

Breakfast

Savoury

3B (Bicicletta Breakfast Board)
Cured Meats, Gorgonzola, Pecorino,
Toasted Sourdough, Mushroom and
Spinach, Italian Sausage

Italian Baked Beans
Cherry Tomatoes, Garlic, Sage, Roast
Capsicum, Spinach, White Beans,
Sourdough
Add Poached Egg

Baked Sausage and Eggs
Italian Sausage, Free Range Eggs,
Sugo, Spices, Spinach

Breakfast Bruschetta
Sourdough, Avocado, Cherry Tomato,
Red Onion, Balsamic Glaze, Basil
Add Poached Egg \$3

Balance Bowl
Kale, Broccoli, Quinoa, Avocado,
Boiled Egg, Dukka, Crumbled Feta,
Extra Virgin Olive Oil

EBP (Egg & Bacon Panini)
Free Range Eggs Bacon, Relish on
House Made Panini
+ Add Cheese

Any Which Way
Free Range Eggs (Scrambled, Fried,
Poached, Boiled) with Sourdough
Bread
+ Spinach, Sauteed Tomatoes,
Sauteed Mushrooms
+ Italian Sausage, Bacon

Sweet

Crespelle
Delicate Crepe, Mixed Berries, Nutella
and Icing Sugar

Fruit Salad
Seasonal fruits, greek yoghurt

Bircher Muesli
Served with Mixed Berries, Banana and
Scorched Almond Flakes

Hot Drinks

Chai Latte

English Breakfast, Earl Grey, Green,
Peppermint, Chamomile

Long Black, Espresso

Flat White, Cappuccino, Latte, Piccolo,
Macchiato

Cold Drinks

Juices- Orange, Cloudy Apple,
Pineapple, Cranberry

Clean Green - Kiwi, Kale, Apple,
Celery, Lemon, Cucumber

Fuel me up - Choc protein powder,
Peanut Butter, Banana, Soy Milk, Chia

Lotsa Berry - Natural Yoghurt, Mixed
Berries, Apple Juice