mellovelo



790 Canal Street Syracuse, NY mellovelobicycles.com (315) 307-3104

EST. 2009

BICYCLE SHOP & CAFE

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TOAST WITH TOPPINGS with choice of Fruit Salad or Simple Egg **C** Toasted Baguette or English Muffin with your choice Topping **\$5.00** Butter, Cream Cheese, Honey, Peanut Butter, Organic Sunflower Butter, Nutella, Jam, or Avocado & Oil

QUICHE with Roasted Potatoes Ask your server for our current selection **\$8.00**

BREAKFAST SANDWICHES with Roasted Potatoes or Field Greens Choose your style **\$8.50**

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

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

Like it a Lox: Lox, Bacon, Scrambled Egg, Tomato, Arugula & Dill Aioli on Baquette

BREAKFAST BURRITO

Tomato Tortilla, Seasoned Black Beans, Bacon, Scrambled Eggs, Taters, Cheddar, Roasted Jalapeño Crema & Pico de Gallo **\$10.00** (Add Avocado \$3)

VEGAN BREAKFAST BURRITO 🛞

Tomato Tortilla, Seasoned Black Beans, Tempeh, Tofu Scramble, Avocado, Taters & Pico de Gallo **\$10.00**

PESTO TOFU SCRAMBLE with a side of Organic Tempeh () () () (W) (With Spinach, Onions, and Bell Peppers, on a bed of Roasted Potatoes **\$8.00**

SKILLET POTATERS

Loaded Homefries served in a mini skillet (Add Eggs \$3)

Southwest: Pulled Pork, Avocado, Pickled Jalapeños, Cilantro, Scallions, Cheddar, Roasted Jalapeño Crema & Pico de Gallo \$11.00

Veggie: Broccoli, Spinach, Roasted Veggies, Basil Pesto, Goat Cheese \$8.00

Sweet & Smoky: Candied Bacon, Pickled Onions, Smoked Gouda \$8.00

BENNYS with Roasted Potatoes

Basic: Choice of Bacon or Avocado; Two Poached Eggs, English Muffin, Hollandaise \$12.00

Hemingway: Lox, Two Poached Eggs, English Muffin, Tomato, Red Onion, Capers, Dill, Hollandaise \$14.00

Chipotle: House-made Pulled Pork, Two Poached Eggs, English Muffin, House Pickled Medley & Scallion, with Smoky Chipotle Hollandaise **\$14.00**

Ask your server about this week's Brunch Specials!

Everything is cooked to order and from scratch. We ask you kindly to try our new menu as-is—Please, No Substitutions! Please inform your server of any allergies or dietary restrictions. **OMELETS** with choice of Roasted Potatoes or Field Greens

Two Egg Omelet, with choice of Toast (English Muffin or Baguette) **\$11.00**

Green Eggs & Ham: Broccoli, Black Forest Ham & Cheddar; garnished with Roasted Jalapeño Crema & Scallion

Mediterranean: Feta, Spinach & Tomato; topped with Sliced Avocado & Fresh Dill (Add Turkey Sausage \$3)

Smoked Out: Mushrooms, Gouda, Caramelized Onion & Chèvre; garnished with Chive (Add Pork Sausage \$3)

FARMER

Two Eggs any style, Roasted Potatoes, choice of Meat, and choice of Toast (English Muffin or Baguette) **\$8.00**

PORRIDGE 🖉 🗞

Ancient Grain Hot Cereal, Coconut Milk, Brown Sugar, house-made Chai Fruit Compote & Pepitas **\$7.50**

BRIOCHE FRENCH TOAST

Topped with House-made Salted Caramel, Toasted Pecans & Fresh Whipped Cream **\$12.00** (Half Order \$7.00)

BREAKFAST BURGER with Fries or Field Greens 7oz local Beef (Oliver's Produce - Marcellus), Bacon, Sunny Egg, Avocado, Arugula, Tomato, Cheddar, Basil Pesto Aioli, on English Muffin **\$14.00**



HALLOUMI SLIDERS

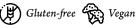
Grilled Halloumi Cheese with Beet Hummus, Caramelized Onion, Eggplant, and Roasted Red Peppers, on 3 Mini Brioche Buns **\$11.00**

KALE COBB with Toasted Baguette Kale Massaged In Lemony Vinaigrette, topped with Grilled Chicken, Medium Poached Egg, Blue Cheese, Tomatoes, Sliced Bacon, Pickled Onion & Avocado \$14.00

A LA CARTE \$3.00 Bacon

Pork Sausage (Oliver's Produce - Marcellus) Turkey Sausage Organic Tempeh Black Forest Ham Lox Roasted Potatoes ½ Avocado (2) Eggs - any style Fruit Salad - seasonal fruit tossed in yogurt, topped with almonds and honey Simple Egg (\$1.00) - hardboiled

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





DRINK!

