



create. eat. drink. listen. laugh.

## SIMPLE UNICYCLES

### SWEET TREATS

#### DOUBLE CHOCOLATE BROWNIE (GF) 8

(see staff for today's flavour)

#### CARROT & WALNUT CAKE (NGF) 8

w/ cream cheese frosting

#### VELO MUFFIN (NGF) (see staff for today's flavor) 9

### CROISSANT

w/ housemade jam and mascarpone 8

w/ Sun-Valley smoked ham & mozzarella cheese 11

#### VELO BANANA BREAD 15

(GF) (DF AVAILABLE ON REQUEST)

toasted banana and date bread, whipped maple fudge, fresh berries, toasted pecans & mascarpone

#### TOASTED CIABATTA W/ EGGS YOUR WAY 16

(DF) (GF ON REQUEST)

w/ local free-range bacon 23

#### YOGHURT BOWL (GF + DF) (VEGAN ON REQUEST) 19

COYO yoghurt, seasonal poached fruit, house-made coconut and macadamia crumble & local honey

### THAT'S A WRAP 20

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

OPEN 7 DAYS

6:30 AM - 1:30 PM

## VINTAGE TWO WHEELERS

#### AVOCADO SMASHED 19

(DF + VEGAN) (GF ON REQUEST)

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

w/ eggs your way 27

#### EGGS BENEDICT (NDF) (GF ON REQUEST)

w/ roasted garlic paprika mushrooms 24

w/ roasted cauliflower & haloumi 24

w/ Sun-Valley smoked ham 25

w/ local free-range bacon 25

w/ pulled lamb shoulder 25

w/ jalapeno & cheese pork sausage 25

w/ grilled marinated steak 26

w/ smoked salmon 26

#### THE WILD HARVEST (GF, DF + VEGAN) 25

roasted cauliflower, grilled broccolini, avocado, semi-dried tomato hummus, mixed grains, pomegranate, pickled radish & lemon tahini

#### STREET MARKET STEAK (DF) (GF ON REQUEST) 27

Grilled marinated steak, asian slaw, fried shallots, lime-peanut dressing & a fried egg on a toasted turkish roll

#### SLOW & GOLDEN (GF + DF) 27

pulled lamb shoulder on potato & zucchini rösti, fennel, poached egg, romesco sauce & fried shallots

#### MORNING RIDE (GF ON REQUEST) 33

jalapeno & cheese pork sausage, Sun-Valley smoked ham, roast garlic paprika mushrooms, avocado, a poached egg, tomato chutney & toasted ciabatta

WHILE WE DO OUR BEST TO ACCOMODATE ALLERGIES, OUR KITCHEN DOES CONTAIN GLUTEN, DAIRY, NUTS AND OTHER ALLERGENS.

## CREPE CRUISERS

#### LEMON SUGAR 17

market fresh lemon, rapadura sugar & chantilly cream

#### PAVLOVA 22

fresh fruit, crispy meringue, lime curd & raspberry cream

#### JAFFA 22

chocolate crepe, nutella, orange, freeze-dried mandarin & mascarpone

#### CANADIAN 23

grilled bacon, fresh banana & maple syrup

#### GARDEN ROAST 24

spinach crepe, roasted mushrooms and cauliflower, avocado, romesco dressing & crispy wild rice

#### LANEWAY HAM 24

Sun-Valley smoked ham, asian slaw, fried shallots, lime-peanut dressing & fried egg

