

LUNCH MENU

NIBBLES

Sundried Tomato & Parmesan Arancini	£7	Crispy Whitebait, Tartare Sauce	£6
Stuffed Peppers, Olives & Serrano Ham	£14	Hummus, Taramasalata & Flatbreads	£9

STARTERS

Roast Red Pepper & Tomato Soup	£6	Creamy Burrata & Isle of Wight Tomatoes	£10
Basil, Sunflower Seeds & Flatbreads		Basil Pesto & Toasted Pine Nuts	
Super Green Salad & Toasted Almonds	£8	Baby Spinach, Avocado & Prawn Salad	£9
Sugar Snaps, English Asparagus & Peas		Balsamic, Soy & Wasabi	
Torched Atlantic Mackerel & Sesame	£9	Crispy Duck Salad & Radishes	£9
Pickled Cucumber, Mustard & Fennel		Pomegranate, Chia Seeds & Sesame	

STARTERS / MAINS

Devonshire Mussels & Crusty Bread	£11/£16	Spinach Gnocchi & Grilled Zucchini	£9/£15
Cornish Orchard Cider & Bacon Broth		Spiced Shakshuka & Aged Parmesan	

MAINS

Pan Roasted Bream & Salsa Verde	£15	Posh Fish & Chips	£14
Heirloom Tomatoes, Shallots & Basil		Cornish Haddock, Tempura & Mushy Peas	
Asparagus, Charred Broccoli & Lentil Salad	£11	Lobster & Prawn Linguini	£20
Red Chilli, Quinoa, Basil (Add Chicken £4)		Spring Onions, Chilli & Lime	
Open Prawn Sandwich & Paprika Fries	£10	The Bel Banger & Sweet Potato Fries	£11
Gem & Cucumber Salad, Sriracha Mayo		Wild Boar Sausage, Pickle & Brioche	
"Ham, Egg & Chips"	£17	Roasted Chicken & Avocado Sandwich	£10
Glazed Pork, Crispy Duck Egg & Triples		Sweet Chilli Mayo & Celery Salted Fries	

GRILLED

The Bel Burger & Fries
Brioche Bun, Rib Eye & Melted Cheese
£14
Marinated Rib Eye Steak
Celery Salted Fries & Sauce Béarnaise
£26
Chargrilled Cornish Sardines
Summer Leaves, Lemon Zest & Olive Oil
£13

SIDE ORDERS - £4

Truffle & Parmesan Fries
Gem Lettuce Caesar Salad
Cauliflower, Smashed Garlic & Pecorino
Sweet Potato Fries
Rocket & Parmesan Salad
Runner Beans & Petits Pois
Jersey Royal Potatoes & Spring Onions

OPTIONAL SERVICE CHARGE 12.5%

Please speak to our team about Allergens on our Menu and if you require any further information, please do not hesitate to ask. We are very grateful for any feedback. If we have not lived up to expectations, the Service Charge will be removed and every effort will be made to redeem ourselves.