

the Velo project

create. eat. drink. listen. laugh.

SIMPLE UNICYCLES

MUFFINS BAKED DAILY (NGF)

please ask our staff for our chefs daily choice

HOMEMADE CAKES

double chocolate brownie (GF) (see staff for today's flavour)
carrot & walnut cake w/ cream cheese frosting

VELO BANANA BREAD

(GF) (DF AVAILABLE ON REQUEST)

toasted banana, date & pistachio bread w/ turmeric & blood orange gel,
fresh orange, local honey & mascarpone

TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST)

w/ housemade jam, vegemite, crunchy peanut butter,
local honey or nutella
w/ eggs anyway, your way!
add bacon

AVOCADO SMASHED

(DF + VEGAN) (GF AVAILABLE ON REQUEST)

fresh red onion, roasted garlic, corn, lemon juice & fresh herbs
on toasted ciabatta
w/ 2 eggs of your choice

BAE ROLL (DF) (GF AVAILABLE ON REQUEST)

toasted Turkish roll, local free-range bacon, fried eggs,
American mustard & tomato chutney
add avocado OR haloumi

WRAPSODY OF BANGKOK (NDF) (NGF)

slow braised honey, ginger & soy pork belly, green papaya,
bean shoots, carrot, mint, coriander, fried shallots, roasted
peanuts & chilli tamarind sauce in a toasted tortilla wrap
add avocado OR haloumi

THE FRUITIEST BOWL (GF + DF + VEGAN)

fresh seasonal fruit, house-made preserve, maple syrup,
COYO coconut yoghurt, goji & buckwheat granola
w/ dates, coconut & hemp seeds

EXTRAS

Tasmanian cold smoked salmon,
slow braised honey, ginger & soy pork belly 7.0
local free-range bacon, free-range pork & fennel sausage,
Sun-Valley free range chorizo, Sun-Valley double smoked ham 6.0
1 egg 3.0
1 slice toasted ciabatta, saffron & smoked chipotle aioli,
green jalapeño sauce, roasted garlic & herb aioli, tomato chutney 2.50
roasted mushrooms, hollandaise, maple roasted pumpkin,
grilled asparagus, tomato & chive salsa, vintage cheddar,
fresh or sautéed baby spinach, avocado, haloumi,
mixed berries, banana 3.50

VINTAGE TWO WHEELERS

6.5 EGGS BENEDICT (NDF) (GF AVAILABLE ON REQUEST)

w/ local free-range bacon 20.5

w/ Tasmanian cold smoked salmon 23.0

6.0 w/ Sun-Valley double smoked ham 20.5

6.5 w/ free-range pork & fennel sausage 20.5

12.0 w/ asparagus, baby spinach & haloumi 19.5

w/ slow braised honey, ginger & soy pork belly 20.5

MARKET VALUE (DF) (GF AVAILABLE ON REQUEST)

24.0 free-range pork & fennel sausage, Sun-Valley double smoked ham,

8.0 maple roasted pumpkin, avocado, a poached egg, tomato chutney,
roast garlic & herb aioli, toasted ciabatta

12.0 SPANISH FLAME (GF AVAILABLE ON REQUEST) 22.0

18.0 Sun-Valley free range chorizo, grilled asparagus, avocado,

18.0 tomato & chive salsa, saffron & smoked chipotle aioli,

green jalapeño sauce on toasted ciabatta

add an egg of your choice 25.0

23.0 HEATED TEMPO (GF + DF + VEGAN) 17.0

som tom Thai salad bowl, green papaya, bean shoots, carrot,

17.0 mint, coriander, snow peas, sprouts, cucumber,

fried shallots, roasted peanuts & chilli tamarind sauce

add slow braised honey, ginger & soy pork belly 24.0

20.5 add Tasmanian cold smoked salmon 24.0

18.0 add Sun-Valley double smoked ham 23.0

EASY RIDERS (CREPES)

21.5 16.0 gluten free option with buckwheat flour available on request
& all of our crepes do contain dairy..

market fresh lemon, rapadura sugar & chantilly cream 15.0
GF 17.0

nutella, banana, pistachio crumble & chantilly cream 18.0
GF 20.0

fresh orange, fresh blueberries, local honey, mascarpone &
turmeric & blood orange gel 18.0
GF 20.0

mango cheesecake, mango sherbet, toasted coconut, fresh
strawberries & mascarpone 18.0
GF 20.0

grilled bacon, fresh banana & maple syrup 19.0
GF 21.0

Sun-Valley double smoked ham, cheddar, baby spinach, 20.0
saffron & smoked chipotle aioli & a fried egg GF 22.0

Tasmanian cold smoked salmon, avocado, tomato & chive salsa, 21.0
baby spinach & roasted garlic & herb aioli GF 23.0

roasted mushrooms, avocado, cheddar, parmesan, baby spinach, 19.0
truffled sriracha & a fried egg GF 21.0

