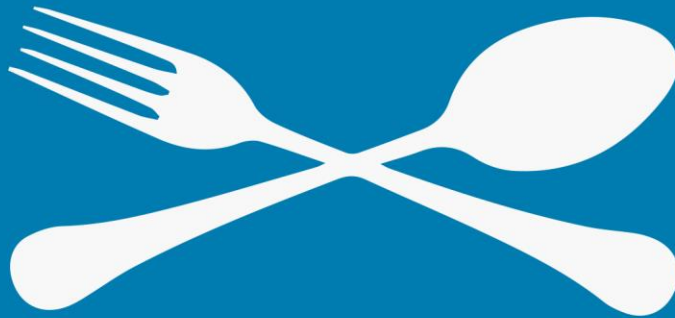




Blue Plate Kitchen



MODERN COMFORT FOOD

LUNCH & DINNER

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



Starters

Spin Dip— baked spinach and artichokes with our creamy bacon cheese blend / celery / carrots / flatbread points 11

Giant Everything Pretzel
Everything bagel seasoning / house cheese sauce / mustard aioli 11

Hummus Platter
creamy house made hummus /cucumber / red peppers / celery /served with crispy flatbread points 14

Vegetable Dumplings- crispy with sweet chili dipping sauce 10

Fried Calamari – cornmeal dust / chopped cherry peppers /sides of red chimichurri / citrus aioli 14

Mac ‘n Cheese Bites – Bite sized, breaded homestyle mac / gruyere / cheddar / marinara sauce 12

Boneless Thigh Wings (8)-
Choice of tropical jerk | sesame ginger | parmesan garlic | habanero dry rub | bourbon hot honey 12

Baked Meatballs with – hand made meatballs / tomato sauce / burrata / garlic knots 12

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 14.5

Israeli – mixed greens / cucumbers / tomato / bell peppers / watermelon radishes / olives / feta cheese/ romaine / chickpeas / red onions / lemon parsley vinaigrette 14

Caesar - romaine / house made croutons / shaved pecorino cheese / creamy Caesar dressing 11.5

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

Add grilled chicken 4.5 | steak 6 | salmon 8.5

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 +2.25

Julio Caesar Wrap – grilled chicken / chopped bacon / chopped romaine / tomato / parmesan / Caesar dressing / on a spinach wrap 14.5

Pastrami on “Wry” – hot pastrami / Swiss cheese / spicy mustard / on griddled rye bread 15

Garden Delight – baked zucchini & yellow squash / roasted tomatoes / portobello mushrooms / basil aioli / on rosemary aioli 14.5

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 15

Meatball Grinder - hand made meatballs / provolone / marinara / roasted red peppers, hoagie roll 16

Rustic Meatloaf – slice of homemade meatloaf / roasted peppers / pesto aioli / provolone / on rustic ciabatta 15

Ultimate Philly – shredded sirloin / roasted peppers / onions / mushrooms / roasted garlic aioli / on hoagie roll 16

Fried Hot Chicken – breaded chicken / bourbon hot honey / pickles / southwest ranch slaw / brioche bun 15

*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.

345 North Main Street, West Hartford, CT / 860-906-1419 / bpkwesthartford.com



Homestyle Entrees

Served from 3 pm daily

Argentinian Steak - ancho-chili rubbed top sirloin* / red & green chimichurri sauce / seasonal vegetables / rosemary roasted fingerling potatoes 23.5

Steak Frites - 10 oz. top sirloin* / French fries / béarnaise butter 22

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 19

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

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

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

Cajun Shrimp & Grits – sauteed Cajun style shrimp* / tossed in savory tomato & shallot sauce / bacon / scallions / over cheesy grits 19

Smoked Brisket Mac & Cheese – maple bacon seasoning / bacon crumbles / homemade gouda cheese sauce / onion 16

Sunday Supper- fresh roasted turkey breast / savory stuffing / BPK mashed potatoes / cranberry chutney / market salad 19

Bacon Wrapped Meatloaf – garlic mashed potatoes / portobello gravy / onion frizzles / smoky bbq demi glaze 18

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

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

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 bun or sprouted grain bun +2.25

***BBQ Bacon Burger** - American cheese / bacon / smoky bbq sauce / ranch dressing / brioche bun 17

***Patty Melt**- American cheese / caramelized onions / BPK Reuben sauce / griddled rye 16

***Pretzel Burger**- bacon / mushrooms / Swiss cheese / spicy mustard / pretzel bun 16

***BPK Classic** - American cheese / lettuce / tomato / onion / brioche bun 15

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 17

Black Bean Burger
Hearty black bean patty / lettuce / tomato / pickled red cabbage / sriracha aioli / brioche bun 15

***Turkey Burger**- Swiss cheese / avocado / lettuce / tomato / brioche bun 16



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