

BEL & THE DRAGON

LUNCH MENU

NIBBLES

Sundried Tomato & Parmesan Arancini (e/g/mi/c)	£7	Crispy Whitebait, Tartare Sauce (m/g/so/f/e)	£6
Stuffed Peppers, Olives & Serrano Ham (mi)	£14	Hummus, Taramasalata & Flatbreads (mi/g/f/se)	£11

STARTERS

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

STARTERS/MAINS

Devonshire Mussels & Crusty Bread	£11/16	Spinach Gnocchi & Grilled Zucchini	£9/15
Cornish Orchard Cider & Bacon Broth (mo/mi/su/g)		Spiced Shakshuka & Aged Parmesan (g/mi/e/c)	

MAINS

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

GRILLED

The Bel Burger & Fries	£14
Brioche Bun, Rib Eye & Melted Cheese (g/so/m/se/mi/e)	
Marinated Rib Eye Steak	£26
Celery Salted Fries & Sauce Bearnaise (mi/e/c/su)	
Chargrilled Cornish Sardines	£13
Summer Leaves, Lemon Zest & Olive Oil (f/su)	

SIDE ORDERS - £4

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

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%