

the Velo project

create. eat. drink. listen. laugh.

YOUNG @ HEART (KIDS)

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

- w/ housemade jam, vegemite, crunchy peanut butter, honey or nutella 5
- w/ 1 egg anyway, your way. 8.5

AVO ON TOAST (DF) (GF AVAILABLE ON REQUEST) 10

sliced avocado served on toasted ciabatta

KIDS TOASTIES 14

- w/ bacon, cheese & fried egg GF 16
- w/ plain cheese
- w/ avocado + cheese
- w/ vegemite + cheese
- w/ ham + cheese

LITTLE ONES CREPES 12

- Nutella + cream GF 14
- bacon, banana + maple
- strawberries + cream
- lemon, rapadura sugar + cream
- ham + cheese

SOUGHDOUGH CRUMPET 8.5

w/ housemade jam, crunchy peanut butter, honey or Nutella

EXTRAS.

- maple syrup, 1 extra egg, ice cream 3.5
- banana, haloumi, hollandaise 4.5
- avocado, roasted thyme + garlic mushrooms 6
- local free - range bacon, Sun Valley double smoked ham, chicken + sage sausage 7.0

KIDS DRINKS

FRESHLY SQUEEZED JUICES 5.5

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

REFRESHER

watermelon, lime, pineapple, orange

VITALISE

apple, cucumber, lime, mint

ENERGISE

orange, pineapple, lemon, carrot

PINELIME

pineapple, lime, mint, passionfruit pulp

SMOOTHIES 7

RASP-RHAPSODY (DF)

raspberries, banana, peanut butter, cacao nibs coconut ice cream & coconut water

TROPICANA (DF)

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

LEAFY LIFT (DF)

banana, mango, greens powder, kale, hemp seeds, pineapple juice & coconut water

THE PERKINS (DF)

watermelon, mango, coconut ice cream & coconut water

GOLDEN DAYS (DF)

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

BABY CHINO ORIGINAL 3.5

UNICORN CHINO A COLOURFUL TREAT FOR THE LITTLE ONES! 5

KIDS MILKSHAKES 5.5

strawberry, chocolate, vanilla, caramel