

Velo the project

create. eat. drink. listen. laugh.

SIMPLE UNICYCLES

SWEET TREATS

| | |
|---|---|
| Velo muffins (NGF) (see staff for today's flavor) | 8 |
| 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 season fruits, pecan praline crumble, ginger butter | 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 |

AVOCADO SMASHED

(DF + VEGAN) (GF ON REQUEST)

| | |
|--|----|
| fresh red onion, roasted garlic, corn, lemon juice & fresh herbs on toasted ciabatta | 20 |
|--|----|

BAE ROLL (NDF) (GF ON REQUEST)

| | |
|---|----|
| toasted brioche roll, local free-range bacon, fried eggs, American mustard & tomato chili jam | 20 |
|---|----|

THE FRUIT BOWL (GF +DF+ VEGAN)

| | |
|--|----|
| fresh seasonal fruit, house made preserve, maple syrup, 'COYO' coconut yogurt, toasted macadamia, puffed buckwheat & cranberry granola | 18 |
|--|----|

EXTRAS...

| | |
|---|-----|
| teriyaki baked Tasmanian salmon | 8.5 |
| local free-range bacon, Sun-Valley double smoked ham, Sun-Valley smoked chorizo, chicken + sage sausage | 7 |
| roasted thyme + garlic mushrooms, avocado, roasted maple pumpkin | 6 |
| hollandaise, fresh or sauteed spinach, whipped saffron feta, haloumi, strawberries, banana | 4.5 |
| lemon aioli, kale pesto, tomato chilli jam, American mustard, 1 egg, Chantilly cream | 3.5 |
| 1 slice toasted ciabatta | 3 |

VINTAGE TWO WHEELERS

EGGS BENEDICT (NDF) (GF ON REQUEST)

| | |
|-------------------------------------|------|
| w/ roasted thyme + garlic mushrooms | 21 |
| w/ local free - range bacon | 23 |
| w/ Sun - Valley double smoked ham | 23 |
| w/ chicken + sage sausage | 23 |
| w/ Sun - Valley smoked chorizo | 23 |
| w/ teriyaki baked Tasmanian salmon | 24.5 |

FARMHOUSE BREAKFAST (DF) (GF ON REQUEST)

| | |
|--|----|
| chicken + sage sausage, Sun-Valley smoked ham, thyme + garlic mushrooms, avocado, a poached egg, tomato chilli jam, American mustard, toasted ciabatta | 29 |
|--|----|

SPANISH CRUMPETS (DF ON REQUEST)

| | |
|--|----|
| Sun Valley smoked chorizo, whipped saffron feta, avocado, romesco sauce, pistachios on toasted 'Jeremiah's crust' sourdough crumpets | 28 |
|--|----|

REJUVENATION BOWL (GF)

| | |
|--|------|
| roasted maple pumpkin, roasted thyme + garlic mushrooms, avocado, quinoa, grilled haloumi, kale pesto, turmeric, macadamia + chia dukkah, yuzo oil | 21 |
| add teriyaki baked Tasmanian salmon | 29.5 |
| add Sun Valley double smoked ham | 28 |
| add chicken + sage sausage | 28 |

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 |
| fresh citrus fruits, pecan praline crumble, 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 | 22 |
| American mustard & a fried egg | GF 24 |
| roasted thyme + garlic mushrooms, avocado, baby spinach | 21 |
| mozzarella & lemon aioli | GF 23 |

OPEN 7 DAYS

6:30 AM - 1:30 PM

Velo^{the} project

create. eat. drink. listen. laugh.

COFFEE & TEA

COFFEE BY 'KAI COFFEE'

BLACK COFFEE - SINGLE ORIGIN OF THE WEEK

LONG BLACK 5/6 ESPRESSO 4.5

SHORT MACCHIATO 5 LONG MACCHIATO 5.5

COLD COFFEE

ICED LATTE 5/6

ICED MATCHA 5.5/6.5

ICED DIRTY CHAI 6/6.5

ICED LONG BLACK 5/6

ICED LONG BLACK ON COCONUT WATER 6/7

COLD DRIP COFFEE SERVED BLACK OVER ICE 6/7

ICED COFFEE/MOCHA/CHOC (SERVED W/ CREAM & ICE-CREAM) 8

VIETNAMESE ICED COFFEE 6.5/7.5

(COLD DRIP COFFEE SERVED OVER ICE W/ CONDENSED MILK)

WHITE COFFEE - ARROW BLEND CUP/MUG/BOWL

FLAT WHITE | LATTE | CAPP | MOCHA 5/6/7

PICCOLO 5

HOT DRINKS CUP/MUG

CHAI LATTE 5/6

HOT CHOCOLATE 5/6

MASALA BLEND FRESH STICKY CHAI 6/7

MATCHA GREEN TEA LATTE 6/7

DANDELION LATTE 6/6.5

NUTELLA HOT CHOCOLATE 6/7

CEREMONIAL CACAO 6/7

THE GOLDEN CHAI 6/7

CHAI SPICES MIXED W/TURMERIC, GINGER & CINNAMON

BREWED ON SOY MILK

LIGHT MY FIRE 6/7

TURMERIC, HONEY, COCONUT MILK 6/6.5

CLASSIC TEAS - POT FOR 1 \$5 POT FOR 2 \$10

EARL GREY, ENGLISH BREAKFAST, PEPPERMINT, GREEN TEA

HEARBAL TEAS - POT FOR 1 \$6 POT FOR 2 \$11

LEMONGRASS & GINGER OR HIBISCUS & MINT

ICED TEA OF THE DAY 7

EXTRAS

Soy | Almond | Coconut | Oat | Lactose Free 50c

Decaf | Extra Shot | Single Origin 50c

Syrups | Honey | Maple 50c

FRIDGE DRINKS

still water 4.5. sparkling water 500ml 6

natural coconut water 5.5 coke 4.5

organic sodas 5:

ginger beer, lemonade, lemon, lime & bitters

bottled local kombucha 6.0

lime and ginger

FRESH DRINKS

FRESHLY SQUEEZED JUICES 10

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

REFRESHER

watermelon, lime, pineapple, orange (add passionfruit pulp \$0.5)

VITALISE

apple, cucumber, lime, mint (add ginger \$0.5)

ENERGISE

orange, pineapple, lemon, carrot (add ginger \$0.5)

PINELIME

pineapple, lime, mint, passionfruit pulp (add ginger \$0.5)

WELLNESS SHOT 4

ginger, lemon, orange

SMOOTHIES 12

RASP-RHAPSODY (DF)

raspberries, banana, peanut butter, cacao nibs coconut ice cream & coconut water (add chocolate \$1)

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 ice cream & oat milk. (add a shot of coffee \$0.50)

MILKSHAKES & THICKSHAKES 7/9

CLASSIC: strawberry, caramel, chocolate, vanilla

LOADED THICKSHAKES 12

Choc Nutella Brownie OR Caramel Peanut butter OR Biscoff

EXTRAS

Vegan Protein Powder \$2

Deeto Greens Powder or Bloom Powder \$2

Coffee Shot or Passionfruit Pulp \$0.50

Chocolate Sauce \$1