

THE
FROTHY BIKE CO.

CAFÉ MENU

We work with local businesses including Nith Valley Eggs and Express Bakery. This means you can enjoy every bite with the knowledge that your food has been sourced as locally as possible, and is produced and cooked with the greatest of care.

All of our menu can be prepared as TAKE OUT.

- Intolerances, Plant Based Food and Drink -

We take pride in providing a diverse menu catering for most diets and take every measure to avoid allergen and animal product cross contamination. However, all our food is prepared in our small kitchen and so there is always the possibility that cross contamination may occur.

We are not strictly vegan or gluten free but most items on our menu can be made entirely with plant based products or without gluten containing ingredients.

Fresh food, not fast food.

TABLE SERVICE

Breakfast

8:00am - 11:30am

Porridge

£3.00

Nice and simple - plain oats with milk.

Granola

£3.00

Nutty & fruity with milk as standard.

Add a fresh fruit topper to bag one of your ten a day,
see extras↓↓

Build your own toast

£1.50 ea

We have a selection of breads, with butter (PB option), add...

| | |
|-------------------------------|-------|
| +Smoked salmon | £2.90 |
| +Poached or scrambled eggs x2 | £2.00 |
| +½ avocado | £2.00 |
| +Sauteed cherry vine tomatoes | £1.30 |
| +Wilted spinach | £1.30 |
| +Hollandaise (PB) | £1.30 |

Toppings for toast / oats

+50p each or 3 for £1

apple - banana - blueberries
cinnamon - maple syrup
natural plain yogurt - dairy free yogurt
peanut butter - jam - honey

Whole banana or apple £1

Drinks

Coffees and teas supplied by John Watt, Carlisle.

| | Small | Medium | Large |
|--|-------|--------|-------|
| Filter | 2.00 | 2.40 | 2.60 |
| Americano | 2.30 | 2.50 | 3.00 |
| Flat white | 2.60 | - | - |
| Café Latte | 2.50 | 2.70 | 3.30 |
| Cappuccino | 2.50 | 2.70 | 3.30 |
| Espresso | 2.00 | - | - |
| Macchiato | 2.20 | - | - |
| Cortado | 2.30 | - | - |
| Speciality Latte; Matcha, beetroot or turmeric | 2.90 | 3.10 | 3.50 |
| Loose Leaf Teas; Breakfast, Earl Grey, Sencha Green, Moroccan Mint, Blood Orange, Bouquet Royale | - | 2.50 | - |
| Hot chocolate | 2.70 | 2.90 | 3.10 |
| Babychino | £1 | | |

Extras +50p

coffee shot - alternative milk
cream - mini marshmallows - syrup

| SMOOTHIES | Regular |
|--|----------------|
| Tropical punch - Mango/Pineapple/Kiwi *NEW RECIPE* | 3.50 |
| Berry Berry - Strawberry/blueberry/raspberry *NEW RECIPE* | |

| | |
|---|-------|
| Fentimans (victorian lemonade, elderflower, ginger beer) | £1.90 |
| Fresh juices (apple, orange, pineapple) | £1.70 |
| Cans (Coca Cola, Diet Coke) | £1.80 |
| Water - sparkling or flat | £1.80 |

Lunch

12:00 noon - 3:00pm

PB = Plant Based V - Vegetarian

Homemade Soup (PB) - freshly made in house **£4.00**
+ Bread/toast & butter **£1.50**
+ Toppings ↓ **from £2.00**

BUILD YOUR OWN LUNCH

Choose a base (salad, wrap or rice) and add toppings or fillings and your sauce!

Salad (PB) **£6.50**
Salad leaves, cherry tomatoes, rainbow slaw, peppers, onion etc?
raw sugar snap peas. Add your sauce ↓
+ **Extra toppings** ↓

Wraps **£7.50**
Comes with a 1x filler of your choice, grilled peppers & salad.
Add your sauce ↓
All served **warm**, with a side of rainbow slaw.

Rice Bowl (PB) **£8.50**
Wild rice, homemade kimchi, sauteed sugar snap peas, broccoli and carrots. Topped with toasted sesame seeds and a wedge of lime. Add your sauce ↓
+ **Extra toppings** ↓

Homemade sauces (PB)

Green tahini - Sesame base with fresh herbs, garlic & lime
Apricot and chilli chipotle - Sweet with gentle heat
Hummus - Chickpea base with garlic, olive oil & lemon
NEW **Yakitori** - a sweet soy based sauce with a little spice
NEW **Ranch** - Light and cool base with dill & garlic
NEW **Caesar** - **Creamy and tangy, an old favourite**

Toppings £2.00 ea

Grilled chicken - Halloumi - ½ **Avocado** - **Homemade Falafel**

Children's menu

8:00am - 3:00pm

All meals include a cup of
squash, fresh juice or milk.

| | |
|--|-------|
| <u>Sandwich Platter</u> | £5.50 |
| Choose from any sandwich below ↓ + Yogurt (strawberry, natural) + Side of salted crisps + 2x Digestive biscuits | |
| <u>Cheese sandwich</u> - proper bread buttered & crusts off | |
| £4.00 | |
| <u>Peanut Butter +/- Jam +/- Honey sandwich</u> | £3.50 |
| <u>Vegetable sticks with hummus</u> | £3.50 |
| <u>Apple sticks, plain yogurt & honey</u> | £3.50 |
| <u>Mug of soup (of the day) & dippy bread soldiers</u> | £3.50 |

We have baby changing facilities and high chairs.

Bottle needs warming? Or you need an extra plastic
plate...just ask and we'll do our best to help.