

BEL & THE DRAGON COUNTRY INNS

LUNCH MENU

NIBBLES

Parmesan & Truffle Arancini	£7	Maple Glazed Chipolatas	£6
Stuffed Peppers, Olives & Serrano Ham	£14	Hummus, Taramasalata & Flatbreads	£9

STARTERS

Spiced Cauliflower Soup	£6	Creamy Burrata & Plum Vine Tomatoes	£10
Toasted Pumpkin Seeds & Flatbreads		Basil Pesto, Rocket & Balsamic	
Grilled Courgette & Beets Salad	£9	Baby Gem & Poached Duck Egg Caesar	£9
Roasted Squash, Avocado & Chicory		Grated Parmesan & Sourdough	
Torched Atlantic Mackerel & Sesame	£9	Crispy Duck Salad & Radishes	£9
Pickled Cucumber, Mustard & Tamari		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 Bass & Capers	£15	Posh Fish & Chips	£14
Radish, Cherry Tomatoes, Basil & Shallots		Cornish Haddock, Tempura & Mushy Peas	
Butternut, Celeriac & Lentil Salad	£11	Prawn Lobster Mac & Cheese	£18
Crispy Kale & Quinoa (Add Chicken £4)		Spring Onions, Penne & Chopped Chives	
Sundried Tomato & Veal Bolognese	£14	Duck Shepherds Pie	£13
Parpadelle, Rocket & Parmesan		Confit Garlic & Petits Pois	
Chicken Milanese & Fried Hen's Egg	£17	Roasted Chicken & Avocado Sandwich	£11
Creamed Spinach & Truffle Salsa		Sweet Chilli Mayo & Celery Salted Fries	

GRILLED

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

SIDE ORDERS - £4

Truffle & Parmesan Fries
Gem Lettuce Caesar Salad
Cauliflower, Smashed Garlic & Pecorino
Sweet Potato Fries
Rocket & Parmesan Salad
Chilli Broccoli & Sea Salt

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.