

the Velo 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	8
HOMEMADE CAKES double chocolate brownie (GF) (see staff for today's flavour)	8
carrot & walnut cake w/ cream cheese frosting	8
VELO BANANA BREAD (GF) (DF AVAILABLE ON REQUEST) toasted banana, date & cinnamon bread, fresh strawberries, toasted macadamias, local honey & mascarpone	14
TOASTED CIABATTA (DF) (GF ON REQUEST) w/ house made jam, vegemite, crunchy peanut butter, local honey or Nutella	10
w/ eggs anyway, your way.	13
add bacon	20
AVOCADO SMASHED (DF + VEGAN) (GF ON REQUEST) fresh red onion, roasted garlic, corn, lemon juice & fresh herbs on toasted ciabatta w/ 2 eggs of your choice	20
	27
BAE ROLL (NDF) (GF ON REQUEST) toasted brioche roll, local free-range bacon, fried eggs, American mustard & tomato chili jam	18
add haloumi	22
add avocado	24
THE FRUIT BOWL (GF +DF+ VEGAN) fresh season fruit, house made preserve, maple syrup 'COYO' coconut yogurt, goji & buckwheat granola w/ dates coconut & hempseeds	17
EXTRAS... honey + soy Tasmanian salmon 8.5 local free-range bacon, Sun Valley double smoked ham, Sun Valley smoked chicken, pork & fennel sausage 7 roasted truffle + garlic mushrooms, avocado 6 hollandaise, fresh or sauteed spinach, haloumi, strawberries banana 4.5 herb aioli, saffron + smoked chipotle aioli, tomato chili jam, 1 egg, Chantilly cream 3.5 1 slice toasted ciabatta 3	

VINTAGE TWO WHEELERS

EGGS BENEDICT (NDF) (GF ON REQUEST) w/ local free-range bacon	23
w/ honey + soy Tasmanian salmon	25.5
w/ Sun-Valley double smoked ham	22.5
w/ pork & fennel sausage	22.5
w/ roasted truffle + garlic mushrooms	21
w/ Sun Valley smoked chicken	22.5
BABY GOT BACK (DF) (GF ON REQUEST) pork & fennel sausage, Sun-Valley double smoked ham, roasted truffle + garlic mushrooms, avocado, a poached egg, tomato chilli jam, American mustard, toasted ciabatta	26
CALIFORNIA CRUMPETS (DF ON REQUEST) Sun Valley smoked chicken, haloumi, avocado tomato salsa, saffron + smoked chipotle aioli on toasted 'Jeremiah's crust' sourdough crumpets	25
HUA HIN SALAD BOWL (GF) southern Thai salad, green papaya, snow pea sprouts, bean shoots, carrot, herbs, snow pea sprouts, crispy shallots, salted peanuts, sesame ginger dressing	18
add honey + soy Tasmanian salmon	26.5
add Sun Valley Smoked chicken	25
add Sun Valley double smoked ham	25

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	17
	GF 19
cinnamon sugar, toasted macadamias, Chantilly cream	17
	GF 19
Nutella, fresh strawberries, Chantilly cream	20
	GF 22
grilled bacon, fresh banana & maple syrup	21
	GF 23
Sun Valley double smoked ham, baby spinach, mozzarella herb aioli & a fried egg	22
	GF 24
roasted truffle + garlic mushrooms, avocado, baby spinach saffron + smoked chipotle aioli	21
	GF 23

OPEN 7 DAYS

6:30 AM - 1:30 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

COLD DRINKS

FRESHLY SQUEEZED JUICES 8.5

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

SHEPARD'S DELIGHT

apple, orange, watermelon, pineapple

GLOW UP

carrot, apple, celery, lemon

EARLY RISER

orange, pineapple, carrot

VELO OJ

100% orange

SMOOTHIES 10

BERRYLICIOUS (DF)

blueberries, raspberries, mango, 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

DEEP GREEN (DF)

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

SUNNY DAZE (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)

DEETO BLOOM POWDER:

(Beetroot, Cacao, Maca, Mesquite, Cinnamon,
Gotu Kola + Siberian Ginseng)

ICED TEA OF THE DAY 6.5

STILL WATER 4.0 SPARKLING WATER 500ML 5.5

NATURAL COCONUT WATER 5 COKE 4.5

ORGANIC LEMONADE/SODAS:

ginger beer, lemon, lime & bitters 4.8

BOTTLED LOCAL KOMBUCHA 6.0

lime & ginger

ICED CHOCOLATE 7.5

MILKSHAKES 6.5

strawberry, caramel, chocolate, vanilla