



Breakfast at BGK

Served until 12 noon Monday to Friday

Breakfast Classics

Traditional Full English - 2 homemade pork sausages, 2 bacon, fried egg, hash brown, black pudding, beans, grilled or tinned tomatoes, mushrooms & unlimited toast **£6.25**

Healthy Start - 2 Linda McCartney sausages, mushrooms, eggs - scrambled or poached, sweetcorn fritters, fresh grilled tomatoes or baked beans & unlimited toast (v) **£5.25**

Chunky Eggs & Soldiers - 2 boiled eggs with bread soldiers (v) **£2.75**

Eggs on Toast - You choose! fried, scrambled or poached (v) **£3.25**

Hot toast and choice of preserves **£1.75**

Breakfast Sandwiches

Bacon **£2.90**

Sausage **£2.80**

Bacon & sausage **£3.50**

Fried egg (v) **£2.50**

Our Healthy Alternatives

Avocado on toasted bread with chopped tomato, chilli flakes & poached egg (v) **£5.00**

Pancake Stack - Protein pancakes served with berries, 0% fat honey Greek yogurt, drizzled with maple syrup (v) **£4.95**

Yogurt with fresh berry fruit compote & granola (v) **£2.50**

Why not add 24g of protein powder **£1.00**

Extras

All breakfast extras 50p each:

Grilled sausage • rasher of bacon • fried egg • black pudding • mushrooms • tomato • hash brown • baked beans • sweetcorn fritter



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