

BREAKFAST

FROM 8AM UNTIL 11AM

SALTED DATE CARAMEL PORRIDGE

Salted date caramel
& cacao nibs

DF · VE CONTAINS GLUTEN, NUTS

£2.25

SUPER DUPER PORRIDGE

Goji berries, cranberries, mixed seeds,
walnuts, agave, beetroot powder

DF · VE · CONTAINS GLUTEN, NUTS

£2.25

SMOKED BACON & EGG BUN

Smoked streaky bacon, air-fried egg,
hemp hash brown, red leicester, tomato,
spinach & harissa yoghurt, potato bun

CONTAINS EGG, GLUTEN, DAIRY

£3.25

EGG BACON AVO POT

2 x Burford Brown poached eggs,
smoked streaky bacon, hemp hash
brown & harissa yoghurt

CONTAINS EGG, DAIRY

£3.95

EGG 'OH-BOY'

Burford Brown poached egg with chipotle baked beans

V · DF · GF · CONTAINS EGG

£3.50

VE = VEGAN · VG = VEGETARIAN
GF = GLUTEN FREE · DF = DAIRY FREE

*Dude,
where's
my*

COFFEE



DOUBLE ESPRESSO	£2.2
LONG BLACK	£2.4
MACCHIATO	£2.4
FLAT WHITE	£2.6
LATTE	£2.6
CAPPUCCINO	£2.6
FILTER COFFEE	£1.75
BOTTOMLESS FILTER	£2.5
ICED COFFEE	£2.4
ICED LATTE	£2.8
MATCHA LATTE	£3

GO LARGE FOR 50p
DECAF 40p · ALMOND MILK 60p
COCONUT MILK 60p · SOYA MILK 50p

TEA ALL £2

GREEN TEA · PEPPERMINT · CHAMOMILE
ENGLISH BREAKFAST · EARL GREY · ROOIBOS
FRESH MINT TEA - £2.5

SUMMER KITCHEN

FROM 11:30AM UNTIL 3PM

GINGER & FENNEL DAAL £4.95

Slow braised red & puy lentils, chili, turmeric, ginger, garlic, dill, spring onions,
fennel, celery
CONTAINS SOYA · CELERY · DF · GF · VE

12HR LEBANESE LAMB SHOULDER £5.95

Lamb shoulder braised in lemon & garlic with minty bulgar
CONTAINS GLUTEN, WHEAT, MILK, SULPHITES

PRESERVED LEMON CHICKEN £5.95

Minty bulgar and black olives, lemony tahini yogurt, pickled purple carrots
CONTAINS DAIRY, SESAME · GF

BEEF TACO BOWL £6

Green rice, lime soya yogurt, crushed avo, pink onions, blue chips,
cholula hot sauce
CONTAINS SOYA · DF · GF

FALAFEL TACO BOWL £5

Green rice, lime soya yogurt, crushed avo, pink onions, blue chips,
cholula hot sauce
CONTAINS SOYA · DF · GF · VE

STICKY SOY SALMON £6.95

Rainbow slaw, brown rice, crushed avo, sriracha tamari dressing
CONTAINS SOYA · GF · DF

Go LARGE for £1.5

THE *Bel Air* SALAD BOX

FROM 11:30AM UNTIL 4PM

THE BROCC & ALMOND SLAW

Shaved broccoli, almonds, cranberries, buttermilk dressing

GF · V · CONTAINS DAIRY, NUTS

THE ASIAN RAINBOW SLAW

Cabbage, carrots, pak choi, spring onions, peanuts, raisins, ginger soy dressing

GF · DF · VE · CONTAINS PEANUTS, SESAME

THE MEXICAN QUINOA

Bulgur, black quinoa, sundried tomato, sweetcorn, jalapeño coriander dressing

DF · VE · CONTAINS GLUTEN

THE BAJA SWEET POTATO

Roasted sweet potato, black beans, oregano, feta, lime yoghurt dressing

V · GF · CONTAINS MUSTARD, SULPHITES

THE WILD SMOKEY

Wild rice, charred broccoli, bulgur wheat, smoked tomato salsa

DF · VE · CONTAINS GLUTEN, SULPHITES

THE SUMMER BALLER

Orzo, parmesan, peas, champagne truffle dressing, chervil, baby spinach, pea shoots

CONTAINS GLUTEN, DAIRY



GO LARGE! Extra portion for £1.75

VE = VEGAN · V = VEGETARIAN
GF = GLUTEN FREE · DF = DAIRY FREE

PIMPED SALAD BOXES

PICK 2 SALADS
£5.50

PICK 3 SALADS
£6.50

PICK 2 SALADS
£6.75

PICK 3 SALADS
£7.75

With a choice of

With a choice of

ROAST CHICKEN BREAST
GF · DF

SEASONAL FRITTATA
DF · V · EGG · DAIRY

BAKED SALMON FILLET
GF · DF

'CLUCK YEAH' CHICKEN SKEWER
GF · DF

SMOKED MACKEREL
GF · DF

STICKY TAMARI AUBERGINE
GF · DF · VE

BAKED BUTTERMILK CHICKEN
DAIRY · GLUTEN

LAMB KOFTE WITH PINE NUTS
GF · DF · NUTS

ARTICHOKE HEARTS
GF · DF · VE

BOMBAY SALMON CAKE
DF · EGG · GLUTEN

PEANUT 'NINJA' CHICKEN THIGH
SOYA, SULPHITES, SESAME, NUTS · GF · DF

SOY & GINGER SALMON
SOYA, SULPHITES, SESAME
GF · DF

OREGANO BAKED FETA
DAIRY · GF

BLACK BEAN FALAFEL
DF · VE

@belairfood

WE'RE LEGALLY REQUIRED TO ADD VAT TO NON-HOT FOOD WHEN YOU EAT IN. SORRY!