

# BEL & THE DRAGON

## COUNTRY INNS

### LUNCH MENU

Monday - Friday

#### NIBBLES

<b>Rye Sourdough</b> <i>PB V (469 kcal)</i>	£5	<b>Chilli &amp; Garlic Olives</b> <i>PB V (323 kcal)</i>	£3.5
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Nocellara Olives, Olive Oil & Aged Balsamic

#### STARTERS

<b>Laverstoke Park Farm Mozzarella</b> <i>V (521 kcal)</i>	£7.5	<b>Burrata</b> <i>(601 kcal)</i>	£11
Wykham Park Farm Asparagus, Broad Beans Pea, Chilli, Mint		'Nduja, Romesco, Isle Of Wight Tomatoes & Sourdough Croutons	
<b>Chilled Gazpacho</b> <i>PB V (217 kcal)</i>	£7.5	<b>Salad Of Smoked Chicken &amp; Charred Corn</b> <i>(342 kcal)</i>	£7.5
Isle Of Wight Tomatoes, Sourdough & Heritage Radish		Baby Gem, Spring Onions & Buttermilk Dressing	
<b>Severn &amp; Wye Hot Smoked Salmon</b> <i>(594 / 974 kcal)</i>	£8.5 / £14		
Pickled Cucumber, Fennel & Spelt Salad			

#### MAINS

<b>Roasted Chicken, Avocado &amp; Bacon Sandwich</b> <i>(855 kcal)</i>	£11	<b>Grilled 9oz Hampshire Ribeye Steak</b> <i>(1,108 kcal)</i>	£28.5
with Fries		Triple-Cooked Chips & Peppercorn Sauce	
<b>Bel Beef Burger &amp; Triple Cooked Chips</b> <i>(398 kcal)</i>	£15.5	<b>Vegan Superfood Salad</b> <i>(490 kcal)</i>	£11
Brioche Bun, Secret Sauce, Pickle, Lettuce Tomato & Cheese		Spinach, Apple, Pomegranate & Walnuts & Isle Of Wight Tomatoes	
<b>Plant Based Burger &amp; Triple Cooked Chips</b> <i>(1075 kcal)</i>	£14.5	<b>Beer Battered Haddock</b> <i>(765 kcal)</i>	£16
House Slaw, Lettuce & Tomato		Triple Cooked Chips, Crushed Minted Peas, Tartare Sauce & Lemon	
<b>Catch Of The Day</b>	MVP		

#### PUDDINGS

<b>Sticky Toffee Pudding</b> <i>V (826 kcal)</i>	£7.25	<b>Selection Of Ice Creams</b> <i>V (430 kcal)</i>	£7.25
Caramelised Banana, Butterscotch Sauce, Milk Ice Cream		From Laverstoke Park Farm	
<b>Chocolate Brownie</b> <i>PB V (323 kcal)</i>	£8	<b>British Artisan Cheeses</b> <i>(497 kcal)</i>	£10.5
with Vanilla Ice Cream		Fig & Apple Chutney, Biscuits	

Adults require 2000 calories per day

OPTIONAL SERVICE CHARGE 12.5%

If you have an allergy please talk to a member of our team. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen foods may be prepared in the presence of ingredients which do contain allergens.  
(V) vegetarian (PB) plant-based

Allergen Info

