



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 flavour) 9

CROISSANT

w/ house-made jam & mascarpone 8
w/ Sun-Valley smoked ham & mozzarella cheese 11

VELO BANANA BREAD (GF) (DF ON REQUEST) 15
toasted banana and date bread, roasted strawberries,
whipped mascarpone, pistachios & local honey

TOASTED CIABATTA W/ EGGS YOUR WAY (DF) (GF ON REQUEST) 16
w/ local free-range bacon 23

BIRCHER MUESLI (GF + DF) 20
buckwheat and chia bircher, COYO yoghurt, seasonal
fruit & house-made granola & local honey

GOLDEN MILE 24
Velo style French toast with grilled banana, toasted
walnuts, warm miso caramel sauce & vanilla ice cream

VINTAGE TWO WHEELERS

AVOCADO SMASHED 20
(DF + VEGAN) (GF ON REQUEST)

our signature smashed avocado with fresh red
onion, roasted garlic, corn, lemon juice & fresh
herbs on toasted ciabatta
w/ eggs your way 28

BREAKFAST BURRITO (NOT AVAILABLE GF) 23
local free-range bacon, scrambled eggs, baby spinach,
tomato chutney & Velo smashed avocado in a toasted
tortilla

EGGS BENEDICT (GF ON REQUEST)
w/ haloumi & maple roasted pumpkin 25
w/ Sun-Valley smoked ham 25
w/ local free-range bacon 25
w/ jalapeno & cheese pork sausage 25
w/ smoked salmon 26
w/ slow-cooked braised beef short rib 27

THE WILD HARVEST (GF + VEGAN) 26
grilled broccolini, green beans, avocado, quinoa,
beetroot, crispy chickpeas, toasted pepitas & green
goddess dressing

THE BREAKAWAY (GF) 31
slow-cooked braised beef short rib on house-made
cornbread, guindilla peppers, charred corn salsa,
grilled lime, chipotle aioli & poached eggs

MORNING RIDE (GF ON REQUEST) 34
jalapeno & cheese pork sausage, Sun-Valley smoked
ham, maple roasted pumpkin, avocado, 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

NUTELLA 23
chocolate crepe, Nutella, brownie crumble, whipped
mascarpone & fresh raspberries

STRAWBERRY FIELDS 24
fresh strawberries, pistachio cream, whipped
mascarpone, pistachio praline & lemon zest

CANADIAN 23
grilled bacon, fresh banana & maple syrup

EL CAMINO 24
grilled haloumi, maple roasted pumpkin, charred corn
salsa, avocado, baby spinach, chipotle aioli & lime

LANEWAY HAM 24
Sun-Valley smoked ham, baby spinach, chipotle aioli,
avocado & fried egg

COASTAL SALMON 25
smoked salmon, baby spinach, grilled broccolini,
beetroot, toasted pepitas & green goddess dressing

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

EXTRAS...

crunchy peanut butter, house-made jam, local honey,
nutella, vegemite 3

chantilly cream, mascarpone, vanilla ice cream,
tomato chutney, chipotle aioli 3.5

1 egg, hollandaise, green goddess dressing,
1 slice toasted ciabatta 4

fresh or sautéed spinach, banana, strawberries 4.5

maple roasted pumpkin, avocado, grilled broccolini,
haloumi 6

local free-range bacon, Sun-Valley smoked ham,
jalapeno & cheese pork sausage 7

slow-cooked braised beef short rib, smoked salmon 8.5

OPEN 7 DAYS

6:30AM - 1:30PM



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P E D A L & G O

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 11

w/ Sun-Valley smoked ham & mozzarella cheese

w/ housemade jam & mascarpone

TOASTIES (GF AVAILABLE ON REQUEST) 14

w/ bacon, cheese + fried egg

w/ plain cheese

w/ avocado + cheese

w/ vegemite + cheese

w/ ham + cheese

VELO BANANA BREAD (GF) (DF ON REQUEST) 15

toasted banana and date bread, roasted strawberries,

whipped mascarpone, pistachios & local honey

TOASTED CIABATTA (DF) (GF ON REQUEST) 12

w/ your choice of housemade jam, vegemite, peanut butter, nutella, honey & butter

w/ two eggs cooked your way 16

w/ local free-range bacon 23

BIRCHER MUESLI (GF + DF) 20

buckwheat and chia bircher, COYO yoghurt, seasonal fruit & house-made granola

F U E L S T A T I O N

AVOCADO SMASHED 20
(DF + VEGAN) (GF ON REQUEST)

our signature smashed avocado with fresh red onion, roasted garlic, corn, lemon juice & fresh herbs on toasted ciabatta

w/ eggs your way 28

BREAKFAST BURRITO (NOT AVAILABLE GF) 23

local free-range bacon, scrambled eggs, baby spinach, tomato chutney & Velo smashed avocado in a toasted tortilla

EGGS BENEDICT (GF ON REQUEST)

w/ haloumi & maple roasted pumpkin 25

w/ Sun-Valley smoked ham 25

w/ local free-range bacon 25

w/ jalapeno & cheese pork sausage 25

w/ smoked salmon 26

w/ slow-cooked braised beef short rib 27

THE WILD HARVEST (GF + VEGAN) 26

grilled broccolini, green beans, avocado, quinoa, beetroot, crispy chickpeas, toasted pepitas & green goddess dressing

THE BREAKAWAY (GF) 31

slow-cooked braised beef short rib on house-made cornbread, guindilla peppers, charred corn salsa, grilled lime, chipotle aioli & poached eggs

