

~While you wait ~

Bread Board , olive oil and balsamic vinegar <i>GI</i> ; Olives , Manzanilla and queen green olives in parsley & garlic dressing	5
Warm Pita Bread , hummus, taramasalata and baba ganoush; <i>GI, M, Nu, Fi, Se</i> ; Beef Biltong , dried and seasoned South African style	7

~Salads and Light Dishes~

Soup of the Day <i>Ask Waiter</i>	7
Bea's Chicken Noodle Soup <i>GI, Eg, M</i>	7
Classic Caesar Salad , shaved parmesan, crispy bacon and croutons <i>GI, Eg, M, Fi, Mu</i>	12/15
<i>Add grilled chicken, beef biltong or anchovies</i>	3/4
Tomato Burrata Sour Dough Toast , roasted cherry tomatoes, Burrata, fresh basil and olive oil <i>GI, M</i>	9
Wild Garlic Battered Calamari , All Gold tomato sauce <i>GI, Cr</i>	9
BBQ Chicken Salad , avocado, roasted tomatoes, crispy bacon and avocado mayonnaise <i>Eg, Mu</i>	12/19
Bobotie Spring Rolls , Mrs Ball's chutney (£1 donated to Sentebale Charity) <i>GI, Eg, M, SD</i>	10
Peri Peri Chicken Livers , corn bread <i>GI, Eg, M</i>	8/14

Super Salt Beef Sandwich on rye bread, broccoli coleslaw and pickles <i>GI, M, Mu, Ce, Eg</i>	19
<i>Procured from Henson's of Smithfield Market, providing London's best salt beef since the turn of the 19th century</i>	
The "Son of a Gun" Buttermilk Chicken Sandwich , spiced coleslaw, jalapenos, brioche bun <i>GI, M, Eg, Se</i>	19

~bbar Burgers and Rolls~

All burgers are hand made 8oz patties and are served on a toasted brioche bun, with lettuce, beef tomato, caramelised onions, gherkins, French fries and bbar relish

Classic – Angus beef, Classic Cheese or Classic Cheese and Bacon <i>GI, Eg, Nu, M, Mu, Se</i>	17/18/19
Wagyu Beef - Beef burger, sliced red onion, aged cheddar, avocado <i>GI, Eg, Se, Ce</i>	23
African – Wild boar and venison, fried quails egg, cinnamon marog and Chakalaka relish <i>GI, Eg, Nu, M, Se</i>	19
Veggie – Gluten free bun, carrot and parsnip patty, pickled red cabbage and tomato <i>Eg</i>	16
We recommend you order a side bowl of our famous chilli con carne with your burger!! <i>M</i>	5

Chips, Dips and Tops

French fries, chunky chips, crispy potato skins <i>M, Eg</i> , sweet potato fries <i>GI, M, Eg</i>	all 4
Dry cure bacon, avocado, Portobello mushroom, chilli sauce, jalapenos, biltong, fried egg, mature Cheddar <i>M, Nu, Eg</i>	all 2
Guacamole, garlic mayonnaise, broccoli coleslaw <i>M, Nu, Eg</i>	

~Grills~

All our beef is sourced to be aged for a minimum of 28 days and supplied to us by Buccleuch in Dumfries and Galloway, Scotland. Grilled to order and served with roasted vine tomato, Portobello mushroom, watercress and chunky chips.

Rib eye 10oz <i>M</i>	26
Fillet 7oz <i>M</i>	29
Sauces –Café de Paris <i>M, Mu</i> , green peppercorn <i>M, Ce</i> ; Bearnaise <i>M, Eg</i>	all 2
Grilled Fish of the Day <i>Fi, GI</i>	Market Price
Peri Peri Rotisserie Chicken , green beans, sweet potato fries <i>GI, Eg, Nu, M</i>	17

~Large Plates~

Classic Battered Fish and Chips , mushy peas <i>GI, Eg, Fi, Mu</i>	12/19
Cod and Salmon Fishcakes , parsley sauce and crispy curly kale <i>Fi, GI, Eg, Mu</i>	16
Parmesan Crumbed Chicken Schnitzel , creamed potato mash, spinach and lemon butter <i>GI, Eg, M</i>	18
Grilled Chicken Cobb Salad , free range egg, avocado, blue cheese, Parma ham and herb dressing <i>Eg, M, Mu</i>	18
Duck Cottage Pie ; chopped duck breast, tomato, sage, celery, onion, carrot and mashed potato <i>Ce, M, Mu</i>	19
Meatballs braised in red wine and tomato , Mac n cheese balls <i>GI, M, Eg, Ce</i>	17
Arthur's Chicken Curry , poppadoms and fragrant rice <i>Mu, Ce</i>	19
BBQ Beef Short Ribs , charcoal grilled corn on the cob, sweet potato fries <i>GI, M</i>	14/24
Tiger Prawn and Chilli Linguine , rocket and lemon <i>GI, Cr, Eg, M</i>	18

~Sides~

Corn on the cobb <i>M</i> , creamed nutmeg spinach <i>M</i> ; crispy curly kale <i>M</i> , honey glazed carrots <i>M</i> , green beans <i>M</i> ,	
Rocket and parmesan <i>M</i> ; tomato and onion, mixed leaf salad	4
French fries, chunky chips, sweet potato fries <i>M, GI</i> , creamy mash <i>M</i> , fragrant rice	4

Allergen Code :- **Gluten**; **Shellfish**; **Egg**; **Fish**; **Nuts**; **Soya bean**; **Mustard**; **Celery**; **Milk**; **Sesame**; **Crustacean**

*£1 will be donated to Sentebale on your behalf when choosing menu items highlighted in red
Sentebale, a charity co-founded by Prince Harry and Prince Seeiso from the Lesotho Royal Family, helping disadvantaged children in Lesotho.
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"43 Below", is available for dinner and amazing parties. Please ask a member of staff for further details.



Please note that an optional service charge of 12.5% will be added to your final bill.

Open: **Monday to Saturday 12:00 - 22:30**

43 Buckingham Palace Road | London SW1W 0PP

Telephone + 44 (0) 20 7958 7000 | Fax + 44 (0) 20 7958 7001

Website www.bbarlondon.com

