

the cyclist



S N A C K S

Whipped parsley & chive butter, Rinkoff's five-grain sourdough (v)	4.5
Hummus, toasted pitta, Aleppo pepper (vg)	6.5
Cumberland Scotch egg, Tracklements piccalilli	6
Ceringnola olives (vg)	4
Truffled hash browns, parmesan (v)	7

S M A L L P L A T E S

Baked Cyprus halloumi, Aleppo pepper, warm honey & thyme (v)	9
Watermelon, wild rocket, whipped feta, black olive, basil (vg)	8
Roasted cauliflower croquettes, mustard mayo, parmesan (v)	8.5
Charred tenderstem broccoli, romesco sauce, toasted almonds (vg)	6
Salt 'n pepper squid, chilli, spring onion, aioli, lemon	9
Fried Suffolk chicken thighs, hot honey, sriracha, aioli, spring onion, sesame	9
Burrata di Puglia, courgettes, capers, oregano, lemon & herb oil (v)	12
Arctic king prawns, coconut, coriander, lime, toasted flatbread	9.5
Maple cured Norwegian salmon, toasted rye, apple, cucumber, dill mayo	8

L U N C H

Lemon & thyme Suffolk chicken breast, pesto mayo, sundried tomato, rocket, sourdough	11
Devon crab, radish & watercress salad, crispy capers, sourdough	10
Ricotta fresca, cherry tomatoes, roasted red peppers, black olive, sourdough (v)	9
Chargrilled hereford flat iron steak, rocket, chimichurri, artichoke, crispy shallots	22
Nourishment bowl, Israeli couscous, cherry tomato, cucumber, vegan feta, hummus, kale, pumpkin seeds, sumaq (vg) add chicken, halloumi or squid	12 3.5
Harissa cauliflower, tahini, molasses, kale, pomegranate, crispy chickpeas (vg)	14
Smash burger, Herefordshire chuck & rib patty, Rinkoff's brioche bun, secret burger sauce, Koffmans skin on fries add bacon	2 15.5
Fish & chips- North sea line caught haddock, our kitchen triple cooked chips, mushy peas, tartar sauce	16

S I D E S £ 5 e a c h

- Koffman's skin on fries
- Triple cooked chips, rosemary salt
- Sauteed kale, toasted pine nuts