MORNING RIDE (GF ON REQUEST) 34

jalapeno & cheese pork sausage, Sun-Valley smoked ham, maple roasted pumpkin, avocado, poached egg, tomato chutney & toasted ciabatta

C R E P E S T O P

LEMON SUGAR 17

market fresh lemon, rapadura sugar & chantilly cream

NUTELLA 23

chocolate crepe, Nutella, brownie crumble, whipped mascarpone & fresh raspberries

STRAWBERRY FIELDS 24

fresh strawberries, pistachio cream, whipped mascarpone, pistachio praline & lemon zest

CANADIAN 23

grilled bacon, fresh banana & maple syrup

EL CAMINO 24

grilled haloumi, maple roasted pumpkin, charred corn salsa, avocado, baby spinach, chipotle aioli & lime

LANEWAY HAM 24

Sun-Valley smoked ham, baby spinach, chipotle aioli, avocado & fried egg

COASTAL SALMON 25

smoked salmon, baby spinach, grilled broccolini, beetroot, toasted pepitas & green goddess dressing

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

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

O P E N 7 D A Y S

6 : 3 0 A M - 1 : 3 0 P M



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COFFEE BY KAI

LONG BLACK | FLAT WHITE | LATTE | CAP | MOCHA 5/6.5
ESPRESSO | PICCOLO 4.5/5
HOT CHOCOLATE 5/6.5
NUTELLA HOT CHOCOLATE 6/7.5
CHAI LATTE 5/6.5
GOLDEN CHAI ON SOY 6/7.5
MASALA STICKY CHAI 7/8
MATCHA 6.5/7.5
CEREMONIAL CACAO 6/7.5

ICED LATTE 6/7.5
ICED MATCHA 6.5/7.5
ICED CHAI 6/7.5
ICED CACAO 6/7.5
ICED LONG BLACK 6/7
'BREW BEAR' COLD DRIP COFFEE 6/7.5
VIETNAMESE ICED COFFEE 7/8
ICED COFFEE/MOCHA/CHOCOLATE 7/9

TEA

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

HERBAL TEAS \$6
LEMONGRASS & GINGER
HIBISCUS & MINT

ICED TEA \$7
SEE TODAY'S FLAVOUR

FRESH JUICES \$11

fresh juices made using the best quality produce we can source

HYDRATE

watermelon, apple, orange & passionfruit pulp

RECHARGE

apple, cucumber, celery, lemon & mint

RUBY SUNRISE

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

RHUBARB RUSH

apple, rhubarb, ginger & lemon

LOADED LEMONADE

lemonade topped with pineapple or watermelon juice & mint

SMOOTHIES \$14

POWDERPUFF (DF)

raspberries, banana, mango, orange juice, coconut water & coconut ice cream ([add bloom powder \\$2](#)).

ISLAND BLISS (DF)

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

GREEN HARVEST (DF)

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

PEACH PARADISE (DF)

peaches, strawberries, banana, coconut ice cream & coconut water (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

EXTRAS

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

VANILLA COLD FOAM \$2
MISO CARAMEL COLD FOAM \$2

SMOOTHIE EXTRAS

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



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KIDS

YOUNG @ HEART

1 SLICE OF TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST)	
w/ house-made jam, vegemite, crunchy peanut butter, honey or Nutella	6
w/ 1 egg your way	8
AVO ON TOAST (DF) (GF AVAILABLE ON REQUEST)	
sliced avocado served on toasted ciabatta	10
CROISSANT	
w/ Sun-Valley smoked ham & mozzarella cheese	11
w/ house-made jam & mascarpone	8
FRUIT AND YOGHURT BOWL (GF + DF)	12
COYO yoghurt with seasonal fruits	
KIDS TOASTIES (GF AVAILABLE ON REQUEST)	14
w/ bacon, cheese + fried egg	
w/ plain cheese	GF 16
w/ avocado + cheese	
w/ vegemite + cheese	
w/ ham + cheese	
LITTLE ONES CREPES (GF AVAILABLE ON REQUEST)	14
w/ Nutella + cream	
w/ bacon, banana + maple	GF 16
w/ strawberries + cream	
w/ lemon, rapadura sugar + cream	
w/ ham + cheese	

KIDS DRINKS

FRESHLY SQUEEZED JUICES \$6

CLASSIC ORANGE

HYDRATE

watermelon, apple, orange & passionfruit pulp

RECHARGE

apple, cucumber, celery, lemon & mint

RUBY SUNRISE

orange, pineapple, lemon, carrot & beetroot (add ginger \$0.50)

RHUBARB RUSH

apple, rhubarb, ginger & lemon

LOADED LEMONADE

lemonade topped w/ pineapple or watermelon juice & mint

SMOOTHIES \$8

POWDERPUFF (DF)

raspberries, banana, mango, coconut ice cream & orange juice

ISLAND BLISS (DF)

mango, lychee, passionfruit, coconut ice cream, coconut water & pineapple juice

GREEN HARVEST (DF)

mango, spinach, pineapple, greens powder, matcha, coconut ice cream & coconut water

PEACH PARADISE (DF)

peaches, strawberries, banana, coconut ice cream & coconut water

CACAO POWER (DF)

banana, cacao, dates, peanut butter, coconut ice cream & oat milk

KIDS MILKSHAKES \$6

strawberry, chocolate, vanilla, caramel

BABYCINO \$3.5

FAIRYBREAD CINO \$5

a colourful babychino topped w/ 100's & 1000's and mini marshmallows