

the cyclist



S N A C K S

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

S M A L L P L A T E S

Burrata di puglia, roasted butternut squash, chilli, sage, lemon & herb oil	10
Roasted cauliflower croquettes, mustard mayo, parmesan (v)	8.5
Wild mushroom & chestnut soup, focaccia croutons (vg)	7
Baked Cyprus halloumi, aleppo pepper, warm honey & thyme (v)	9
Fried chicken, hot honey, sriracha, aioli, spring onion, sesame	9
Salt 'n pepper squid, chilli, spring onion, aioli, lemon	9
Arctic king prawns, coconut, coriander, lime, toasted flatbread	9.5
Chicken liver parfait, red onion marmalade, truffle butter, Rinkoff's 5 grain sourdough	8.5

T O D A Y ' S S P E C I A L

Confit Barbary duck leg, buttered mash, roasted roots, cavolo nero, Madeira jus	16
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L A R G E P L A T E S

Pan fried Anglesey seabass, ratte potatoes, tenderstem brocolli, salsa verde, red wine jus	17.5
Harissa cauliflower. tahini, molasses, kale, pomegranate, crispy chickpeas (vg)	14
28 day aged sirloin steak, confit tomato, triple cooked chips, peppercorn sauce	27.5
Mr Bosworth's of Ongar pork belly, smoked pancetta cassoulet, sticky red cabbage	16
Nourishment bowl, Israeli couscous, cherry tomato, cucumber, vegan feta, hummus, kale, pumpkin seeds, sumaq (vg) add chicken, halloumi or squid 3.5	12
Smash burger, Herefordshire chuck & rib patty, Rinkoff's brioche bun, secret burger sauce,	15.5
Koffmans skin on fries add bacon 2.	
Fish & chips- North sea line caught haddock, triple cooked chips, mushy peas, tartar sauce	16

S I D E S £ 5 e a c h

Koffman's skin on fries , rosemary salt | Triple cooked chips | Sauteed kale, toasted pine nuts |
Charred tenderstem brocolli