

Velo^{the} 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 & blueberry bread w/ season fresh fruit,
blueberry gel, walnut crumble, local honey & mascarpone

TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST)

w/ house made 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

WRAP BY DAY (NDF) (NGF)

Sun-Valley double smoked ham wrap w/ roasted sweet potato,
baby spinach, turmeric & chia dukkha a fried egg,

beetroot & pickled ginger aioli 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, 7.0

local free-range bacon, lamb & mint sausage,

Sun-Valley smoked chicken,

Sun-Valley double smoked ham 6.0

1 egg 3.0

roasted mushrooms, hollandaise, roasted sweet potato, cheddar,

fresh or sautéed baby spinach, avocado, haloumi,

mixed berries, banana 3.50

1 slice toasted ciabatta, beetroot & pickled ginger aioli, saffron labna,

honey + harissa sauce, tomato chutney 2.50

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/ lamb & mint sausage

20.5

12.0 w/ roasted mushrooms & haloumi

19.5

w/ Sun-Valley smoked chicken

20.5

MATCH UP (DF) (GF AVAILABLE ON REQUEST)

24.0

lamb & mint sausage, Sun-Valley double smoked ham,

8.0 roasted mushrooms, avocado, a poached egg, tomato chutney,

beetroot & pickled ginger aioli, toasted ciabatta

12.0 HOW BAZZAR (GF AVAILABLE ON REQUEST)

22.0

18.0 Sun-Valley smoked chicken, mint, parsley & shallot tabbouleh,

18.0 turmeric & chia dukkha, saffron labna, honey harissa sauce

on toasted flat bread

add an egg of your choice.

25.0

23.0 THE VITALIZE BOWL (GF)

17.0

salad bowl, roasted sweet potato, haloumi, cucumber ribbons,

17.0 dried cranberries, yuzu marinated chickpeas, baby spinach,

avocado, sansho peanuts, wasabi miso dressing

add Sun-Valley smoked chicken

24.0

20.5 add Tasmanian cold smoked salmon

24.0

18.0 add Sun-Valley double smoked ham

23.0

CLASSIC CREPES

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

cinnamon sugar, walnut crumble, blueberry gel, chantilly cream

16.0

GF 18.0

Nutella, fresh strawberries, toasted almonds, chantilly cream

18.0

GF 20.0

White chocolate & passionfruit cheesecake, choc chip chunks,

18.0

passionfruit syrup, mascarpone

GF 20.0

grilled bacon, fresh banana & maple syrup

19.0

GF 21.0

Sun-Valley smoked chicken, baby spinach, cheddar,

20.0

honey harissa sauce & a fried egg

GF 22.0

Tasmanian cold smoked salmon, avocado, cucumber ribbons,

21.0

baby spinach, sansho peanuts, wasabi miso dressing

GF 23.0

roasted sweet potato, cheddar, avocado, baby spinach, a fried egg

19.0

turmeric & chia dukka, beetroot & pickled ginger aioli

GF 21.0

OPEN 7 DAYS

7 AM - 2 PM

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HOT DRINKS

COFFEE BY 'KAI COFFEE'

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 CUP/MUG/BOWL

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 CUP/MUG

chai latte 4.5/5.5
masala blend fresh sticky chai 5.5/6.0
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

CLASSIC TEAS - POT FOR 1 \$5 POT FOR 2 \$8
earl grey, english breakfast, peppermint, green tea

ORGANIC HERBAL TEA by ALIKA CO hinterland teas

HINTERLAND HEART

rooibos, fennel, cacao nibs + apple

NATIVE ZEST

lemon Myrtle, lemon peel, orange peel, cinnamon bark + black pepper

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

KICKSTARTER

carrot, apple, cucumber & ginger

AUTUMN BREEZE

apple, rhubarb, celery, lemon & ginger

PINK SKY

pineapple, orange, apple & watermelon

ORANGE JUICE

fresh orange

SMOOTHIES 10

MORNING BLOOM (DF)

Deeto superfood bloom powder, blueberries, raspberries,
coconut ice cream & coconut water

POWDER PUFF (DF)

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

COASTAL GLOW

mango, pineapple, orange juice, chia, coconut ice cream & coconut water

DESERT GEM (DF)

banana, mango, Deeto 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 \$2

DEETO GREENS POWDER FOR \$2

DEETO BLOOM POWDER

BEETROOT, CACAO, MACA, MESQUITE, CINNAMON,

GOTU KOLA + SIBERIAN GINSENG \$2

ICED TEA OF THE DAY 6.5

STILL WATER 4.0 SPARKLING WATER 330ML 4.5 700ML 6.0

NATURAL COCONUT WATER 5 COKE 4.5

ORGANIC GINGER BEER

ORGANIC LEMONADE/ORGANIC LEMON, LIME & BITTERS 4.8

BOTTLED LOCAL KOMBUCHA 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, ice cream 3.0
banana, avocado, roasted sweet potato, haloumi 3.5
free - range bacon, lamb + mint sausage 6.0

KIDS DRINKS

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

KICKSTARTER
carrot, apple, cucumber + ginger

AUTUMN BREEZE
apple, rhubarb, celery, lemon + ginger

PINK SKY
pineapple, orange, apple & watermelon

ORANGE JUICE
fresh orange

SMOOTHIES 6.0

MORNING BLOOM (DF)
Dee to bloom powder, blueberries, raspberries, coconut ice cream & coconut water

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

COASTAL GLOW (DF)
mango, pineapple, orange juice, chia,, coconut ice cream & coconut water

DESERT GEM 2.0 (DF)
banana, mango, greens powder, spinach, hempo 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) 5.0
strawberry, chocolate, vanilla, caramel