

# BEL & THE DRAGON

## LUNCH MENU

Monday - Friday

### NIBBLES

**Rye Sourdough** *PB V (469 kcal)* **£5**  
Nocellara Olives, Olive Oil & Aged Balsamic

**Chilli & Garlic Olives** *PB V (323 kcal)* **£3.5**

### STARTERS

**Laverstoke Park Farm Mozzarella** *V (521 kcal)* **£10**  
'Nduja, Romesco, Isle Of Wight Tomatoes & Sourdough Croutons

**Chilled Gazpacho** *PB V (217 kcal)* **£7.5**  
Isle Of Wight Tomatoes, Sourdough & Heritage Radish

**Severn & Wye Hot Smoked Salmon** *(594 / 974 kcal)* **£8.5 / £14**  
Pickled Cucumber, Fennel & Spelt Salad

**Navarrico Chickpeas, Piquillo Pepper & Parsley Salad** *PB V (217 kcal)* **£7/£13**  
Radicchio, Sherry Vinegar Dressing, Garlic Pangrattato

### MAINS

**Roasted Chicken, Avocado & Bacon Sandwich** *(855 kcal)* **£11**  
with Fries

**Bel Beef Burger & Triple Cooked Chips** *(1325 kcal)* **£15.5**  
Brioche Bun, Secret Sauce, Pickle, Lettuce, Tomato & Cheese

**Plant Based Burger & Triple Cooked Chips** *(1075 kcal)* **£14.5**  
House Slaw, Lettuce & Tomato

#### Catch Of The Day MVP

**Grilled 9oz Hampshire Ribeye Steak** *(1,108 kcal)* **£28.5**  
Triple-Cooked Chips & Peppercorn Sauce

**Vegan Superfood Salad** *(490 kcal)* **£11**  
Spinach, Apple, Pomegranate & Walnuts & Isle Of Wight Tomatoes

**Beer Battered Haddock** *(765 kcal)* **£16**  
Triple Cooked Chips, Crushed Minted Peas, Tartare Sauce & Lemon

### PUDDINGS

**Sticky Toffee Pudding** *V (826 kcal)* **£7.25**  
Caramelised Banana, Butterscotch Sauce, Milk Ice Cream

**Chocolate Brownie** *(323 kcal)* **£8**  
with Vanilla Ice Cream

**Selection Of Ice Creams** *V (430 kcal)* **£7.25**  
From Laverstoke Park Farm

**British Artisan Cheeses** *(497 kcal)* **£10.5**  
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

