

the Vélo project

create. eat. drink. listen. laugh.

SIMPLE UNICYCLES

SWEET TREATS

Vélo muffins (NGF) (see staff for today's flavor)

9

double chocolate brownie (GF)

8

(see staff for today's flavour)

8

carrot & walnut cake (NGF) w/ cream cheese frosting

8

VELO BANANA BREAD

(GF) (DF AVAILABLE ON REQUEST)

toasted spiced banana, orange and date bread, fresh berries, local honey, mascarpone, white chocolate, cranberry and pistachio bark

15

TOASTED CIABATTA W/ EGGS YOUR WAY

(DF) (GF ON REQUEST)

w/ local free-range bacon

16

23

AVOCADO SMASHED

(DF + VEGAN) (GF ON REQUEST)

fresh red onion, roasted garlic, corn, lemon juice

& fresh herbs on toasted ciabatta

w/ eggs your way

19

27

THAT'S A WRAP (DF)

local free-range bacon, fried eggs, spinach, caramelised onion & tomato chutney in a toasted tortilla

20

SMOOTHIE BOWL (GF + DF + VEGAN)

pitaya, berry & banana smoothie bowl, fresh seasonal fruits & house-made granola

20

w/ peanut butter

3

CLASSIC CREPES

Gluten-friendly buckwheat crepes available on request (+\$2)
& all of our crepes do contain dairy..

market fresh lemon, rapadura sugar & chantilly cream

17

tropical fruit, coconut gel, toasted macadamias, coconut icecream, local honey

21

chocolate crepe, Nutella, caramelised banana, mascarpone

21

grilled bacon, fresh banana & maple syrup

21

roasted spiced maple carrots, baby spinach, avocado, haloumi, harissa yoghurt dressing, toasted seeds

21

Sun-Valley double-smoked ham, baby spinach, cheddar cheese, fried egg, pesto aioli

22

smoked salmon, grain and herb salad, toasted almonds, harissa yoghurt dressing

23

VINTAGE TWO WHEELERS

EGGS BENEDICT (NDF) (GF ON REQUEST)

w/ roasted garlic & rosemary mushrooms

23

w/ local free-range bacon

24

w/ Sun-Valley double-smoked ham

24

w/ lamb + oregano & lemon sausage

24

w/ pulled BBQ chicken + semi-dried tomatoes

25

w/ Tasmanian smoked salmon

26

MORNING HARVEST (DF) (GF ON REQUEST)

33

lamb + oregano & lemon sausage, Sun-Valley smoked ham, garlic & rosemary mushrooms, avocado, a poached egg, tomato chutney, pesto aioli, toasted ciabatta

K-PRAWN RICE CAKES (GF + DF)

27

kimchi rice cakes with Mooloolaba king prawns, pak choi, avocado, lime aioli, sesame seeds + poached egg

PULLED & TOASTED (DF) (GF ON REQUEST)

27

pulled BBQ chicken, semi-dried tomatoes, avocado, baby spinach, caramelised onion on a toasted sesame "Bagel Boys" bagel

MEDITERRANEAN BOWL (GF) (DF + VEGAN ON REQUEST)

25

Cypriot grain salad, roasted spiced maple carrots, pine nuts, flaked almonds, seeds, fresh herbs, currants, cranberries with a harissa yoghurt dressing and caramelised apple balsamic

extras...

Tasmanian smoked salmon, Mooloolaba king prawns

8.5

local free-range bacon, Sun-Valley double-smoked ham, lamb + oregano & lemon sausage

