

BEL & THE DRAGON

LUNCH MENU

NIBBLES

Zucchini Chips & Garlic Aioli (g/e)	£7	Crispy Whitebait, Tartare Sauce (g/f/e/m)	£6
Flatbreads, Olives & Serrano Ham (g/so)	£14	Pink Peppercorn Squid, Sweet Chilli Jam (g/mo/n/su)	£10

STARTERS

Curried Cauliflower Soup	£5	Burrata, Blood Orange & Pine Nuts	£8
Parsley Oil, Sunflower Seeds & Flatbreads (mi/c/g)		Wild Garlic & Ruby Endive (su/mi/n)	
Beetroot Cured Egg & Rocket Salad	£8	Superfood & Shredded Kale & Apple Salad	£8
Crispy Chickpeas, Sun Blushed Tomatoes (e/su)		Pomegranate, Walnuts, Goji Berries (n/m/su/mi)	
Smoked Salmon, Lime & Cracked Pepper	£9	Confit Duck, Hoisin & Sesame	£11
Shaved Fennel & Lamb's Lettuce (f/su)		Raw Broccoli, Pomegranate, Chia Seeds (su/g/se)	

STARTERS/MAINS

Devonshire Mussels & Crusty Bread	£11/16	Classic Chicken Caesar Salad	£8/11
Cornish Orchard Cider & Bacon Broth (mo/mi/su/g)		Gem Hearts, Anchovies, Aged Parmesan (g/mi/e/c)	

MAINS

Corn Beef Hash Brown & Fried Duck Egg	£12	Posh Fish & Chips	£14
Truffle Salsa, Brown Sauce (g/f/e/su)		Cornish Haddock, Tempura & Mushy Peas (g/f)	
Asparagus, Charred Broccoli & Lentil Salad	£11	Chicken Milanese & Fried Hen's Egg	£16
Red Chilli, Quinoa, Basil (Add Chicken £4) (su/m)		Creamed Spinach & Truffle Oil (g/e/mi)	
Open Prawn Sandwich	£9	Cornish Crab & Prawn Pappardelle	£18
Gem & Cucumber Salad, Sriracha Mayo (g/e/c/su/cr)		Steamed Samphire, Chilli & Lime (g/cr/f/e/c)	
Roasted Suckling Pig & Buttered Kale	£21	The Bel Banger & French Mustard	£9
Crispy Crackling, Spiced Apple Chutney (mi/c/su)		Wild Boar Sausage, Pickle & Brioche (g/so/e/mi/su/m)	
Half a Roast Corn Fed Chicken	£16	Roasted Chicken & Avocado Sandwich	£9
Sage & Onion Stuffing, Bread Sauce (mi/c/su/g)		Sweet Chilli Mayo & Celery Salted Fries (g/e/c)	

Our Thyme & Duck Fat Roasted Potatoes are included with all dishes from the Rotisserie.

JOSPER GRILL

Seared Yellow Fin Tuna & Green Beans	£12
New Potatoes & Sun Blushed Tomatoes (f/su/c/m)	
The Bel Burger & Fries	£14
Brioche Bun, Rib Eye & Melted Cheese (g/so/e/mi/su/m)	
30oz West Country Rib of Beef	£69
Roast Garlic & Vine Tomatoes, (mi/e/c/su)	
Thyme & Duck Fat Roast Potatoes (2-3 pers)	

SIDE ORDERS - £4

Truffle & Parmesan Fries (mi/su)
Gem Lettuce, Avocado & Grilled Sweetcorn (su/m)
Cauliflower, Smashed Garlic & Pecorino (mi)
Broccoli, Chilli Salt & Hazelnuts (n)
Roasted Chantenay Carrots, Grated Nutmeg

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 our cresses contain various allergens. 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/Celery | (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%