#### COASTAL SALMON 24

smoked salmon, baby spinach, grilled broccolini, pickled radish & lemon tahini

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

### EXTRAS...

crunchy peanut butter, housemade jam, local honey, nutella, vegemite 3

chantilly cream, mascarpone, vanilla icecream 3.5

1 egg, hollandaise, romesco sauce, tomato chutney, 1 slice toasted ciabatta 4

fresh or sautéed spinach, haloumi, banana, strawberries, semi-dried tomato hummus 4.5

roasted garlic paprika mushrooms, avocado, roasted cauliflower, grilled broccolini 6

local free-range bacon, Sun-Valley smoked ham, lamb shoulder, jalapeno & cheese pork sausage, potato & zucchini rösti 7

grilled marinated steak, smoked salmon 8.5



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## COFFEE BY KAI

LONG BLACK | FLAT WHITE | LATTE | CAP | MOCHA 5/6  
ESPRESSO | PICCOLO 4.5/5  
HOT CHOCOLATE 5/6  
NUTELLA HOT CHOCOLATE 6/7  
CHAI LATTE 5/6  
GOLDEN CHAI 6/7  
MASALA STICKY CHAI 6/7  
MATCHA 6.5/7.5  
CEREMONIAL CACAO 6/7

ICED LATTE 6/7  
ICED MATCHA 6.5/7.5  
ICED CHAI 6/7  
ICED CACAO 6/7  
ICED LONG BLACK 5/6  
'BREW BEAR' COLD DRIP COFFEE 6/7  
VIETNAMESE ICED COFFEE 7/8  
ICED COFFEE/MOCHA/CHOCOLATE 6.5/8

## TEA

**CLASSIC TEAS \$6**  
EARL GREY  
ENGLISH BREAKFAST  
PEPPERMINT  
GREEN TEA

**HERBAL TEAS \$6**  
LEMONGRASS & GINGER  
HIBISCUS & MINT

**ICED TEA \$7**  
MANGO, PEACH OR LEMON

## FRESH JUICES \$11

fresh juices made using the best quality produce we can source

### HYDRATE

watermelon, apple, orange & passionfruit pulp

### ZING

apple, cucumber, lime w/ a splash of ginger & lemon myrtle kombucha

### VITAMIN-C

orange, pineapple, lime & carrot (add ginger \$0.5)

### MULLED CIDER

Apple, orange w/ spices (served warm or over ice)

### LOADED LEMONADE

lemonade topped w/ pineapple or watermelon juice + mint

## SMOOTHIES \$14

### SUNBEAM SPLASH (DF)

raspberries, banana, mango puree, watermelon juice, coconut ice cream (add bloom powder \$2).

### TROPICAL WHISPER (DF)

mango, pineapple, passionfruit, coconut ice cream, coconut water & orange juice (add vegan protein powder \$2).

### DAILY GREENS (DF)

mango, spinach, greens powder, matcha, coconut ice cream & coconut water (add vegan protein powder \$2).

### APPLE CRUMBLE (DF)

apple, banana, oat milk, oats, cinnamon, maple syrup (add vegan protein powder \$2).

### CACAO POWER (DF)

banana, cacao, dates, peanut butter, coconut ice cream & oat milk (add a shot of coffee \$1).

## SHAKES

### CLASSIC MILKSHAKE \$10

STRAWBERRY, CARAMEL, CHOCOLATE, VANILLA

### THICKSHAKE \$12

STRAWBERRY, CARAMEL, CHOCOLATE, VANILLA

### LOADED THICKSHAKES \$14

CHOC NUTELLA BROWNIE  
CARAMEL + PEANUT BUTTER  
PISTACHIO CHEESECAKE

## EXTRAS

### WELLNESS SHOT 5

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

SOY | ALMOND | COCONUT | OAT | LACTOSE FREE | 50C  
DECAF | EXTRA SHOT | SINGLE ORIGIN 50C  
SYRUPS | HONEY | MAPLE 50C

VANILLA COLD FOAM \$2

SALTED MAPLE COLD FOAM \$2

### SMOOTHIE EXTRA

VEGAN PROTEIN POWDER \$2

GREENS POWDER | BLOOM POWDER \$2

CACAO POWDER \$2

CHOCOLATE SAUCE | COFFEE SHOT | PASSIONFRUIT \$1

## FRIDGE DRINKS

SPARKLING WATER 500ML \$6

COCONUT WATER \$6

COKE \$5

SODAS \$6

LOCAL KOMBUCHA \$6.5

COLD DRIP CAN \$6