

FROTHY BIKE CO.

MENU

TABLE SERVICE

All of our food can be prepared to 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 gluten free but aim to provide alternatives that can be made entirely without gluten.

Fresh food, not fast food.

Breakfast

9:00am - 2:30pm

PB = Plant Based **V** = Vegetarian **GF** = Gluten Free

Build your own breakfast;

- Porridge** (PB / V options) **4.95**
Hot oats & milk.
- Toast** (PB / V / GF options) **4.40**
Thick sliced fresh bread from T.A Francis & Son with butter.
- Granola** (PB / V options) **4.95**
Crunchy oats, nuts & dried fruits with milk on the side.

Add your toppings; +65p each

- apple - banana - blueberries
- cinnamon - maple syrup
- peanut butter - jam - honey
- alternative milk
- Whole banana or apple 1.50**

Bagels

- Avocado** (PB) **8**
Smashed avocado, homemade tomato & mint salsa & rocket.
- Smoked Salmon** **9**
Smoked salmon, cream cheese, rocket & wedge of lemon.
- Cream Cheese & Blueberry** (V) **8**
Blueberries, cream cheese, honey & mint.

Add extra
Salmon or Avo
1.70 each

Drinks

Coffees and teas supplied by John Watt & Son.

	Small	Medium	Large
Filter	2.80	3.30	3.60
Americano	3.00	3.30	3.90
Flat white	3.80	-	-
Café Latte	3.30	3.80	4.40
Cappuccino	3.30	3.80	4.40
Espresso	3.00	-	-
Macchiato	3.30	-	-
Cortado	3.50	-	-
Mocha	4.00	4.60	4.90
Speciality Latte matcha, chai, pink chai	3.90	4.50	4.90
Loose Leaf Teas JW House Tea, Earl Grey, Sencha Green, Moroccan Mint, Blood Orange, Bouquet Royale, Decaf Ceylon	-	3.80	-
Hot Chocolate white, milk or dark	3.90	4.50	4.90
Babychino	2.00	-	-

Extras +65p

coffee shot - alternative milk
cream - mini marshmallows - syrup

SMOOTHIES (PB) Homemade with fruit juice	
Tropical - mango & pineapple	4.95
Berry - strawberries, blueberries & blackberries	

Cold Drinks Selection

Please ask staff

Lunch

10:30am - 2:30pm

PB = Plant Based **V** = Vegetarian **GF** = Gluten Free

Homemade Soup (PB)

Freshly made daily in house **6**
+ Bread/toast & butter (GF & PB options) **2.20**

Soup & Sandwich Combo

12

Soup of the day with your Ciabatta of choice

Ciabattas

Made fresh to order and served with a dressed salad, homemade coleslaw and sauce of the day.

Halloumi (V)

10.50

Grilled halloumi, spiced peach wedges, chilli jam mayo & rocket

Salami

9.50

German salami, gouda cheese, sliced gherkins, garlic mayo & rocket

Goats Cheese (V)

9.50

Goats cheese, roasted red peppers, homemade butternut squash chutney & rocket

Brie (V)

9.50

Brie, roasted Mediterranean veg, pesto & rocket

Hummus (PB)

9.50

Spiced roasted cauliflower, hummus, pomegranate & rocket

Children's Menu

10:30am - 2:30pm

PB = Plant Based V = Vegetarian GF = Gluten Free

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

Sandwich Platter (V)	6.50
Choose from any sandwich below ↓	
+ Yoghurt	
+ Salted crisps	
+ Digestive biscuits x2	
Cheese sandwich (V)	4.95
Peanut Butter +/- Jam +/- Honey sandwich	4.95
(V/PB options)	
Vegetable sticks with hummus (PB)	4.95
Apple sticks, yoghurt & honey (V)	4.95
Mug of soup, bread soldiers & butter (V/PB/GF options)	4.95

We have baby changing facilities and high chairs
- please ask if you require any assistance.