

# Velo<sup>the</sup> project

create. eat. drink. listen. laugh.

## SIMPLE UNICYCLES

### MUFFINS BAKED DAILY (NGF)

please ask our staff for our chefs daily choice, served w/  
house made jam & Chantilly cream

### 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 & ginger bread w/ fresh orange,  
local honey, toasted macadamias & 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 (GF AVAILABLE ON REQUEST)

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

### SOUTHERN COMFORT (NDF) (NGF)

slow braised BBQ beef brisket wrap, caramelized onions,  
herb slaw, fire roasted capsicum, truffle + saffron aioli,  
"Lillies Q" BBQ sauce in a toasted tortilla wrap  
add avocado OR haloumi

### THE GOLDIE LOX (DF + VEGAN)

fresh daily porridge, please ask our staff for the chefs choice  
served with fresh seasonal fruit & granola

### EXTRAS

Tasmanian cold smoked salmon 8.0  
local free-range bacon, lamb & mint sausage,  
Slow braised BBQ brisket, Sun-Valley double smoked ham 7.0  
roasted Swiss brown mushrooms, maple roasted pumpkin,  
grilled broccolini, hollandaise, fresh or sautéed baby spinach,  
avocado, haloumi, cheddar, goats' cheese, mixed berries, banana 4.50  
1 egg, fire roasted capsicum, Grana Padano Parmesan 3.5  
1 slice toasted ciabatta, truffle + saffron aioli,  
honey + harissa sauce, American mustard, tomato chutney 3.0

## VINTAGE TWO WHEELERS

### 7.5 EGGS BENEDICT (NDF) (GF AVAILABLE ON REQUEST)

w/ local free-range bacon 22.5  
w/ Tasmanian cold smoked salmon 25.0  
w/ Sun-Valley double smoked ham 22.5  
7.5 w/ lamb & mint sausage 22.5  
7.5 w/ maple roasted pumpkin & haloumi 20.5  
12.5 w/ slow braised BBQ brisket 22.5

### A VIBE (DF) (GF AVAILABLE ON REQUEST)

25.5  
lamb & mint sausage, Sun-Valley double smoked ham,  
roasted Swiss brown mushrooms, avocado, a poached egg,  
tomato chutney, American mustard, toasted ciabatta

### 10.0 HEARTY WELCOME (GF AVAILABLE ON REQUEST)

22.0  
spiced savoury beef mince, carrot, peas & roasted corn,  
garden herbs, avocado, Grana Padano parmesan,  
truffle + saffron aioli, on toasted ciabatta  
20.0  
add an egg of your choice 25.5

### 19.5 THE BABYLON BOWL (GF)

18.0  
warm salad bowl, oven roasted Swiss brown mushrooms,  
avocado, maple roasted pumpkin, goats' cheese,  
toasted lemon myrtle walnuts, grilled broccolini,  
baba ghanoush & honey + harissa sauce  
24.5  
add slow braised BBQ brisket 25.0  
18.0  
add Tasmanian cold smoked salmon 26.0  
22.5  
add Sun-Valley double smoked ham 25.0

## CLASSIC CREPES

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

24.0 market fresh lemon, rapadura sugar & Chantilly cream 16.0  
GF 18.0  
cinnamon sugar, toasted macadamias, fresh blueberries,  
Chantilly cream 17.0  
GF 19.0  
Nutella, fresh strawberries, toasted almonds,  
Chantilly cream 19.0  
GF 21.0  
tiramisu cheesecake, fresh raspberries, biscuit crumble, 20.0  
Kahlua chocolate sauce, mascarpone GF 22.0  
grilled bacon, fresh banana & maple syrup 20.0  
GF 22.0  
Sun- Valley double smoked ham, baby spinach, cheddar, 21.0  
"Lillies Q" BBQ sauce & a fried egg GF 23.0  
Tasmanian cold smoked salmon, avocado, goats' cheese, toasted 22.0  
lemon myrtle walnuts, baby spinach, honey + harissa sauce GF 24.0  
roasted Swiss brown mushrooms, avocado, caramelized onions, 20.0  
Grana Padano Parmesan, baby spinach, truffle + saffron aioli GF 22.0

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 6/7  
(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  
lactose 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 5.50/6

#### THE GOLDEN CHAI 5.5/6

chai spices mixed w/turmeric, ginger & cinnamon brewed on soy milk

#### LIGHT MY FIRE

tumeric, honey, coconut milk 5.5/6

#### 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

### FRESHLY SQUEEZED JUICES 8.5

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

#### HEART BEET

apple, beetroot, carrot, ginger

#### MELLOW YELLOW

pineapple, pear, apple, lemon

#### EARLY RISER

orange, pineapple, carrot

#### VELO OJ

100% orange

### SMOOTHIES 10

#### BEAT THE BLUES (DF)

banana, blueberries, lavender  
coconut ice cream & coconut water

#### TINKERBELLE (DF)

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

#### GENTLE WAVE (DF)

blueberries, strawberries, deeto bloom powder, coconut ice cream, coconut  
water & apple juice

#### GREEN ENVY (DF)

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

#### WARM EMBRACE (DF)

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

ADD EXTRA VEGAN PROTEIN POWDER \$2

DEETO GREENS POWDER:

(spirulina, lemon juice, broccoli sprout, wheat grass, matches, st. mary's thistle, monk  
fruit extract, jerusalem artichoke) \$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 500ML 5.5

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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## TAKEAWAY MENU

### 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 & ginger bread w/ fresh orange, toasted macadamias,  
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

