

# the Vélo project

create. eat. drink. listen. laugh.

## TAKEAWAY MENU

### SOMETHING SMALL

<b>VELO MUFFINS (NGF)</b> (see staff for today's flavor)	9
<b>DOUBLE CHOC BROWNIES (GF)</b> (see staff for today's flavour)	8
<b>CARROT &amp; WALNUT CAKE (NGF)</b> w/ cream cheese frosting	8
<b>VELO BANANA BREAD</b> (GF) (DF AVAILABLE ON REQUEST)	15
toasted spiced banana, orange and date bread, fresh berries, local honey, mascarpone, white chocolate, cranberry and pistachio bark	
<b>TOASTIES (GF ON REQUEST)</b>	14
w/ bacon, cheese + fried egg	
w/ plain cheese	
w/ avocado + cheese	
w/ vegemite + cheese	
w/ ham + cheese	

### ON THE GO

<b>TOASTED CIABATTA W/ SPREAD (DF) (GF ON REQUEST)</b>	10.5
w/ house made jam, vegemite, crunchy peanut butter, local honey or Nutella	
<b>TOASTED CIABATTA W/ EGGS YOUR WAY (DF) (GF ON REQUEST)</b>	16
w/ house made jam, crunchy peanut butter, local honey or Nutella	
<b>TOASTED "BAGEL BOYS" BAGELS</b>	12.5
w/ house made jam, crunchy peanut butter, local honey or Nutella	
<b>AVOCADO SMASHED (DF + VEGAN) (GF ON REQUEST)</b>	19
fresh red onion, roasted garlic, corn, lemon juice & fresh herbs on toasted ciabatta	
<b>THAT'S A WRAP (DF)</b>	20
local free-range bacon, fried eggs, spinach, caramelised onion & tomato chutney in a toasted tortilla	
<b>SMOOTHIE BOWL (GF +DF+ VEGAN)</b>	20
pitaya, berry & banana smoothie bowl, fresh seasonal fruits & house-made granola	
<b>MEDITERANEAN BOWL (GF) (DF + VEGAN ON REQUEST)</b>	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	

### CLASSIC HITS

<b>EGGS BENEDICT (NDF) (GF ON REQUEST)</b>	
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
<b>MORNING HARVEST (DF) (GF ON REQUEST)</b>	33
lamb + oregano & lemon sausage, Sun-Valley smoked ham, garlic & rosemary mushrooms, avocado, a poached egg, tomato chutney, pesto aioli, toasted ciabatta	
<b>PULLED &amp; TOASTED (DF) (GF ON REQUEST)</b>	27
pulled BBQ chicken, semi-dried tomatoes, avocado, baby spinach, caramelised onion on a toasted sesame "Bagel Boys" bagel	

### CREPES

<b>Gluten-friendly buckwheat crepes available on request (+\$2)</b> & all of our crepes do contain dairy..	
<b>market fresh lemon, rapadura sugar &amp; chantilly cream</b>	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	22
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

OPEN 7 DAYS

6:30 A M - 1:30 P M

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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