

THE  
FROTHY BIKE CO.

# CAFÉ MENU

We work with local businesses including Nith Valley Eggs, MML Tasty Treats 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.

**- 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

(last orders 11:15am)

**Porridge** **£3.50**

Nice and simple - plain oats with milk.

Add as many toppings as you like ↓↓

**Granola** **£3.00**

Nutty & fruity with milk as standard.

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

**Bakes**

Freshly baked croissant + toppings ↓↓ **£2.50**

Please ask your server for our daily scones/baked goods. **£ vary**

**Build your own toast** **£2.50 ea**

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

+Smoked salmon £2.90

+Poached or scrambled eggs x2 £2.20

+½ avocado £2.00

+Sautéed cherry vine tomatoes £1.50

+Wilted spinach £1.50

+Hollandaise (PB) £1.50

**Toppings for toast / oats**

+50p each

apple - banana - blueberries

cinnamon - maple syrup

natural plain yogurt - dairy free yogurt

peanut butter - jam - honey - marmalade

**Whole banana or apple £1**

## Drinks

Coffees, teas and chocolate supplied by John Watt, Carlisle.

	Small	Medium	Large
<b>Filter</b>	2.00	2.40	2.60
<b>Americano</b>	2.40	2.60	3.10
<b>Flat White</b>	2.70	-	-
<b>Café Latte</b>	2.50	2.80	3.30
<b>Cappuccino</b>	2.50	2.80	3.30
<b>Espresso</b>	2.00	-	-
<b>Macchiato</b>	2.30	-	-
<b>Cortado</b>	2.50	-	-
<b>Speciality Latte;</b> matcha, beetroot, turmeric or chai	-	3.20	-
<b>Loose Leaf Teas;</b> Breakfast, Earl Grey, Sencha Green, Moroccan Mint, Blood Orange, Bouquet Royale, Lemon + Ginger	-	2.50	-
<b>Hot Chocolate</b> white, milk or dark	3.00	3.40	3.70
<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	3.60
Berry Berry - strawberry/blueberry/raspberry	
Super Boost - beetroot/carrot/mango/blueberry	
Green - kale/spinach/pineapple	

Fentimans (elderflower, ginger beer)	£2.20
Fresh juices (apple, orange, pineapple)	£1.70
Cans (coca cola, diet coke, san pellegrino orange or lemon)	£1.90
Water (sparkling or flat)	£1.90

## Lunch

12:00 noon - 3:00pm

(last orders 2:45pm)

<b>PB</b> = Plant Based <b>V</b> = Vegetarian
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**Homemade Soup (PB)** - freshly made in house **£4.50**  
+ Bread/toast & butter **£1.50**

### **BUILD YOUR OWN LUNCH**

**Wrap (PB)** **£8.50**  
Comes with a 1 x topping of your choice, grilled peppers & salad.  
Add your sauce ↓↓  
All served warm, with a side of rainbow slaw.

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

### **Toppings**

grilled chicken - halloumi - ½ avocado - beetroot falafel

Additional topping + £2

### **Homemade sauces (PB)**

**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

## Children's Menu

8:00am - 3:00pm

<u>Sandwich Platter</u>	£5.50
Choose from any sandwich below ↓↓ + Yogurt (strawberry or natural) + Side of salted crisps + 2x Digestive biscuits + Squash, fresh juice or milk	
<u>Cheese sandwich</u> - proper bread, buttered	£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>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.