

# EBIKE CAFE

@ DEHEERS

## EBIKE FAVOURITE

**Frittata** with mixed leaves, tomatoes, cucumber, chutney, topped with seeds & served with French dressing (GF, V, N) Contains Nuts 10.95 - Limited Availability

## BRUNCH

**Warm Porridge:** Coconut milk, honey, cinnamon, topped with banana, blackberries, blueberries, coconut flakes & chai seeds (V,VE,N) Contains Nuts 9.00 until 11:30

**Bacon Panini:** Red or brown 'jus' 7.95

**Fluffy pancakes** served with seasonal fresh fruit, lemon & syrup 8.95 'pimp up' with bacon + 3.00 or Greek Yogurt + 1.00

**Avocado On Sourdough:** Crumbled feta, chilli flakes & rocket (V) (available with vegan feta VE/DF) 11.50 'pimp up' with bacon + 3.00 with cherry tomatoes + 2.00

**Toast,** Butter & preserves 3.75

## PANINIS

*Served with side salad.*

**Veggie:** Caramelised onion, tomatoes, cheddar & spinach (V) (vegan option available) 9.50

**Chicken:** Chicken, cheddar, spinach & caramelised onion chutney 9.95

**BBC:** Bacon, brie & cranberry 9.50

## BUDDHA BOWLS

**Moroccan Bowl:** Served warm with cous cous, chilli flakes, butternut squash, kale, beetroot, black beans, falafel, dressed with mint yoghurt, olive oil, pumpkin seeds & Moroccan spices 12.95 (V) (add chicken 3.00) (vegan available - no yoghurt)

**Greek Bowl:** Hummus, pitta, couscous, rocket, tomatoes, cucumber, olives & feta cheese 12.95 (V) (add chicken 3.00), available with vegan feta (DF,VE)

## SMOOTHIE BOWLS SMOOTHIES

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

**Very Berry:** Mixed berries, banana, coconut / almond milk topped with fruits. Bowl topped with granola & coconut. (VE, V, GF, N, DF) Contains Nuts Bowl 9.95 - Smoothie 5.00

**Sunshine:** Mango, papaya, banana, pineapple, coconut/almond milk. Bowls topped with fruits, nuts & seeds. (VE, DF, N, GF) Contains Nuts Bowl 9.95 - Smoothie 5.00

## CAKES

Please see our cake table.

## ALLERGENS

Nuts are present in our kitchen, and some of our dishes do contain nuts as ingredients. We take food safety seriously and are committed to accommodating all dietary needs. If you have a nut allergy or any other dietary concerns, please inform our staff. Your well-being is our priority, and we appreciate your understanding.

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

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## FREEDOM FLAT WHITE

\*10p From every Freedom Flat White is donated to M.V. Freedom our charitable partner for 2025.

## HOT DRINKS

Freedom Flat White 3.75

Cappuccino 3.75

Americano 3.50

Latte 3.75

Espresso 2.20

Double Espresso 2.70

Macchiato 3.75

Mocha 4.00

Dorset Tea, Green, Berry, Chamomile,

Redbush, Peppermint Tea 2.75

Hot Chocolate 3.50 *(add cream 0.80)*

Chai Latte 4.00 *(Dirty + 0.50)*

**Golden Milk** (Turmeric, Black Pepper, Cinnamon, Honey & Coconut Milk (DF, V, N) *Contains Nuts* 5.00

**Beetroot Latte** (Beet powder, Almond milk, maple syrup, vanilla, cinnamon (DF, VE, N) *Contains Nuts* 5.00

**Syrups:** *Vanilla, Caramel, Irish Cream, Sugar-Free Caramel 0.50*

**Milk Alternatives:** *Oat, Coconut (N) & Almond (N) Contains Nuts 0.50*

## BAR

### WINE • BEER • CIDER

Pint – 6.00

Half Pint – 3.50

Damm Lemon 330ml bottle – 5.00

Cider 500ml bottle – 5.20

Damm Free 0% alcohol free – 5.00

Gin & Tonic (Double) – 8.00

Vodka Tonic (Double) – 8.00

Prosecco Bottles – 6.95 / 25.00

Wine Glass – 4.50 / 5.50 / 7.00

Wine By The Bottle – 20.00

### COLD DRINKS

Coke – 2.75

Diet Coke – 2.50

Sparkling Flavoured Drinks – 2.95

Sparkling Water – S 2.50 – L 4.00

Iced Coffee – 3.25

Peach Iced Tea – 3.00

Orange/Apple juice – 3.00

Pips – 1.75

### LIGHT BITES

Hummus, olive oil, chilli flakes with breadsticks or pitta bread 4.75

Bowl of olives 3.95

Crisps 1.75



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