OPEN 7 DAYS

7 AM - 2 PM

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HOT DRINKS

COFFEE BY 'KAI COFFEE' - CUP/MUG/BOWL

BLACK COFFEE - SINGLE ORIGIN OF THE WEEK

long black 4.5/5.5 espresso 4
short macchiato 4.5 long macchiato 5

COLD COFFEE

cold drip coffee served black over ice 5.5
iced latte 4.5/5.5
iced dirty chai 6
iced long black 4.5/5.5
iced coffee/iced mocha (served w/ cream & ice-cream) 7.5
vietnamese iced coffee 6
(cold drip coffee served over ice w/ condensed milk)

WHITE COFFEE - ARROW BLEND

flat white|latte|capp 4.5/5.5/6.5
mocha 5/5.5 piccolo 4.5
soy|almond milk|coco milk|oat milk
lac free|decaf|syrops .50c

HOT DRINKS

chai latte 4.5/5.5
masala blend fresh sticky chai 5/5.5
hot chocolate 4.5/5.5
matcha green tea latte 5.5/6
dandelion latte 5.5/6
nutella hot chocolate 5/5.5

the golden chai 5.5/6
(chai spices mixed w/turmeric, ginger & cinnamon brewed on soy milk)

POT FOR ONE 5 OR A POT TO SHARE 8

ORGANIC TEA BY 'HEALING CONCEPTS'

POT FOR ONE 5 OR A POT TO SHARE 8

earl grey, english breakfast, peppermint, green tea

blissful spice - calendula, ginger, hibiscus & lemongrass

VELO DOES CATERING!

EMAIL US FOR MORE INFO
INFO@THEVELOPROJECT.COM.AU

COLD DRINKS

FRESH JUICES 8.5

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

ORANGE SUNSET

carrot, apple, orange & ginger

LIMELIGHT

apple, cucumber, celery & lemon

PINK SKY

pineapple, orange, apple & watermelon

SUMMER BREEZE

watermelon, lime & mint

SMOOTHIES 9.5

THE NIGHTSHADE (DF)

acai + guarana, blueberries, raspberries, apple juice, coconut ice cream & coconut water

POWDER PUFF (DF)

mango, banana, raspberries, coconut ice cream, coconut water & fresh oj

FROSTY FRUIT (DF)

mango, pineapple, passioneuritis, coconut ice cream, coconut water

DESERT GEM 2.0 (DF)

banana, mango, greens powder, spinach, dates, hemp seeds & coconut water

GOLDEN TORCH (DF)

banana, cashews, sea salt, dates, peanut butter, coconut icecream & oat milk

ADD EXTRA VEGAN PROTEIN POWDER OR GREENS POWDER FOR \$2

ICED TEA OF THE DAY 6.5

STILL WATER 4.0 SPARKLING WATER 5.0

NATURAL COCONUT WATER 4.5

ORGANIC COLA/ORGANIC GINGER BEER

ORGANIC LEMONADE/ORGANIC LEMON, LIME & BITTERS 4.8

BOTTLED LOCAL KOMBUCHA

PLEASE SEE STAFF FOR TODAYS FLAVOURS 6.0

ICED CHOCOLATE 7.5

MILKSHAKES 6.5

STRAWBERRY, CARAMEL, CHOCOLATE, VANILLA

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YOUNG @ HEART (KIDS)

1 SLICE OF TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST) 4.00

w/ housemade jam, vegemite, crunchy peanut butter, honey or nutella
w/ 1 egg anyway, your way! 6.00

AVO ON TOAST (DF) (GF AVAILABLE ON REQUEST)
sliced avocado served on toasted ciabatta 6.00

KIDS TOASTIES
w/ bacon & fried egg 10.00
w/ plain cheese GF 12.00
w/ avocado & cheese
w/ vegemite & cheese
w/ ham + cheese

LITTLE ONES CREPES 8.00
nutella + cream GF 10.00

bacon, banana + maple
berries + cream
lemon, rapadura sugar + cream
crunchy peanut butter, honey + cream
ham + cheese

EXTRAS
maple syrup, 1 extra egg 3.0 ice cream 3.0
free-range bacon, free range pork & fennel sausage 6.0
banana, avocado, maple roasted pumpkin, haloumi 3.5

KIDS DRINKS

FRESH JUICES 4.5
MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

ORANGE SUNSET
carrot, apple, orange & ginger

LIMELIGHT
apple, cucumber, celery & lemon

PINK SKY
pineapple, orange, apple & watermelon

SUMMER BREEZE
watermelon, lime & mint

SMOOTHIES 5.5

THE NIGHTSHADE (DF)
blueberries, raspberries, coconut ice cream & coconut water

POWDER PUFF (DF)
mango, banana, raspberries, coconut ice cream, coconut water & fresh oJ

FROSTY FRUIT (DF)
mango, pineapple, passion fruit, coconut ice cream & coconut water

DESERT GEM 2.0 (DF)
banana, mango, greens powder, spinach, hemp seeds, dates & coconut water

GOLDEN TORCH (DF)
banana, cashews, sea salt, dates, peanut butter, coconut icecream & oat milk

BABY CHINO ORIGINAL 3.0

UNICORN BABY CHINO A COLOURFUL TREAT FOR THE WEE ONES! 4.5

MILK BOTTLES (ICE CREAM, SYRUP, MILK) 4.0
strawberry, chocolate, vanilla, caramel