

LUNCH MENU

Bang
Belly

SOUPS

Cod & Corn Chowder ^{GF} **cup 7 | bowl 11**
Fogo Island Cod in a creamy, sweet corn broth with carrot, celery & fresh herbs

Add a homemade roll 2

Tomato Soup ^{GF} **cup 6 | bowl 9**
A homestyle tomato soup, seasoned with garlic & topped with fresh cream & croûtons

Add a homemade roll 2

SALADS

Green Salad ^{GF} **small 7 | big 11**
Fresh romaine lettuce topped with cherry tomatoes, grated carrot & sliced red onion, tossed with our house-made balsamic vinaigrette

Add shrimp salad, fried chicken,
or plant-based 'chicken' 5

Caesar Salad ^{GF} ^{OPTION} **small 8 | big 12**
Fresh romaine lettuce tossed in our house-made Caesar dressing, served with Parmesan cheese, crunchy herbed croûtons, and your choice of a real bacon crumble, or plant-based bacon crumble

Add shrimp salad, fried chicken,
or plant-based 'chicken' 5

Chickpea Salad ^{GF} **small 9 | big 13**
A hearty helping of chickpeas marinated in garlic & lemon, topped with roasted red pepper, Thompson raisins, shredded carrot, sesame seeds & fresh herbs, tossed in our creamy sesame dressing

Add shrimp salad, fried chicken,
or plant-based 'chicken' 5

Garden Panzanella Salad **15**
Roasted kale, crusty house-made bread, marinated tomatoes & pickled beets drizzled with our house buttermilk ranch dressing

Add shrimp salad, fried chicken,
or plant-based 'chicken' 5

SANDWICHES

All of our sandwiches are served with your choice of fries, crispy baby potatoes, green salad, or coleslaw

Substitute with gluten-free bread 2
Upgrade your side to Signature Fries 2
Upgrade your side to a small Caesar salad 3

Breakfast Sandwich ^{GF} ^{OPTION} **14**
Two scrambled eggs, cheddar cheese, mayo & tomato, with your choice of bacon, ham, or plant-based bacon crumble on a sesame seed bun

Substitute eggs with tofu scramble 2

Hamburger ^{GF} ^{OPTION} **17**
A flavourful, grilled house-made patty topped with mustard, burger sauce, lettuce, tomato, sweet pickle & pickled red onion on a sesame seed bun

Substitute with plant-based patty 2
Add cheese 1
Add bacon 2
Add plant-based cheese 2
Add plant-based bacon crumble 2

Cold Water Shrimp Roll ^{GF} ^{OPTION} **17**
Creamy shrimp salad drizzled on a lightly toasted sandwich roll, finished with our house-made dill vinaigrette & fresh herbs

Curried Chickpea Roll ^{GF} ^{OPTION} **15**
Lemon & garlic marinated chickpeas, mixed with raisins & roasted red peppers, tossed together in a creamy curry dressing, and topped with fresh herbs, served on a lightly toasted sandwich roll

Pulled Pork Sandwich ^{GF} ^{OPTION} **17**
Tender pulled pork smothered in our house-made BBQ sauce, topped with sweet pickles & creamy coleslaw, served on a sesame seed bun

Fried Chicken Sandwich **17**
Tender buttermilk fried chicken on a sesame seed bun, served in the style of your choice:

Classic: Lettuce, mayo & sweet pickles
- OR -

Nashville Hot: Lettuce, sweet pickles, ranch dressing & a spicy glaze

Substitute with plant-based chicken tenders 2

Fogo Island Cod Sandwich **17**
Light & crispy beer-battered Fogo Island Cod on a sesame seed bun, served in the style of your choice:

Classic: Tartar sauce & shredded lettuce
- OR -

Spicy: Sriracha mayo & coleslaw

PLATES

Fish & Chips 1 piece 16 | 2 pieces 20
Crispy beer-battered Fogo Island Cod, served with hand-cut fries, creamy house-made coleslaw & tartar sauce

Chicken & Chips 17
Buttermilk fried chicken tenders, served with our house-made BBQ dipping sauce & hand-cut fries

Substitute with plant-based 'chicken' tenders 2

SIDES & EXTRAS

French Fries GF OPTION 5

Crispy Baby Potatoes GF OPTION 5

Coleslaw GF 4

Extra Sauce GF 1

- Ranch
- Hot Sauce
- BBQ Sauce
- Creamy Sesame
- Burger Sauce
- Tartar Sauce

BANGBELLY SIGNATURE FRIES

Here at Bangbelly we love all things potato (owners Ian + Caitlyn even have a dog named Potato). So, we took our crispy, hand-cut fries and dressed them up in our new specialty house-made seasonings, making them that much more flavourful, and even more steal-able.

Choose from one of our signature flavours:

- Dill Pickle
- Tex-Mex
- Savoury-Onion
- Garlic Parmesan

Signature Fries GF OPTION 7

Upgrade any side GF OPTION 2



LITTLE BELLIES

SMALLER PORTIONS FOR KIDS UNDER 12

Chicken Tenders 9
Served with your choice of fries, or baby carrots with ranch dressing

Substitute with plant-based chicken tenders 2

Kid's Fish & Chips 10

Tomato Soup & Cheese Toast GF OPTION 7

Buttered Noodles GF OPTION 7

Parmesan Buttered Noodles GF OPTION 8

Please let your waiter know if you have any allergies and/or dietary restrictions.

While we do everything we can to prevent cross-contamination, our dishes are prepared in a kitchen where allergens are present throughout; therefore, we cannot guarantee your meal will be free from trace ingredients.

Please be advised: An automatic gratuity of 18% will be applied to groups of 6 or more individuals

*Menus subject to change without notice