



**Blue Plate Kitchen**



MODERN COMFORT FOOD

**LUNCH & DINNER**

ALL MENU ITEMS PREPARED FRESH TO ORDER. WE APPRECIATE YOUR PATIENCE.



## Starters

**Meatball Sliders** – House made meatballs / Provolone / Parmesan / Marinara sauce 11

**Arancini** – panko crusted risotto balls / prosciutto di parma / peas / cheese 11.5

**BPK Wings (8)**- Choice of original Buffalo / lemon rosemary / tropical jerk / or BBQ - with celery, ranch or bleu cheese dressing 9.5

**Giant Soft Stadium Pretzel** – house cheese sauce / Spicy mustard 9

**Ginger Chicken Lettuce Cups**- shredded chicken / mixed vegetables / mint & cilantro / ginger soy vinaigrette 12.5

**Vegetable Dumplings**- crispy with sweet chili dipping sauce 8.5

**Mac 'n Cheese Bites** – Bite sized, breaded homestyle mac / gruyere / cheddar / marinara sauce 10

**Fried Calamari** – cornmeal dust / chopped cherry peppers /sides of red chimichurri / citrus aioli 12.5

**BBQ Brisket Quesadilla** – house roasted brisket / smoked gouda / sweet bbq sauce 11.25

## Salads *all dressings made at BPK*

*Served with fresh baked focaccia*

**BPK California Cobb**- mixed greens / chopped bacon / bleu cheese crumbles / grape tomatoes / avocado / hard-boiled egg / choice of grilled chicken or chicken salad / house dressing 13.5

**Far East Chicken** - shredded chicken / Napa cabbage / mixed greens / snow peas / julienne red peppers / sesame seeds / crispy rice noodles / ginger soy vinaigrette 13.5

hot grilled 4 oz. salmon instead of chicken +4.25

**Israeli** – mixed greens / cucumbers / tomato / bell peppers / watermelon radishes / olives / feta cheese/ romaine / chickpeas / red onions / lemon parsley vinaigrette 12.5

**Caesar** - romaine / house made croutons / shaved pecorino cheese / creamy Caesar dressing 10.5

Add grilled chicken 4.5

**Market Salad** – mixed greens / grape tomatoes / peppers / cucumbers / house dressing 10.5

Add grilled chicken 4.5

**Cheeseburger Salad** – burger patty\* / mixed greens / grape tomatoes / shredded cheddar / pretzel croutons / bleu cheese dressing 14.5

**WeHa Wedge** – iceberg lettuce wedge / hard boiled egg / tomato / chopped bacon / cheddar / buttermilk ranch 12.5

Add grilled chicken 4.5 | steak 6 | salmon 8.5

### Salad Add-Ons:

\*Sliced chicken breast 4.5

\*All-natural beef burger 6.5

Quinoa tabouli 3.5

Falafel with tzatziki 2.5

\*Two fried eggs 4.5

Seared tofu 4.25

\*One Fried egg 2.25

\*Hot seared salmon

(4 oz) 8.5 | (8oz) 14.5

Sauteed shrimp (4) 6.25

## Soups

**French Onion Soup** 7.5

**Chicken Noodle** - 6.5

**Tomato Bisque** - 6.5

**Homestyle Chili** - 6.5

**Soup of the Day** 6.5

**Matzo Ball** 6.5

**Soup & Salad** – market or Caesar salad / choice of soup 13.5

**TOM Special** – grilled ham & cheddar on artisan bread / tomato bisque 13.5

### SIDES

**Side Cesar salad** 7.5

**Side market salad** 5.25

**Baked Mac 'n Cheese** - 4.25

**French fries**- 3.25 | 5.5

**Sweet potato fries**- 3.25 | 5.5

**Cool Ranch Fries** 4 | 6

**Garlic Parmesan Fries** 4 | 6

**Cajun Fries** 4 | 6

**Seasonal vegetables**- 5.5

**Latkes** - 4.25

**Half sour pickles** - 2.5

\*Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness - items are marked / Please inform your server if any member of your party has a food allergy prior to ordering. A gluten free menu is available. Connect with us on Twitter, Facebook and Instagram.