### TAKEAWAY WRAPS (NDF) (NGF)

Local free range bacon, fried egg, tomato chutney,  
American mustard & baby spinach

Sun-Valley double ham, fried egg, cheddar,

baby spinach, saffron & honey Harris's sauce

Roasted Swiss brown mushrooms, avocado, haloumi, baby

spinach, truffle + saffron aioli

### EXTRAS

Tasmanian cold smoked salmon 8.0

local free-range bacon, lamb & mint sausage,

slow braised BBQ brisket, Sun-Valley double smoked ham 7.0

roasted Swiss brown mushrooms, hollandaise, roasted maple  
pumpkin, cheddar, fresh or sautéed baby spinach, avocado,

haloumi, mixed berries, banana 4.50

1 egg 3.5

1 slice toasted ciabatta, truffle + saffron aioli,

honey + harissa sauce, American mustard, tomato chutney 3.0

## TAKEAWAY MENU

### 7.5 EGGS BENEDICT (NDF) (GF AVAILABLE ON REQUEST)

w/ local free-range bacon

22.5

w/ Tasmanian cold smoked salmon

25.0

w/ Sun-Valley double smoked ham

22.5

### 7.5 w/ lamb & mint sausage

22.5

### 7.5 w/ maple roasted pumpkin & haloumi

20.5

### 12.5 w/ slow braised BBQ brisket

22.5

### A VIBE (DF) (GF AVAILABLE ON REQUEST)

25.5

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

roasted Swiss mushrooms, avocado, a poached egg,

tomato chutney, American mustard, toasted ciabatta

### HEARTY WELCOME (GF AVAILABLE ON REQUEST)

22.0

spiced savoury beef mince, carrot, peas, & roasted corn,

garden herbs, avocado, Grana Padano parmesan,

truffle + saffron aioli on toasted ciabatta

add an egg of your choice.

25.5

### 19.5 THE BABYLON BOWL (GF)

18.0

warm salad bowl, oven roasted Swiss brown mushrooms,

avocado, maple roasted pumpkin, goats' cheese,

toasted lemon myrtle walnuts, grilled broccolini,

baba ghanoush & honey + harissa sauce

add Sun-Valley smoked chicken

25.0

add Tasmanian cold smoked salmon

26.0

add Sun-Valley double smoked ham

25.0

14.00

## EASY RIDERS (CREPES)

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

market fresh lemon, rapadura sugar & chantilly cream

16.0

GF 18.0

cinnamon sugar, toasted macadamias, fresh blueberries,

17.0

Chantilly cream

GF 19.0

Nutella, fresh strawberries, toasted almonds,

19.0

Chantilly cream

GF 21.0

tiramisu cheesecake, fresh raspberries, biscuit crumble,

20.0

Kahlua chocolate sauce, mascarpone

GF 22.0

grilled bacon, fresh banana & maple syrup

20.0

GF 22.0

Sun-Valley double smoked ham, baby spinach, cheddar,

21.0

"Lillies Q" BBQ sauce & a fried egg

GF 23.0

Tasmanian cold smoked salmon, avocado, goats' cheese, toasted

22.0

lemon myrtle walnuts, baby spinach, honey + harissa sauce

GF 24.0

roasted Swiss brown mushrooms, avocado, caramelized onions,

20.0

Grana Padano parmesan baby spinach, truffle + saffron aioli

GF 22.0

7 A M - 2 P M

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## KIDS FOOD

**1 SLICE OF TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST)** 5

w/ housemade jam, vegemite, crunchy peanut butter,  
honey or nutella  
w/ 1 egg anyway, your way. 8.5

**AVO ON TOAST (DF) (GF AVAILABLE ON REQUEST)**  
sliced avocado served on toasted ciabatta 9.5

**KIDS TOASTIES**  
w/ bacon, cheese & fried egg 12  
w/ plain cheese GF. 14  
w/ avocado & cheese  
w/ vegemite & cheese  
w/ ham + cheese

**LITTLE ONES CREPES** 9  
nutella + cream GF. 11  
bacon, banana + maple  
berries + cream  
lemon, rapadura sugar + cream  
crunchy peanut butter, honey + cream  
ham + cheese

### EXTRAS

maple syrup, 1 extra egg, ice cream 3.5  
banana, avocado, haloumi 4.5  
local free - range bacon, lamb + mint sausage 7.0

## KIDS DRINKS

**FRESHLY SQUEEZED JUICES** 4.5  
MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

**HEART BEET**  
apple, beetroot, carrot, ginger

**MELLOW YELLOW**  
pineapple, pear, apple, lemon

**EARLY RISER**  
orange, pineapple, carrot

**VELO OJ**  
100% orange

**SMOOTHIES** 6.5

**BEAT THE BLUES (DF)**  
banana, blueberries, coconut ice cream & coconut water

**TINKERBELLE (DF)**  
mango, banana, chia, coconut ice cream, coconut water  
& orange juice

**GENTLE WAVE (DF)**  
blueberries, strawberries, coconut ice cream, coconut water & apple juice

**GREEN ENVY (DF)**  
banana, mango, spinach, dates, hemp seeds & coconut water

**WARM EMBRACE (DF)**  
banana, cashews, dates, peanut butter, coconut ice cream & oat milk

**BABY CHINO ORIGINAL** 3.0

**UNICORN CHINO** A COLOURFUL TREAT FOR THE LITTLE ONES! 4.5

**KIDS SHAKE UP** (ICE CREAM, SYRUP, MILK) 5/6 DF  
strawberry, chocolate, vanilla, caramel