

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

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
<b>Filter</b>	2.00	2.40	2.60
<b>Americano</b>	2.30	2.50	3.00
<b>Flat white</b>	2.60	-	-
<b>Café Latte</b>	2.50	2.70	3.30
<b>Cappuccino</b>	2.50	2.70	3.30
<b>Espresso</b>	2.00	-	-
<b>Macchiato</b>	2.20	-	-
<b>Cortado</b>	2.30	-	-
<b>Speciality Latte;</b> matcha, beetroot, turmeric or chai	-	3.10	-
<b>Loose Leaf Teas;</b> Breakfast, Earl Grey, Sencha Green, Moroccan Mint, Blood Orange, Bouquet Royale	-	2.50	-
<b>Hot Chocolate</b> white, milk or dark	3.00	3.30	3.60
<b>Babychino</b>	£1		

### Extras +50p

coffee shot - alternative milk  
cream - mini marshmallows - syrup

<b>SMOOTHIES</b>	<b>Regular</b>
Tropical punch - mango/pineapple/kiwi	3.50
Berry Berry - strawberry/blueberry/raspberry	

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**

### **BUILD YOUR OWN LUNCH**

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

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

**Wrap (PB)** **£7.50**  
Comes with a 1x topping 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  
**Yakitori** - a sweet soy based sauce with a little spice  
**Ranch** - light and cool base with dill & garlic  
**Caesar** - creamy and tangy, an old favourite

### **Toppings £2.00 each**

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 or 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 &amp; honey</u>	£3.50
<u>Mug of soup (of the day) &amp; 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.