

# BEL & THE DRAGON

## COUNTRY INNS

### LUNCH MENU

#### NIBBLES

<b>Parmesan &amp; Truffle Arancini</b> (e/g/mi/c) £7	<b>Maple Glazed Chipolatas</b> (g/su) £6
<b>Stuffed Peppers, Olives &amp; Serrano Ham</b> (g/f/e/m) £14	<b>Hummus, Taramasalata &amp; Flatbreads</b> (m/g/f/se) £9

#### STARTERS

<b>Spiced Cauliflower Soup</b> (g/mi/su) £6	<b>Creamy Burrata &amp; Plum Vine Tomatoes</b> £10
Toasted Pumpkin Seeds & Flatbreads	Basil Pesto, Rocket & Balsamic (su/mi/n)
<b>Grilled Courgette &amp; Beets Salad</b> £9	<b>Baby Gem &amp; Poached Duck Egg Caesar</b> £9
Roasted Squash, Avocado & Chicory (n/c/m/su)	Grated Parmesan & Sourdough (g/f/so/e/m/mi)
<b>Torched Atlantic Mackerel &amp; Sesame</b> £9	<b>Crispy Duck Salad &amp; Radishes</b> £9
Pickled Cucumber, Mustard & Tamari (f/so/m/se/se)	Pomegranate, Chia Seeds & Sesame (so/se/su/m)

#### STARTERS / MAINS

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

#### MAINS

<b>Pan Roasted Bass &amp; Capers</b> (f/c) £15	<b>Posh Fish &amp; Chips</b> (g/f/e/su) £14
Radish, Cherry Tomatoes, Basil & Shallots	Cornish Haddock, Tempura & Mushy Peas
<b>Butternut, Celeriac &amp; Lentil Salad</b> (c/m/su) £11	<b>Prawn Lobster Mac &amp; Cheese</b> (g/cr/f/mi/su) £18
Crispy Kale & Quinoa (Add Chicken £4)	Spring Onions, Penne & Chopped Chives
<b>Sundried Tomato &amp; Veal Bolognese</b> £14	<b>Duck Shepherds Pie</b> (g/f/e/mi/c/su) £13
Parpadelle, Rocket & Parmesan (g/e/mi)	Confit Garlic & Petits Pois
<b>Chicken Milanese &amp; Fried Hen's Egg</b> £17	<b>Roasted Chicken &amp; Avocado Sandwich</b> £11
Creamed Spinach & Truffle Salsa (g/e/mi)	Sweet Chilli Mayo & Celery Salted Fries (g/so/e/c)

#### GRILLED

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

#### SIDE ORDERS - £4

<b>Truffle &amp; Parmesan Fries</b> (mi/su)
<b>Gem Lettuce Caesar Salad</b> (mi/su)
<b>Cauliflower, Smashed Garlic &amp; Pecorino</b> (mi)
<b>Sweet Potato Fries</b>
<b>Rocket &amp; Parmesan Salad</b> (mi/su)
<b>Chilli Broccoli &amp; Sea Salt</b>

OPTIONAL SERVICE CHARGE 12.5%

#### ALLERGENS

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