95**
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

EXTRA CHEESE OR BEANS £2.00

SAUCY CURRIES

Served with your choice of chips **OR** rice

CHICKEN TIKKA MASALA (GF) **£12.95**
Chunky pieces of marinated chicken in a
creamy, medium spiced tomato curry sauce
with added yoghurt. Served with naan bread.

SWEET POTATO CURRY (V) **£12.95**
Chunky diced sweet potato with chickpeas,
diced red peppers and spinach, in a mild
spiced coconut curry sauce.

VEGAN PENANG CURRY (GF) **£12.95**
Fiery aromatic coconut sauce with cauliflower
green beans mange tout and peppers.

BURGERS

Served with chips and salad garnish

CLASSIC BEEF BURGER **£12.50**
6oz beef burger in a toasted bun

DELUXE BEEF BURGER **£13.95**
6oz beef burger topped with bacon
and melted cheese in a toasted bun
GOURMET MEAT FEAST BURGER **£13.95**
6oz beef burger topped with BBQ pulled
pork and cheese in a toasted bun

CHICKEN BURGER **£12.50**
Southern fried chicken fillet
in a toasted bun
VEGGIE BURGER (V) **£11.25**
Mixed vegetables seasoned
with herbs and spices

SALAD

GARDEN SALAD (V) **£6.50**
Lettuce, cherry tomato, cucumber, mixed
pepper, red onion with French dressing

Extra Toppings to choose from:

- Tuna mayonnaise **£3.95**
- Chicken and bacon mayonnaise..... **£3.50**
- Ham **£3.50**
- Coronation chicken **£3.50**
- Prawn in marie rose sauce..... **£4.95**

FISH & CHIPS

Served with peas and tartare sauce

WHOLE TAIL SCAMPI **£13.50**
With garden peas and tartare sauce
BEER BATTERED COD FILLET **£13.95**
With mushy peas and tartare sauce

HADDOCK AND MOZZARELLA
FISHCAKE (GF) **£13.95**
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 **£6.95**
Choose from beans **OR** peas

SAUSAGE & CHIPS **£6.95**
Choose from beans **OR** peas

FISH FINGERS & CHIPS **£6.95**
Choose from beans **OR** peas

SPAGHETTI BOLOGNESE **£6.95**
Pasta tangled with a rich meaty
tomato sauce, mmm... yummy!

MACARONI CHEESE **£6.95**
Cheesy, gooey, creamy and oh-so-delicious

ICE CREAM (per scoop) **£2.50**
Vanilla, chocolate or strawberry

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

DESSERTS

All served with custard, cream **OR** ice cream



SYRUP SPONGE (GF available) **£7.50**

JAM SPONGE **£7.50**

SPOTTED DICK **£7.50**

APPLE CRUMBLE **£7.50**

SENIOR CITIZENS

2 FOR £20
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 £2.50 EXTRA EACH)
Please confirm senior meal when ordering at the till

LIGHT BITES

HOMEMADE SOUP (V) **£8.50**
Served with baguette and butter (**GLUTEN FREE ALSO AVAILABLE**)

SANDWICHES **£7.95**
On white **OR** brown bread served with
salad garnish and French dressing

Choose from:

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

CLUB SANDWICH **£9.95**
Triple decker toasted bread sandwich with chicken breast fillet,
bacon, lettuce, mayonnaise and tomatoes

FISH FINGER SANDWICH **£9.95**
Jumbo fish fingers in batter served on a bed of lettuce
on white **OR** brown bread

BAGUETTE **£8.95**
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 and lettuce
- Chicken and bacon mayonnaise

PANINIS **£8.95**
Served with salad garnish and French dressing

Choose from:

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

