

EBIKE CAFE

@ DEHEERS

Our menu is an all day menu & it is all available for take away, please ask for this option when ordering.

BRUNCH

Gluten Free available on request.

Warm Porridge in coconut milk, honey, cinnamon, topped with banana, blackberries, blueberries, peanut butter, coconut flakes & chai seeds (V)(VE) £5.95

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

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

PANINIS

Gluten Free available on request.

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

Chicken, cheddar, spinach & caramelised onion chutney panini £7.25

Bacon, brie & cranberry panini £7.25

B U D D H A B O W L S

MEXICAN BOWL

Smashed avocado, pitta chips, black beans, cherry tomatoes, sweetcorn, chilli flakes, quinoa, jalapenos, kale, soured cream dressing (V) £10.95 (add chicken + £1.00)

GREEK BOWL

Hummus, pitta chips, couscous, rocket, chopped tomatoes, olives, cucumber, feta cheese (V) £10.95 (available vegan feta -DF/VE)

ASIAN BOWL

Edamame beans, kale, grated carrot, beansprouts, red cabbage, quinoa, satay, chilli & ginger (V)(VE- ask for no satay) £10.95 (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 £2.70
PEACH ICED TEA £2.70
ORANGE / APPLE JUICE £2.40

CAKES & SNACKS

CROISSANTS £2.50
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 £2.70
LATTE £2.70
FLAT WHITE £2.70
CAPPUCCINO £2.70
ESPRESSO £1.90
DOUBLE ESPRESSO £2.20
MACCHIATO £2.40
MOCHA £2.70

TEAS (ENGLISH BREAKFAST, GREEN, BERRY CHAMOMILE, REDBUSH, PEPPERMINT) £1.90

HOT CHOCOLATE £2.70 (+ CREAM £0.70)

CHAI LATTE £2.70

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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