



EST. 2009

BICYCLE SHOP & CAFE



BREAKFAST (served all day)

WE ARE PROUD TO BE A SCRATCH KITCHEN. ALL MENU ITEMS ARE MADE FRESH TO ORDER, USING WHOLE NATURAL INGREDIENTS. PLEASE BE PATIENT DURING PEAK TIMES.

AVOCADO TARTINE topped with Medium Boiled Egg, lightly dressed Arugula & Dill on Baguette **\$10.00**

FRUIT TARTINE topped with house-made Honey Whipped Ricotta, Seasonal Fruit, Honey & Bee Pollen on thick-cut Brioche **\$10.00**

QUICHE with Roasted Potatoes
Ask your server for our current selection **\$10.75**

BREAKFAST SANDWICHES with Roasted Potatoes or Field Greens
Choose your style **\$10.75**

The RED brick: Pork Breakfast Sausage, Gouda, Medium Fried Egg, Chipotle Pesto, Caramelized Onion & Arugula on Baquette

The GREEN brick: Avocado, Medium Fried Egg or Tofu (Vegan 🌱), Basil Pesto, Tomato, Pickled Onion & Micro Greens on Baquette

Everything: Cream Cheese, Lox, Scrambled Egg, Tomato, Pickled Onion on a Brioche Bun with Everything Bagel Seasoning

Cubano: Pulled Pork, Black Forest Ham, Cheddar, Medium Fried Egg, Pickled Onions & Spicy Cucumbers, Dijonnaise on Sourdough

BREAKFAST QUESADILLA with Fruit Salad
Tomato Tortilla, Chipotle Cream Cheese, Cheddar, Egg, Bacon, Onion, Tomatoes, and Roasted Potatoes, and Tomatillo Salsa **\$11.00**

PESTO TOFU SCRAMBLE with a side of Organic Tempeh 🌱 🌾
With Spinach, Onions, and Bell Peppers, on a bed of Roasted Potatoes **\$12.00**

OMELET with choice of Roasted Potatoes or Field Greens
Two Egg Omelet, with choice of Toast (English Muffin or Baguette) **\$12.75**
Candy Bacon, Jalapeño & Cream Cheese garnished with Crispy Shallots
Minty Pea: Green Peas & Chèvre, with Dill & Mint
Elote: Mexican Corn & Feta, topped with sliced Avocado & Scallion
Mushroom, Broccoli & Cheddar (Add Turkey Sausage \$3.50)

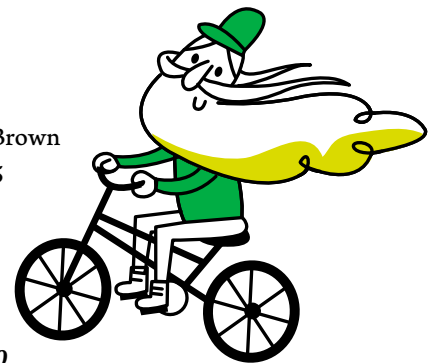
FARMER
Two Eggs any style, Roasted Potatoes, choice of Meat, and choice of Toast (English Muffin or Baguette) **\$10.00**

HUNGRY FARMER
Two Eggs any style, short stack of Pancakes, choice of Meat, Roasted Potatoes, and choice of Toast (English Muffin or Baguette) **\$13.00**

PANCAKES with Butter & NY Maple Syrup
Plain, Banana, Blueberry, or Chocolate Chip, with a side of your choice of Meat **\$9.00**
Available before 3pm

SWEET PORRIDGE 🌾 🌱
Ancient Grain Hot Cereal, Coconut Milk, Brown Sugar, Chai Fruit Compote & Pepitas **\$8.75**
Available before 3pm

SAVORY PORRIDGE 🌾
Ancient Grain Hot Cereal, Miso, Medium Boiled Egg, Avocado & Sesame Seeds **\$9.50**
Available before 3pm



A LA CARTE \$3.50

Bacon
Pork Sausage
(Oliver's Produce - Marcellus)
Turkey Sausage
Organic Tempeh
Black Forest Ham
Lox
Roasted Potatoes
½ Avocado

(2) Eggs - any style
Toast
Fruit Salad - seasonal fruit tossed in yogurt, topped with almonds and honey
Simple Egg (\$1.00) - medium boiled
Side Spread (\$0.50) - Cream Cheese, Honey, Peanut Butter, Organic Sunflower Butter, Nutella, Jam