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## Sandwiches & Wraps

Served with a half sour pickle and choice of cabbage slaw, macaroni salad, French fries or side Caesar salad | sub gluten free bread +1.25

**Turkey Sierra Wrap** – oven roasted turkey breast / lettuce / tomato / chipotle sauce / cheddar / avocado / grilled wheat wrap 11.25

**Julio Caesar Wrap** – grilled chicken / chopped bacon / chopped romaine / tomato / parmesan / Caesar dressing / on a spinach wrap 12.25

**BPK Buffalo Wrap** – crispy chicken tenders / Buffalo sauce / bacon / lettuce / tomato / buttermilk ranch / grilled wheat wrap 11.50

**Pastrami on “Wry”** – hot pastrami / Swiss cheese / spicy mustard / on griddled rye bread 12.5

**Brunch for Lunch** - honey drizzled fried chicken / jalapeno jack / arugula / sriracha aioli / hot waffle bun 12.5

**Reuben or Rachel** – choice of house made corned beef, pastrami or turkey / Swiss cheese / on griddled rye / both with BPK 1000 island / reubens made with sauerkraut, rachels made with signature slaw 13.5

**C-A-BLT** – bacon / lettuce / tomato / avocado / American cheese / mayo / on a spinach wrap 12.25

**BPK Chicken Salad Melt** – Waldorf chicken salad / Melted American Cheese / Bacon / Lettuce / Tomato / Honey Mustard / Grilled Pretzel Bun 11.5

**BPK Standard** – oven roasted turkey / lettuce / tomato / crispy bacon / lemon aioli / griddled challah \$13.50

**Gourmet Grilled Cheese** – gruyere / cheddar / tomato / on thick sliced artisan bread 10.5  
Add brisket +4.5 | chicken parm 3.25

**Mediterranean Wrap**- hummus / quinoa tabouli / cucumber salad /feta cheese / tomato / griddled whole wheat wrap 11.5  
Add chicken +4.5

**Texas / Arizona Chicken** – grilled blackened chicken / bacon / melted cheddar / smashed avocado / chipotle sauce / on Texas toast 13.25

**Fresh Smashed Burgers, etc.** – Fresh ground Bogner’s (Manchester, CT), 100% domestic beef. Served “pink or “no pink”. Burgers are served with a half sour pickle and choice of cabbage slaw, macaroni salad, French fries or side Caesar salad | Sub gluten free bread +1.25

**\*BBQ Bacon Burger** - American cheese / bacon / smoky bbq sauce / ranch dressing / brioche bun 14

**\*Patty Melt**- American cheese / caramelized onions / BPK Reuben sauce / griddled rye 13.5

**\*Pretzel Burger**- bacon / mushrooms / Swiss cheese / spicy mustard / pretzel bun 14

**\*BPK Classic** - American cheese / lettuce / tomato / onion / brioche bun 11.5

**Toppings extra:**

Bacon / turkey bacon 2.25  
Fried egg 2.25 each  
Cheese / lettuce / tomato \$1 ea.  
Double patty \$4

**\*Salmon Burger**- lemon aioli / lettuce / tomato / onion / brioche bun 14.5

**Falafel Burger** - hummus / tzatziki / cucumbers / pickled red cabbage / English muffin 13.5

**\*Turkey Burger**- Swiss cheese / avocado / lettuce / tomato / brioche bun 13.5



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### Family meals available!

- Sunday Supper 45
- Roasted Whole Chicken 45
- Classic Pot Roast 45
- Bacon Wrapped Meatloaf 45
- Smokey BBQ Brisket 48
- Baked Mac & Cheese 35
- \*Add chicken 5 | Brisket 8

### All family meals include:

- BPK mashed potatoes
- Market salad
- Pop-overs
- Stuffing (Sunday supper only)
- \*Serves 4-6\*

