

# E BIKE CAFE

## @ DEHEERS

### PANINIS & TOASTS

All available on Gluten Free breads on request.

Avocado on sourdough, crumbled feta & chilli flakes (V)  
(available without feta VE/DF) £6.25

Brie, cranberry & spinach panini (V) (available with ve-  
gan cheese) £6.25

Tomato, green pesto & mozzarella panini (V) £6.25

Tomato, spinach & vegan cheese panini (VE, V DF) £6.25

Bacon, brie & cranberry panini £6.75

Prosciutto Ham, cheddar cheese & caramelised onion  
chutney panini £6.75

Keep it simple, bacon panini £4.50

### BUDDHA BOWLS / SALADS

#### SUPERFOOD BOWL

Kale, spinach, quinoa,  
avocado, beetroot, grated carrot, chilli & ginger  
dressing. (V, VE) £7.95 (torn chicken + £1.00)

#### THE GREEK

Hummus, pitta bread,  
couscous, rocket, chopped tomatoes, olives, cucumber,  
feta cheese (V) £8.50 (available without feta -DF/VE)

### SMOOTHIES & BOWLS

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

#### GREEN GODDESS SMOOTHIE

Avocado, spinach, kale, kiwi, banana, coconut milk &  
honey. (VE, V, GF, DF) CONTAINS NUTS £3.95

#### GREEN GODDESS BOWL

A thicker blend of above topped with banana, kiwi, blue-  
berries, coconut flakes, pumpkin seeds, & linseed mix  
(VE, V, GF, DF) CONTAINS NUTS £5.95

#### VERY BERRY SMOOTHIE

Blackberries, blueberries,  
raspberries, strawberries, banana, peanut butter, & co-  
conut milk (VE, V, GF, DF) CONTAINS NUTS £3.95

#### VERY BERRY BOWL

A thicker blend of above topped with strawberries, rasp-  
berries, coconut flakes, almonds, & chai seeds (VE, V,  
GF, DF) CONTAINS NUTS £5.95

#### SUNSHINE SMOOTHIE

Mango, papaya, pineapple, banana, coconut milk & honey  
(VE, V, GF, DF) CONTAINS NUTS £3.95

#### SUNSHINE BOWL

A thicker blend of above topped with banana, blueber-  
ries, coconut flakes, linseed mix & chai seeds (VE, V,  
GF, DF) CONTAINS NUTS £5.95

## C A K E S & S N A C K S

GLUTEN FREE / VEGAN AVAILABLE

SPONGE CAKE £3.50

TRAYBAKES £2.50

ASSORTED CRISPS £1.00

## H O T D R I N K S

AMERICANO £2.60

LATTE £2.60

FLAT WHITE £2.60

CAPPUCHINO £2.60

ESPRESSO £1.80

DOUBLE ESPRESSO £2.10

MACCHIATO £2.30

MOCHA £2.60

HERBAL TEAS (GREEN, PEPPERMINT,  
CHAMOMILE, RED BUSH, LEMON, BERRY) £1.80

HOT CHOCOLATE £2.60 (+ CREAM £0.70)

GOLDEN MILK (TUMERIC, BLACK PEPPER & COCONUT MILK) A  
SPECIAL AYURVEDIC DRINK WITH MULTIPLE HEALTH BENE-  
FITS. £2.60

SYRUPS: GINGERBREAD, VANILLA, CARAMEL, TRIPLE SEC,  
PUMPKIN SPICE £0.40

## S W E E T T R E A T S

CHOCOHOLIC SHAKE

Cocoa powder, chocolate chips, banana, rolled oats, pea-  
nut butter, coconut milk & maple syrup (V, GF) CONTAINS  
NUTS £3.95

CHOCOHOLIC BOWL

Ingredients as above topped with banana, almonds, choco-  
late chips, coconut flakes & melted peanut butter. (V,  
GF) CONTAINS NUTS £5.95

## C O L D D R I N K S

COKE £1.80

DIET COKE £1.80

SPRITE £1.80

FANTA £1.80

SANPELLAGRINO CANS £1.80

(330ML CANS)

ELDERFLOWER PRESSE £2.40

ORANGE / APPLE JUICE £2.40

PINK LEMONADE £2.40

ICED COFFEE £2.60

## A L L E R G E N S

Please inform a member of staff if you have any dietary requirements  
(V) - Vegetarian (VE) - Vegan (DF) - Dairy Free (GF) - Gluten free

## E B I K E C A F E @ D E H E E R S

9 A C U S T O M H O U S E Q U A Y , W E Y M O U T H , D O R S E T

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