SALADS (after 11am)

Add Grilled Chicken Breast (\$4), Salmon (\$7), Egg (\$2.50) or Organic Tempeh (\$3) to any salad

HOUSE 🌱
Field Greens, Tomatoes, Cucumbers, Pickled Onions, Carrots, Dried Cranberries, house-made Croutons, Seasonal Dressing **\$6.00 / \$10.50**

KALE SALAD
Massaged Kale, Candied Bacon, White Beans, Tomatoes, Crispy Shallots, house-made Croutons, Shaved Parmigiano, Lemon Tahini Dressing **\$12.00**

NON MI
Mixed Greens, Pulled Pork or Tempeh (Vegan 🌱), Carrot, Cucumber, Pickled Onions, Peppers, Radishes, and Jalapeños; Fresh Cilantro and Creamy Sriracha Dressing **\$13.00**



GOLDEN GRAIN SALAD
Warm Golden Beets, Farro, Spinach, Golden Raisins, Chèvre & Pistachios **\$13.00**

SMOKED TROUT & SLAW
Apple, Cabbage & Arugula Slaw dressed with Tangy Caraway Seed Vinaigrette, Rye Crumbs & Smoked Trout **\$14.00**

VERDE VESSEL 🌾 🌱
Massaged Kale Salad with Basil Pesto, Cabbage, Cucumbers, Broccoli, Jalapeños, Pea Shoots, Green Peas, Crispy Tofu & Avocado **\$13.00**

HOUSE-MADE SOUP

Ask your server for our current selection **\$4.75 / \$6.50**

SANDWICHES (after 11am)

Served with a side of Fries or Field Greens

BANH MI
Pulled Pork or Tempeh (Vegan 🌱), Pickled Onions, Peppers, Radishes, and Jalapeños; Shredded Carrots, Sriracha Aioli & Fresh Cilantro on Baguette **\$13.00**

THE K.O.M.
Braised Greens, Sauerkraut, Cheddar Cheese & Dijonnaise on Dark Rye **\$11.00**

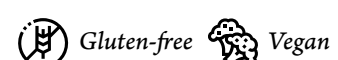
THE KINGDOM TRAIL
Braised Beef, Arugula & Spicy Horseradish Sauce on a Brioche Bun **\$12.50**

THE DOMESTIQUE
Braised Pork, Slaw, Apple Chutney on Sourdough **\$12.50**

THE HIGH WHEELER
Cajun-spiced Grilled Chicken Breast, Bacon, Spinach, Red Onion, Cheddar & Chipotle Pesto Aioli on Baguette **\$13.00**

THE MOAB
Golden Beets, Honey Ricotta, Walnut Butter & Pickled Veggies **\$13.00**

Consuming raw or undercooked beef, chicken, seafood, shellfish or eggs may increase the risk of foodborne illness



Please note: we are unable to split checks for parties of four or more. We have an ATM on premise for your convenience or, you can exchange funds via Venmo, PayPal or the fund-sharing app of your choosing. Thank you for your understanding.

BURGERS (after 11am)

Served on a Kaiser Roll with a side of Fries or Field Greens - Add Cheese (\$2), Bacon (\$3), or Egg (\$2.50) to any burger

HOUSE

7oz Beef, Field Greens, Pickled Veggie, Pepperjack Cheese & Chipotle Pesto Aioli \$15.00

PLAIN JANE

7oz Beef, Lettuce, Tomato, Onion & Burger Sauce \$14.00

SPICY PEANUT BUTTER & PICKLES

7oz Beef, Spicy Sambal Peanut Butter, Cabbage, Carrots & Spicy Cucumber Pickles \$15.00

**All Burger Beef Sourced Locally from Oliver's Produce - Marcellus*

BACON, BLUE & SHROOM

7oz Beef, Bacon, Grilled Mushrooms & Gorgonzola Sauce \$15.50

ALL-STAR

7oz Beef, Sunny Egg, Caramelized Onions, Gouda & Dijonnaise \$15.50

HOUSE-MADE VEGGIE BURGER

Goat Cheese, Roasted Garlic Aioli, Avocado, Pea Shoots \$13.50



SMALL PLATES (after 11am)

