

## BGK Salad Bowls

**Tuna Niçoise** - Tuna, cucumber, tomatoes, red onion, leaves, new potatoes, French beans, black olives, boiled egg, French dressing £6.50

**Greek salad** - Feta cheese with chunky cut plum tomatoes, cucumber, black olives, red onion, garnished with pine nuts & coriander (v) £5.50

**Superfood bowl** - A hearty salad bowl consisting of baby potatoes, roast butternut squash, sweet red peppers, red onion, steamed asparagus & broccoli, avocado, pomegranate, mixed nuts dressed with BGK low fat vinaigrette and seeds (v) (vg) £6.95

Need protein – add chicken or salmon for £2.00

## Jacket Potatoes - Regular or Sweet

*Jacket potatoes can be served with or without butter*

Just butter (v)	£2.65
Crème fraîche & chive (v)	£2.80
Just cheese (v)	£3.35
Baked beans (v) (vg)	£3.35
Cheese & coleslaw (v)	£3.65
Ratatouille & crème fraîche (v) (vg)	£3.65
Cheese & bacon, crème fraîche	£3.80
Homemade chilli	£3.95
Homemade chicken curry	£3.95
Tuna melt	£3.95

Extra toppings 50p each

All our food is prepared in a kitchen where nuts, cereal containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering.



Why not pre-order your breakfast or lunch, simply pick up the phone and we'll have it all ready for you to collect, or we can deliver for free within a ½ mile radius. Minimum spend of £10 applies. \*Charges apply for delivery outside this area.



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. Please ask for details.



297 Lichfield Road  
Mere Green  
Sutton Coldfield  
B74 4BZ  
T: 0121 439 8388  
E: [beangreenkitchen@outlook.com](mailto:beangreenkitchen@outlook.com)

 #BeanGreenKitchen

 @BGKitchen\_

 @BeanGreenKitchen

Details of our daily lunch specials, homemade soup and selection of desserts can be found on our blackboards.

Where possible our products are made daily using locally sourced, fresh, natural ingredients. Our team takes pride in creating great food, if you have any special dietary requirements, please ask we're always happy to help.

## Breakfast

*Our full menu for daily and weekend breakfast options can be found on our blackboard.*

### 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

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

## Hotties

*Our hot sandwiches can be served in a variety of breads please ask for our recommendation*

Bacon, brie & cranberry £3.80  
Cajun chicken with roasted red pepper & spinach £4.25  
Mozzarella, tomato & pesto (v) £3.20  
Avocado & spinach with sundried tomatoes & red onion (v) (vg) \*Add chicken for £1.50 £3.70  
Chicken Zinger with a chipotle mayo \*Add bacon for 50p £3.70  
Rump steak, caramelised onions & blue cheese £6.95  
BGK Tuna melt £4.50  
Shazza's Club Sandwich £5.50

## Sandwich Bar

*Our sandwiches are freshly made to order choose from our selection of breads or upgrade to a baguette for 30p or toasted panini for 40p*

Hippy Chick - Chicken & avocado £3.50  
Hannah's Chicken Tikka £3.20  
The Classic - Chicken & bacon mayo £3.20  
New Yorker - Pastrami, gherkin & sauerkraut with sweet mustard mayo £3.95  
BLT - Bacon, lettuce & tomato £3.20  
Carved gammon ham £3.00  
Cheese Savoury - Cheese & spring onion with mayo (v) £3.50

Cheese & chutney (v) £3.50  
Chucky egg mayo (v) £3.00  
Market Place salad supreme (v) £3.00  
Tuna & mayo £3.00  
Prawn cocktail - Prawns, Marie rose sauce & lettuce £3.50  
Seafood Medley - Crayfish tails, crabsticks, prawns, lemon mayonnaise & rocket £5.95  
Red salmon with a splash of red wine vinegar served with cucumber £3.70

*Our complimentary salad bar offers a fresh selection of cheddar cheese, lettuce, cucumber, tomatoes, red onion, gherkins, black olives, sweetcorn, peppers, sliced gherkins, jalapenos and coleslaw tell us what you'd like adding to your sandwich.*

## Dressings

Chutney • piccalilli • English mustard • cream cheese • sweet chilli dressing • cranberry sauce • mint yogurt • mayonnaise • salad cream • fat free vinaigrette • honey & mustard dressing

## Soup of the Day

Fresh and homemade - Please ask for today's selection. Our homemade soups are served with thick white, granary or brown bread & butter £3.50

Why not add half a favourite sandwich of your choice for just £1.50 (excludes hotties selection)

## BGK Salad Bowls

Grilled chicken £5.95  
Teriyaki salmon £6.50  
Avocado & crayfish £6.95  
Prawn £6.95

Create your own salad from our chilled display then add the topping of your choice from the above

