

the cyclist

Mimosa 8 | Espresso Martini 9.5 | Bloody Mary 8 | Aperol Spritz 8

BRUNCH

Full English - Cumberland sausage, smoked streaky bacon, free range eggs, tomato, mushroom, baked beans, hash browns, sourdough toast	13.5
Full vegan - Plant-based burger patty, avocado, tomatoes, mushroom, baked beans, hash browns, sourdough toast (vg)	13.5
Eggs Benedict: Toasted muffin, poached eggs, hollandaise with ham (9), smoked salmon (9.5), spinach (8.5)	9
Smashed avocado, Aleppo chilli, lime, poached egg, feta, sourdough toast (v)	9.5
Baked eggs, chorizo or butternut squash (v), labneh & sourdough toast	9.5
Waffles with buttermilk fried chicken, maple syrup	10
Portobello mushrooms, coconut yoghurt, spinach, pesto, toasted sourdough (vg)	9

STARTERS

Whipped garlic and herb butter w/ sourdough toast (v)	4
Burrata, heritage tomatoes, basil oil & pink pepper (v)	8
Salted haddock croquettes, tartar sauce	7
Braised pigs cheeks, pea puree, N'duja	8.5
Spiced aubergine, coconut yoghurt, pomegranate, spring onion, flatbread (vg)	6.5
Black rice, prawns, aioli	9.5 / 17
Grilled Cornish sardines, olive oil, parsley, lemon, beef tomato, pickled shallot	9 / 14
Breaded halloumi sticks, chipotle ketchup, roasted garlic aioli, pomegranate, spring onion (v)	7
Chilli & garlic prawns, spring onion, toasted sourdough	8.5
Judion bean salad, artichoke, green beans, spring onion, roasted red peppers (vg)	9.5
Harissa hummus, flatbread (vg)	6
Ssamjang fried cauliflower, sweet peppers, ginger, spring onion (vg)	7

LUNCH

Double smash burger, double cheese, onion, pickles, burger sauce, fries add bacon 1	14.5
Nourish bowl - hummus, chickpeas, kale, avocado, pickled veg, baby spinach & tahini dressing (vg)	11
add chicken 3 add prawns 4 add halloumi 3	
Beer battered haddock or halloumi (v), triple cooked chips, crushed peas & tartar sauce	15
Vegan burger, baby gem, beef tomato, chipotle mayo & fries (vg)	14.5

SIDES (ALL 4.5)

Triple-cooked chips | Fries | Babygem & avocado salad
Heritage tomatoes & pickled red onions | Miso broccoli

