

EBIKE CAFE

@ DEHEERS

All of our menu is available for take away, please ask for this option when ordering.

PANINIS & TOASTS

Gluten Free breads on request.

Avocado on sourdough, crumbled feta & chilli flakes & rocket (V) (available with vegan feta on request VE/DF) £7.95
'pimp up' with bacon + £1.00

Falafel, beetroot hummus, rocket served on pitta with mint yoghurt dressing (V) £6.95

Tomato, spinach, cheddar & caramelised onion chutney panini (V) (available as vegan) £6.50

Chicken, cheddar, spinach & caramelised onion chutney panini £6.95

Bacon, brie & cranberry panini £6.95

Keep it simple, bacon panini, red or brown 'jus' £4.50

B U D D H A B O W L S / S A L A D S

MEXICAN BOWL

Smashed avocado, pitta chips, black beans, cherry tomatoes, sweetcorn, chilli flakes, quinoa, jalapenos, kale, soured cream dressing (V) £9.95 (add chicken + £1.00)

GREEK BOWL

Hummus, pitta chips, couscous, rocket, chopped tomatoes, olives, cucumber, feta cheese (V) £9.50 (available with vegan feta -DF/VE)

ASIAN BOWL

Edamame beans, kale, grated carrot, beansprouts, red cabbage, quinoa, satay, chilli & ginger (V) (VE- ask for no satay) £9.95 (add chicken + £1.00)

S M O O T H I E S & B O W L S

Bowls consist of a thicker smoothie blend served in a bowl topped with wholefoods.

GREEN GODDESS SMOOTHIE

Avocado, spinach, kale, kiwi, banana, coconut/almond milk. (VE, V, GF, DF)
CONTAINS NUTS £4.50

GREEN GODDESS BOWL

A thicker blend of above topped with banana, kiwi, blueberries, assorted nuts & seeds (VE, V, GF, DF) CONTAINS NUTS £6.95

BRAMBLE BERRY SMOOTHIE

Blackberries, blueberries, morello cherries, banana, peanut butter & coconut/almond milk (VE, V, GF, DF)
CONTAINS NUTS £4.50

BRAMBLE BOWL

A thicker blend of above topped with blackberries, banana, blueberries, granola, peanut butter, coconut flakes. (VE, V, DF) CONTAINS NUTS £6.95

SUNSHINE SMOOTHIE

Mango, papaya, pineapple, banana, coconut/almond milk (V, VE, GF, DF)
CONTAINS NUTS £4.50

SUNSHINE BOWL

A thicker blend of above topped with banana, mango, assorted nuts & seeds (V, VE, GF, DF) CONTAINS NUTS £6.95

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SWEET TREATS

CHOCOHOLIC SHAKE

Cocoa powder, chocolate chips, frozen banana, rolled oats, peanut butter, coconut/almond milk & maple syrup (V, GF) CONTAINS NUTS £4.50

CHOCOHOLIC BOWL

Ingredients as above topped with banana, almonds, chocolate chips, coconut flakes & peanut butter. (V, GF) CONTAINS NUTS £6.95

COLD DRINKS

COKE £1.80
DIET COKE £1.80

ORGANIC SPARKLING DRINKS:

ELDERFLOWER £2.40
APPLE £2.40
CRANBERRY £2.40
GINGER £2.40
LEMONADE £2.40
ORANGE & LEMON £2.40

(330ml cans)

ICED COFFEE £2.60
PEACH ICED TEA £2.60
ORANGE / APPLE JUICE £2.40

CAKES & SNACKS

SPONGE £3.50
TRAYBAKES £2.50
GLUTEN FREE TRAYBAKE £2.50
ASSORTED CRISPS £1.20
OLIVES £3.50
HUMMUS, OLIVE OIL, CHILLI & PITTA £3.50

HOT DRINKS

AMERICANO £2.60
LATTE £2.60
FLAT WHITE £2.60
CAPPUCCINO £2.60
ESPRESSO £1.80
DOUBLE ESPRESSO £2.10
MACCHIATO £2.30
MOCHA £2.60

TEAS (ENGLISH BREAKFAST, GREEN, BERRY CHAMOMILE, REDBUSH, PEPPERMINT) £1.80

HOT CHOCOLATE £2.60 (+ CREAM £0.70)

CHAI LATTE £2.60

GOLDEN MILK (TURMERIC, BLACK PEPPER, CINNAMON, HONEY & COCONUT MILK) A SPECIAL AYURVEDIC DRINK WITH MULTIPLE HEALTH BENEFITS. (DF, VE) £3.00

SYRUPS: GINGERBREAD, HAZLENUT, VANILLA, CINNAMON, CARAMEL, TRIPLE SEC, PUMPKIN SPICE (SEASONAL) £0.40

MILK ALTERNATIVES: COCONUT, ALMOND, OAT & SOYA £0.30

ALLERGENS

Please inform a member of staff if you have any dietary requirements

(V) - Vegetarian (VE) - Vegan (DF) - Dairy Free (GF) - Gluten free

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9 A CUSTOM HOUSE QUAY, WEYMOUTH, DORSET

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