

# the cyclist



## STARTERS

Whipped garlic and herb butter & toasted sourdough (v)	4
Burrata, heritage tomatoes, basil oil (v)	8
Spiced aubergine, coconut yoghurt, pomegranate, flatbread (vg)	7
Salted haddock croquettes, tartar sauce	7
Harissa hummus, flatbread (vg)	6
Chilli & garlic prawns, spring onion, toasted sourdough	8.5
Breaded halloumi sticks, chipotle ketchup, roasted garlic aioli, pomegranate, spring onion (v)	7
Pigs cheeks, pea puree, N'duja	8.5
Ssamjang fried cauliflower, sweet peppers, ginger, spring onion (vg)	7.5
Judion bean salad, artichoke, green beans, spring onion, roasted red peppers (vg)	9.5

## SPECIALS

Prawn bisque, parmesan straws	6
Cider braised pork belly, calcannon mash, cider jus	12.5

## LUNCH

Smashed avocado, Aleppo chilli, lime, feta, poached eggs, sourdough toast (v)	8.5
Baked eggs with chorizo or butternut squash (v), labneh, sourdough toast	9.5
Grilled Cornish sardines, olive oil, parsley, lemon, beef tomato, pickled shallot	9
Grilled halloumi wrap, cos lettuce, sriracha sauce, pickled carrot, red onion, fries (v)	7.5
Judion bean salad, artichoke, green beans, spring onion, red peppers, lemon & parsley dressing (vg)	9.5
Black rice, prawns, aioli	9.5
Chicken, bacon & avocado salad, cucumber & dill dressing	9
Double smash burger, double cheese, onion, pickles, burger sauce, fries   add bacon 1	14.5
Nourishment bowl - smoked aubergine, chickpeas, avocado, pickles, baby spinach, tahini dressing (vg) add chicken 3   add prawns 4   add halloumi 3	11
Beer battered haddock or halloumi (v), triple cooked chips, crushed peas, tartar sauce	15
Vegan burger, baby gem, beef tomato, vegan gouda, chipotle mayo, fries (vg)	14.5
Chargrilled aged sirloin steak, triple cooked chips, peppercorn sauce	25

## SIDES (ALL 4.5)

Triple-cooked chips   Fries   Baby gem & avocado salad	
Heritage tomatoes & shallot salad   Miso tenderstem broccoli	