

# BEL & THE DRAGON

January 2019

## SUNDAY LUNCH

### The Bel Bloody Caesar £8

Clamato Juice, Sipsmith Vodka, Manzanilla Sherry, Lime, Fresh Horseradish (cr)

### TO NIBBLE

Grilled Sourdough & Olives (g)	£7	Maple Glazed Pigs in Blankets (g/su)	£6
Parmesan Arancini (g/mi/e/c)	£7	Pink Peppercorn Squid, Sweet Chilli Jam (g/mo/n)	£10

### STARTERS

Winter Warming Broth	£5	Marinated Beetroot & Creamy Burrata	£8
Miso, Sweetcorn & Flatbreads (g/se)		Basil Pesto & Toasted Pine Nuts (su/mi/n)	
Confit Duck, Hoisin & Sesame	£11	Hot Smoked Salmon & Crispy Quinoa	£9
Raw Broccoli, Pomegranate, Chia Seeds (g/se/so/su)		Baby Spinach, Orange & Chicory (f/su)	

### OUR SUNDAY ROASTS - £19

Roasted Hereford Beef	Roasted Suckling Pig	Corn-Fed Chicken	Vegan Nut Roast
Baby Watercress	Crispy Crackling	Sage & Onion Stuffing	Caramelised Shallots
Fresh Horseradish	Spiced Apple Chutney	Bread Sauce	Chestnuts & Mushrooms

All our Roasts are served with Thyme & Duck Roast Potatoes, Yorkshire Pudding,  
Lots of Green Vegetables, Maple Glazed Parsnips & Carrots & Braised Jus

(g/e/mi/c/su/pn/n/m)

### MAINS

Devonshire Mussels & Crusty Bread	£11/16	Mushroom & Parmesan Tortellini	£9/16
Cornish Orchard Cider & Bacon Broth (mo/mi/su/g)		Baby Rocket & Shaved Truffle (g/mi/e)	
Spiced Aubergine & Tomato Shakshuka	£13	Sustainable Fish Pie	£14
Crispy Shallots & Poached Duck Egg (e/su/c/mi)		Steamed Leeks & Petits Pois (f/mo/cr/mi/e)	
Grilled Cornish Cod & Chorizo Stew	£17	Hampshire Venison & Game Stew	£15
Frangola, Sweetcorn, Sundried Tomatoes (g/f/mi/c/su)		Mustard Mash, Cranberry & Swede Crisps (g/f/mi/su/c)	

### SIDE ORDERS

Baby Spinach, Little Gems & Avocado Salad | Celery Salted Fries (c) | Truffle & Parmesan Fries (mi/su)  
Steamed Hispi Cabbage & Toasted Almonds (n) | Carrot & Swede Mash, Grated Nutmeg (mi/c)  
Maple Roasted Parsnips & Carrots (mi) | Cauliflower, Smashed Garlic & Pecorino (mi/c)

It's not always possible to list every ingredient used on our menu, so please refer to this guide and feel free to ask one of our team if you require further assistance. Every care is taken to avoid any cross contamination from allergens during preparation. We do however work in a kitchen that processes allergenic ingredients and do not have a specific allergen free zone or dedicated fryers. We are not a nut free establishment and pistachio nuts are offered freely throughout the restaurant. If you have any specific allergies or concerns, let us know and we'll do our best to help.

### ALLERGENS

(g) Gluten | (n) Nuts | (m) Mustard | (c) Celery/Celeryiac | (e) Eggs | (mi) Milk | (l) Lupin | (f) Fish | (so) Soya  
(se) Sesame Seeds | (cr) Crustaceans | (mo) Molluscs | (su) Sulphur Dioxide | (pn) Peanuts

Optional Service Charge 12.5%