

EBIKE CAFE

@ DEHEERS

Gluten Free & dairy free products available on request. All of our menu is available for take away. please ask for this option when ordering.

BRUNCH

Avocado sourdough, feta & chilli flakes & rocket (V) (vegan feta on request VE/DF) £8.95 'pimp up' with bacon + £1.00

Bacon panini, red or brown 'jus' £5.50

Warm porridge, coconut milk, honey, cinnamon, topped with banana, seasonal berries, peanut butter, coconut flakes & chia seeds (V) (VE) £6.95

PANINIS

Falafel, Hummus, rocket served on pitta OR panini (VE)
add mint yoghurt sauce (V) £7.50

Tomato, spinach, cheddar & caramelised onion chutney (V) (vegan available) £7.50

Chicken, cheddar, spinach & caramelised onion chutney £7.95

Bacon, brie & cranberry £7.95

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

MEXICAN BOWL

avocado, pitta, black beans, cherry tomatoes, sweetcorn, chilli, quinoa, jalapenos, kale, soured cream (V)
£11.95 (add chicken + £1.00)

GREEK BOWL

Hummus, pitta, couscous, rocket, chopped tomatoes, olives, cucumber, feta (V) £11.95 (vegan feta -DF/VE)

ASIAN BOWL

Edamame, kale, carrot, beansprouts, red cabbage, quinoa, satay, chilli & ginger (V) (vegan available) £11.95
(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 £5.00

GREEN GODDESS BOWL

A thicker blend of above topped with banana, kiwi, blueberries, assorted nuts & seeds (VE, V, GF, DF) CONTAINS NUTS £7.50

VERY BERRY SMOOTHIE

Seasonal berries, banana, peanut butter & coconut/almond milk (VE, V, GF, DF) CONTAINS NUTS £5.00

VERY BERRY BOWL

A thicker blend of above topped with seasonal berries, banana, granola, peanut butter, coconut flakes. (VE, V, DF) CONTAINS NUTS £7.50

SUNSHINE SMOOTHIE

Mango, pineapple, banana, coconut/almond milk (V, VE, GF, DF) CONTAINS NUTS £5.00

SUNSHINE BOWL

A thicker blend of above topped with banana, mango, assorted nuts & seeds (V, VE, GF, DF) CONTAINS NUTS £7.50

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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 £5.00

CHOCOHOLIC BOWL

Ingredients as above topped with banana, almonds, chocolate chips, coconut flakes & peanut butter. (V, GF)
CONTAINS NUTS £7.50

CAKES & SNACKS

Gluten Free / vegan available

TRAYBAKES £2.50

BROWNIES/SHORTBREAD £3.00

SCONES £3.50

SPONGE CAKES £3.50 – £4.50

ASSORTED CRISPS £1.20

OLIVES £3.50

HUMMUS, OLIVE OIL, CHILLI & PITTA £3.50

COLD DRINKS

COKE £2.20

DIET COKE £2.20

SPARKLING DRINKS:

ELDERFLOWER £2.95

APPLE £2.95

LEMONADE £2.95

GINGER £2.95

CRANBERRY £2.95

ORANGE & LEMON £2.95

ICED COFFEE £3.00

PEACH ICED TEA £3.00

ORANGE / APPLE JUICE £3.00

HOT DRINKS

AMERICANO £3.00

LATTE £3.00

FLAT WHITE £3.00

CAPPUCCINO £3.00

ESPRESSO £2.10

DOUBLE ESPRESSO £2.40

MACCHIATO £2.80

MOCHA £3.20

TEAS (ENGLISH BREAKFAST, GREEN, BERRY CHAMOMILE, REDBUSH, PEPPERMINT) £2.20

HOT CHOCOLATE £3.00 (+ CREAM £0.80)

CHAI LATTE £3.50

GOLDEN MILK (TUMERIC, BLACK PEPPER, CINNAMON, HONEY & COCONUT MILK) A SPECIAL AYURVEDIC DRINK WITH MULTIPLE HEALTH BENEFITS. (DF, VE) £3.50

BEETROOT LATTE (BEET POWDER, ALMOND MILK, MAPLE SYRUP, VANILLA, CINNAMON) A NUTRIENT RICH ELEXIR (DF, VE) £3.50

SYRUPS: GINGERBREAD, HAZLENUIT, VANILLA, CINNAMON, CARAMEL, TRIPLE SEC, PUMPKIN SPICE, MINT, IRISH CREAM, VANILLA, SUGAR FREE CARAMEL £0.50

MILK ALTERNATIVES: COCONUT, ALMOND, OAT & SOYA £0.50

ALLERGENS

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

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

EBIKE CAFE @ DEHEERS

9 A CUSTOM HOUSE QUAY, WEYMOUTH, DORSET

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