



Lunch Menu, served until 4pm

SMALL	Chilli & garlic king prawns, toasted sourdough 12
PLATES	Crispy chicken, Korean ketchup, sesame, chilli, spring onion 9 Heritage beetroot & beluga lentil salad, vegan feta, pomegranate, balsamic dressing (vg) 10 Truffle cauliflower cheese croquettes, black aioli (v) 11 Baked halloumi, hot honey, Aleppo chilli, thyme (v) 10 Chilli & ginger crab cake, lime mayo, mixed salad 11.5 Burrata di Puglia, heirloom tomatoes & wild rocket, lemon herb oil (v) 12 Grilled lamb koftas, minted yoghurt, flatbread 12.5 Salt & pepper squid, spring onions, chilli, aioli 10 Padrón peppers, smoked sea salt (vg) 7.5 Leek & potato soup, parmesan croutons (v) 7
TO SHARE	Mezze board: Coriander hummus, padrón peppers, baba ganoush, tomato, olive & feta salad, flatbread 20 Baked Camembert, sourdough, cornichons, apple & onion chutney (v) 16.5
LUNCH	Cumberland sausages, mashed potatoes, wilted spinach, beer & onion gravy 15 Bacon chop, fried egg, triple cooked chips, watercress 15 Fish finger sando, iceberg lettuce, tartare sauce, skin-on fries 15 Coronation chicken open sandwich, skin-on fries 15 Shakshuka: baked egg, tomatoes, sweet peppers, saffron, sourdough bread (v) 13.5 (+ add halloumi 2.5) Roast beef sandwich, horseradish mayo, wild rocket, skin-on fries 15.5
MAIN	Roasted salmon supreme, crushed new potatoes, samphire, French beans, tomato & olive dressing 24
COURSE	Chicken schnitzel, wild rocket, fennel & Grana Padano salad, roasted garlic & herb butter, fried Burford egg 19 Lamb ragù pappardelle, cherry tomatoes, Kalamata olives, grated parmesan 22 28-day aged ribeye on the bone, triple cooked chips, watercress, green peppercorn sauce 33.5 Double smash burger, American cheese, burger sauce, onions, pickles, skin-on fries 18 The Fisherman's pie, smoked haddock, salmon & cod, with buttered savoy cabbage 21 Confit duck leg, rosemary pink potatoes, green beans, truffle jus 23.5 Fish & chips: North Sea line-caught haddock, triple cooked chips, mushy peas, tartare sauce 19 Plant based burger, smoked applewood, tomato, lettuce, jalapeño mayo, skin-on fries (vg) 17 Baked North Sea cod fillet, lobster bisque, buttered pink potatoes, tenderstem broccoli 24.5
SIDES	Triple cooked chips (vg) 6.5 Skin-on fries (vg) 6 (add truffle & parmesan +2.5) New potatoes (v) 6 Garden salad, tomato, cucumber (vg) 6 Tenderstem broccoli, chilli & garlic (vg) 7.5



THE CYCLIST IS PROUDLY PART OF THE URBAN PUBS & BARS FAMILY.

We cannot guarantee the absence of traces of nuts or other allergens. If you have any dietary requirements or allergies, kindly inform a member of our team. An optional 12.5% service charge will be added to your bill - all of which goes to our staff. (V) vegetarian (VG) vegan