FLATBREAD PIZZA

Ask your server for our current selection \$10.00
Gluten-free option available (\$1.50)

CHICKEN WINGS with Gorgonzola Sauce, Carrot & Celery Sticks

A dozen fried, and tossed in sauce \$12.50

Buffalo, Filipino Adobo, Scorpion Pepper Peach, or Garlic Parmesan

KOFTA LAMB MEATBALLS with Labneh \$12.00

FRIED BRUSSELS SPROUTS, HALLOUMI & GRAPES

Served over Baba Ghanoush & drizzled with Pomegranate Molasses \$11.00

BEET HUMMUS PLATE

With deep fried Garlic Naan, Cucumber, Carrot & Celery Sticks \$7.50
Gluten-free, vegan option available (\$1.50)

TEMPURA FRIED SWEET POTATOES

With Ginger Soy Dipping Sauce & garnished with Gomasio \$9.50

FRIES with house-made Curry Sauce \$6.25

BUTTERNUT SQUASH MAC & CHEESE \$8.50 (small) / \$14.00 (large)

HUSH PUPPIES with house-made Honey Whipped Ricotta \$11.00

DINNER (after 5pm)

FARRO RISOTTO

With Braised Beef or Oyster Mushrooms (*Vegan*), Squash, Thyme & Pecans \$23.00

BRAISED PORK

With Braised Greens, Pan-fried Polenta and Apple Chutney \$21.00

MEZZE PLATTER

Kofta Lamb Meatballs, Beet Hummus, Labneh, Baba Ghanoush, deep fried Garlic Naan, Cucumbers & Carrots \$19.00

PAPARDELLE PASTA

With Basil Pesto Cream Sauce and Salmon \$17.00
Gluten-free Penne Pasta available (\$1.50)

CRISPY TOFU & NOODLES

With warm Scallion Oil, Cabbage, Red Chili, Sesame, Fresh Mint, Cilantro & Basil \$16.00

CHICKEN SKILLET POT PIE

With Side Salad \$16.00



DRINK!

BEVERAGES \$2.00	COFFEE	NOT COFFEE	BLENDED / SMOOTHIES \$7.00
Cola Diet Cola Lemon Lime Ginger Ale Pink Lemonade Cranberry Juice Orange Juice (12oz)	Drip \$2.50 / \$3.00 Pour-over \$6.00 (12oz Hario V60) French Press (12oz) \$4.00 (32oz) \$7.50 Cold Brew \$4.00	Hot Cocoa \$3.50 / \$4.00 Chai Latte \$4.00 / \$4.50* Matcha Latte \$4.25 / \$4.75* London Fog \$4.00 / \$4.50 Iced Tea \$2.75 Nilgiri Black, Mate Chiller, or Ginger Lemon Mint Milk (12oz) \$2.00 White or Chocolate	Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana, coconut water Wheelie Healthy Mango, ginger, kale, banana, ginger lemon mint tea Maple Mountain Maple, peanut butter, oat milk, banana, chai tea, chia seeds Fat Bike Peanut butter, oat milk, kale, coconut oil, chia seeds Chainbreaker Cold brew coffee, coconut, banana Peach Coaster Peach, banana, coconut, vanilla yogurt Velodrome Matcha tea frappé, banana, oat milk *Available Iced
BOTTLED	ESPRESSO	ORGANIC LOOSE LEAF TEA \$3.50	
Saranac Root Beer \$3.00 Coconut Water \$3.00 Bundaberg Ginger Beer \$3.75 San Pellegrino \$3.00 Lacroix \$2.50 Saratoga Still \$2.00 Sparkling \$3.00 Aqua Vitea Kombucha \$6.50 Red Jacket Juice \$3.25	Espresso \$2.75 Con Panna \$3.25 Macchiato \$3.50 Cortado \$3.50 Cappuccino \$3.75 Latte \$4.25 / \$4.75* Mocha \$4.75 / \$5.25* Americano \$3 / \$3.25* Add House-made Syrup (\$0.50) Add Soy or Oat Milk (\$0.70)	Ceylon Black Darjeeling Irish Breakfast Ceylon Green Earl Green White Melon Chai Yerba Mate Chamomile Lavender Cherry Hibiscus Detox Orange Spice Ginger Lemon Mint	