### Omelets

**Create Your Own\***- your choice of meat (regular bacon, turkey bacon or Canadian bacon, sausage, ham, chorizo, chicken sausage) / cheese (cheddar, American, Swiss, feta, jalapeno jack, provolone) / one veggie (spinach, tomato, peppers, onions, mushrooms, broccoli, jalapenos) / and toast 12.25  
Add home fries 3.25

## Entrees

Served from 3 pm daily

**Argentinian Steak** - ancho-chili rubbed top sirloin\* / red & green chimichurri sauce / seasonal vegetables / rosemary roasted fingerling potatoes 22.5

**Smokey BBQ Brisket**- caramelized onions / BBQ sauce drizzle / signature slaw/ garlic mashed potatoes 19.5

**Steak Frites** - 10 oz. top sirloin\* / French fries / béarnaise butter 21.50

**Pan Seared Salmon\*** - Sustainably raised in the cold waters of the North Atlantic / miso butter / seasonal vegetables / roasted rosemary fingerling potatoes 23.5

**Famous BPK Honey Fried Chicken & Waffles** - our own brown sugar and cinnamon syrup / cabbage slaw / side of honey 18.5

**Stuffed Pork Chop** – jumbo pork chop\* filled with apple gorgonzola stuffing / drizzled with cranberry compote / served with sweet potato hash 18.5

**Asian Shrimp Bowl**– sauteed shrimp\* / bok choy / pickled cabbage / snap peas / over Chinese noodles tossed in a ginger soy vinaigrette / topped with sautéed shrimp / crispy vegetable wontons 18.5

**Cajun Shrimp & Grits** – sauteed Cajun style shrimp\* / tossed in savory tomato & shallot sauce / prosciutto / scallions / over cheesy grits 18.5

**Herb Rubbed Roasted Half Chicken**- BPK mashed potatoes / seasonal vegetables / choice of rosemary glaze or pan sauce 17.5

**Sunday Supper**- fresh roasted turkey breast / savory stuffing / BPK mashed potatoes / cranberry chutney / market salad 18.5

**Classic Pot Roast** - Tender oven roasted beef with carrots, celery in a rich thickened burgundy sauce / BPK mashed potatoes 19.5

**Bacon Wrapped Meatloaf** – garlic mashed potatoes / portobello gravy / onion frizzles / smoky bbq demi glaze 17.5

**Baked Mac & Cheese** - smoked gouda / cheddar / mozzarella / parmesan / breadcrumb topping / all topped with crispy frizzled onions 14.5  
add chicken or chicken and bacon +4

## Late for Breakfast Plates - served 'til close

**The Classic Breakfast**– 2 eggs\* your way / choice of toast or English muffin/ home fries, grits or side salad 9.25  
Add choice breakfast meat +3.25

**Avocado Toast**- two eggs\* your way / smashed avocados / pico de gallo / pickled onions / feta cheese / arugula / over griddled 9 grain toast 11.25  
Add smoked salmon +6.25

**Roasted Vegetable Hash**- roasted root vegetables / beets / spinach / chickpeas / arugula pistou / 2 eggs\* your way / choice of toast or English muffin 12.25

**Latke & Eggs**- two eggs\* your way / potato latke / applesauce / sour cream 11.25

**Corned Beef Hash** - two eggs\* your way / house made, chopped corned beef / potatoes / peppers & onions 13.25

**BPK Favorite Sammie**- two eggs\* your way / bacon / spinach / griddled tomatoes / cheddar cheese / sriracha aioli / griddled bagel 8.5

**Breakfast Wrap** – scrambled eggs\* / cheddar / pico de gallo / choice of bacon or sausage in a wheat wrap 8.25

**New York Plate** - smoked salmon / whitefish salad / lettuce / tomato / onions / olives / capers /cream cheese/ griddled bagel 16.5

**The Corner**- smoked salmon / tomatoes / onions / cream cheese / mustard sauce / griddled bagel 10.25

**Malted Belgian Waffles**- one 7.25 or two 9.25

**Stars & Stripes**- strawberries / blueberries / bananas / fresh whipped cream one 9.25 or two 11.25

**Avocado Turkey Wrap** – scrambled egg whites\* / turkey bacon / cheddar/ avocado / wheat wrap \$8.50

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