BEVERAGES \$2.00		COFFEE	NOT COFFEE
Cola		Drip \$2.25 / \$2.75	Hot Cocoa \$3.50 / \$4.00
Diet Cola		Pour-over \$3.75	Chai Latte \$4.00 / \$4.50*
Lemon Lime		(12oz Hario V60)	Matcha Latte \$4.25 / \$4.75*
Ginger Ale		French Press	London Fog \$4.00 / \$4.50
Pink Lemonade		(12oz) \$3.50 (32oz) \$6.25	Iced Tea \$2.75
Cranberry Juice		(3202) \$0.23 Cold Brew \$4.00	Nilgiri Black, Mate Chiller, or
		Colu blew \$4.00	Ginger Lemon Mint
BOTTLED		ESPRESSO	ORGANIC LOOSE LEAF TEA \$2.75
1% Chocolate Milk	\$1.50	Espresso \$2.75	Ceylon Black
Whole Milk	\$1.50	Con Panna \$3.25	Darjeeling Irish Breakfast
Bundaberg Ginger Beer	\$3.75	Macchiato \$3.50	Ceylon Green
San Pellegrino	\$2.75	Cortado \$3.50	Earl Green
Lacroix	\$2.00	Cappuccino \$3.75	White Melon
Saratoga		Latte \$4.25 / \$4.75*	Chai Mate Soother
Still	\$1.50	Mocha \$4.75 / \$5.25*	Mate Soother Yerba Mate
Sparkling	\$2.75	Americano \$3 / \$3.25*	Chamomile Lavender
Aqua Vitea Kombucha	\$6.50	Americano \$57\$5.25	Cherry Hibiscus
Red Jacket Juice	\$3.25	Add House-made Syrup (\$0.50)	Detox
		Add Soy or Almond Milk (\$0.70)	Orange Spice Ginger Lemon Mint
COCKTAILS			BLENDED / SMOOTHIES \$6.00
Adult Lemonade \$8	r Vodka		Strider
	r Vodka		
Adult Lemonade \$8 Prairie Organic Cucumber			Strider Vanilla yogurt, banana & strawberry, or chocolate
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron			Strider Vanilla yogurt, banana & strawberry, or
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron			Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron Fresh Lemon, Mint & Cuc Mello Mary \$10 Titos Vodka	rumber		Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy Mango, ginger, kale, banana, ginger lemon
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron Fresh Lemon, Mint & Cuc Mello Mary \$10 Titos Vodka House Made Fire Roasted	umber Tomato Blend		Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy Mango, ginger, kale, banana, ginger lemon mint tea
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron Fresh Lemon, Mint & Cuc Mello Mary \$10 Titos Vodka	umber Tomato Blend		Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy Mango, ginger, kale, banana, ginger lemon mint tea Maple Mountain
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron Fresh Lemon, Mint & Cuc Mello Mary \$10 Titos Vodka House Made Fire Roasted Horseradish, Pickled Jalap	umber Tomato Blend		Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy Mango, ginger, kale, banana, ginger lemon mint tea Maple Mountain Maple, peanut butter, almond milk,
Adult Lemonade \$8 Prairie Organic Cucumber Absolut Citron Fresh Lemon, Mint & Cuc Mello Mary \$10 Titos Vodka House Made Fire Roasted Horseradish, Pickled Jalap Bicicletta \$8	rumber Tomato Blend penos, Olives		Strider Vanilla yogurt, banana & strawberry, or chocolate Berry Breakaway Mixed berries, orange, banana Wheelie Healthy Mango, ginger, kale, banana, ginger lemon mint tea Maple Mountain Maple, peanut butter, almond milk, banana, chai tea, chia seeds
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