7

roasted garlic + rosemary mushrooms, avocado, roasted spiced maple carrots

6

fresh or sautéed spinach, haloumi, strawberries, banana

4.5

hollandaise, tomato chutney, pesto aioli, 1 egg, 1 slice toasted ciabatta

4

chantilly cream, mascarpone, vanilla ice cream

3.5

house-made jam, vegemite, crunchy peanut butter, Nutella, local honey

3

OPEN 7 DAYS

6:30 AM - 1:30 PM

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COFFEE BY KAI

LONG BLACK | FLAT WHITE | LATTE | CAP | MOCHA 5/6

ESPRESSO | PICALLO 4.5/5

SHORT/ LONG MACCHIATO 5/5.5

HOT CHOCOLATE 5/6

NUTELLA HOT CHOCOLATE 6/7

CHAI LATTE 5/6

MASALA STICKY CHAI 6/7

MATCHA 6.5/7.5

CEREMONIAL CACAO 6/7

ICED BASICS

ICED LATTE 6/7

ICED MATCHA 6.5/7.5

ICED CHAI 6/7

ICED LONG BLACK 5/6

'BREW BEAR' COLD DRIP COFFEE 6/7

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

VIETNAMESE ICED COFFEE 7/8

(COLD DRIP COFFEE OVER ICE W/ CONDENSED MILK)

MANGO & LYCHEE ICED TEA 8

SPECIALTY COFFEE

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

ICED CACAO 7/8

CEREMONIAL CACAO ICED OVER OAT MILK

ICED MANGO MATCHA 8/9

ICED MATCHA W/ MANGO PUREE

TEAS - POT FOR 1 \$6

CLASSIC TEAS

EARL GREY, ENGLISH BREAKFAST, PEPPERMINT, GREEN TEA

HEARBAL TEAS

LEMONGRASS & GINGER OR HIBISCUS & MINT

MANGO AND LYCHEE ICED TEA 8

EXTRAS

SOY | ALMOND | COCONUT | OAT | LACTOSE FREE | 50C

DECAF | EXTRA SHOT | SINGLE ORIGIN 50C

SYRUPS | HONEY | MAPLE 50C

FRIDGE DRINKS

SPARKLING WATER 500ML \$6, COCONUT WATER \$6, COKE \$5,

SODAS \$6, LOCAL KOMBUCHA \$6.5, BREW BEAR COLD DRIP \$6

FRESH JUICES

FRESHLY SQUEEZED JUICES \$11

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

HYDRATE

WATERMELON, APPLE, ORANGE, PASSIONFRUIT PULP

ZING

APPLE, CUCUMBER, LEMON, MINT W/ A SPLASH OF GINGER & LEMON MYRTLE KOMBUCHA

VITAMIN-C

ORANGE, PINEAPPLE, LEMON, CARROT (ADD GINGER \$0.5)

MINERAL BOOST

PINEAPPLE, APPLE, LEMON, MINT, GINGER (ADD PASSIONFRUIT \$1)

WELLNESS SHOT 5

GINGER, LEMON, ORANGE, TURMERIC (ADD KOMBUCHA SHOT \$1)

LOADED LEMONADE

LEMONADE TOPPED W/PINEAPPLE OR WATERMELON JUICE + MINT

SMOOTHIES

SMOOTHIES \$14

SUNBREAM SPLASH (DF)

RASPBERRIES, BANANA, MANGO PUREE, WATERMELON JUICE, COCONUT ICECREAM (ADD BLOOM POWDER \$2)

TROPICAL WHISPER (DF)

LYCHEE, MANGO, PASSIONFRUIT, CHIA, COCONUT ICE CREAM, COCONUT WATER & ORANGE JUICE (ADD VEGAN PROTEIN POWDER \$2)

MATCHA MUSE (DF)

MANGO, MATCHA, GREENS POWDER, COCONUT ICE CREAM & COCONUT WATER (ADD VEGAN PROTEIN POWDER \$2)

CITRUS LAVENDER (DF)

BANANA, MANGO, CITRUS JUICE, LAVENDER, COCONUT ICE CREAM, COCONUT WATER (ADD PASSIONFRUIT PULP \$1)

CACAO POWER (DF)

BANANA, CACAO, DATES, PEANUT BUTTER, COCONUT ICE CREAM & OAT MILK. (ADD A SHOT OF COFFEE \$0.50)

MILKSHAKES & THICKSHAKES 10/12

CLASSIC: STRAWBERRY, CARAMEL, CHOCOLATE, VANILLA LOADED THICKSHAKES 14

CHOC NUTELLA BROWNIE OR CARAMEL PEANUT BUTTER

EXTRAS

VEGAN PROTEIN POWDER| GREENS POWDER | BLOOM POWDER | CACAO \$2

CHOCOLATE | COFFEE | PASSIONFRUIT PULP \$1