

# BREAKFAST

## Quiche

Each individual-sized quiche is locally made using only the finest ingredients. Check for today's selections. Served with a healthy cup of fresh-cut fruit. **\$6.29**

## Breakfast Sandwiches

Scrambled eggs and your choice of cheese served on a toasted bagel, toast or wrapped. **\$4.49** Add turkey sausage, ham, turkey, veggie sausage or veggie bacon for **\$0.49**. Served with a healthy cup of fresh-cut fruit.

## Belgian Waffles (Saturday & Sunday 9-11 a.m.)

Light, fluffy and made to order! Served with butter and syrup **\$5.99**. Served with fresh fruit and whipped cream **\$6.99**

## Hard-boiled egg and toast

A wholesome egg and 2 pieces of your choice of toast **\$2.99** Add another egg for **\$0.59**

## Yogurt with a scoop of granola

**\$2.99**

## Oatmeal

Topped with honey, banana, walnuts and granola **\$4.29**

## Cereal

Served with your choice of milk and fresh sliced fruit to put on top. **\$2.99**

## Muffins

Freshly baked & wholesome **\$0.99**

## Bagel

With butter and jam **\$1.09**

Add cream cheese, organic peanut butter or Nutella **\$0.69**

## Croissants

With butter and jam **\$2.09**

Add organic peanut butter or Nutella **\$0.69**

## Breakfast Breads & Baked Goods

Check the bakery case for today's selections.

## Fresh Fruit

Individual whole pieces **\$1.49**

Assortment of freshly cut fruit: **Bowl \$3.49 Cup \$2.49**

## HOURS

7 am - 2 pm M  
7 am - 10 pm T - F  
9 am - 10 pm Sat  
9 am - 3 pm Sun



# BIKESBEANS&BORDEAUX

NEIGHBORHOOD CAFE

3022 Corrine Drive Orlando, FL 32803  
Call ahead or fax in your order for **faster** service!  
Order forms online

Phone **407 427 1440** Fax **407 427 1450**  
[www.B3Cafe.com](http://www.B3Cafe.com)

Gift cards, mugs, coffee, tea, beer, wine and merchandise for retail sale!

## BEVERAGES

Add a shot of flavored syrup (sugar-free available) for **\$0.59**

Organic Agave nectar shot **\$0.29**

Top any drink with fresh whipped cream for **\$0.59**

Add a VitaBoost to any drink for **\$0.79**

## Jittery Joe's Coffee (decaf available)

\$1.49 / \$1.69 / \$1.89

## Iced Coffee (a.k.a. John's Toddy)

Cold-brewed and smooth (decaf available)  
16 oz. \$1.99 / 20 oz. \$2.19

## Frozen Coffee Drinks

16 oz. - Vanilla, Mocha and Caramel (decaf available)  
\$2.99

## Espresso (decaf available)

Double Shot \$1.59, Single Shot \$0.79

## Cappuccino (decaf available)

Equal parts espresso, milk and foam  
12 oz. \$2.59 / 16 oz. \$2.99

## Latte (decaf available)

Hot or on ice. Shot of espresso & steamed milk  
\$2.59 / \$2.99 / \$3.39

## Chai

Hot or on ice, \$2.59 / \$2.99 / \$3.39

## Choice Organic Tea (decaf available)

Hot \$1.49 / \$1.69 / \$1.89

## Fresh-Brewed, unsweetened iced tea

\$1.49 / \$1.69 / \$1.89

## Cocoa

Hot \$1.49 / \$1.69 / \$1.89

## Smoothies

Check the chalkboard for today's selections  
16 oz. \$2.99 Add soy or whey protein for \$1.09

## Milk

8 oz. - soy, non-fat, low-fat, whole or chocolate \$1.99

Bottled water & Perrier

Bottled beverages & Fruit juices - check for the current selections

Sodas (cans) - Coke, Diet Coke, Sprite,

Mountain Dew



# BIKESBEANS&BORDEAUX

NEIGHBORHOOD CAFE

Bikes, Beans & Bordeaux is a casual yet contemporary neighborhood cafe serving savory fare with a cycling flair. Part coffee house, part wine bar: B3, as it's been fondly dubbed, is the place where upscale meets down-to-earth.

All of our food is freshly prepared to order. Your patience is appreciated during busy times.

Gluten-free and vegan options available.

## SALADS & SOUPS



Every full-sized salad and bowl of soup is served with a "Bob" roll. Affectionately named after Bob Roll, one of our favorite cycling commentators.

### Wrap any full sized salad

**Dressings:** Ranch, balsamic vinaigrette, Greek, Thousand Island, honey mustard, Caesar, Bleu Cheese

### Add any of the following to your salad:

Seasoned grilled chicken: **\$1.99**

Tuna, egg, chicken salad: **\$1.99**

Deli-sliced ham, turkey or salami: **\$0.99**

## Cipollini Caesar Salad

Mario Cipollini and his Saeco squad dressed up as ancient Romans during a rest day at the 1999 Tour de France, both to celebrate Julius Caesar's birthday and to commemorate Cipo's record 4th consecutive Tour de France stage win.

Fresh romaine lettuce, tossed with our tasty Caesar dressing, crisp croutons and topped with Parmesan cheese. **\$6.49 Half Salad: \$4.49**

## Alp de Huez Salad

The Tour de France's queen stage is the name sake for this mile-high mixed greens salad.

Piled with fresh greens, tomatoes, red onions, sprouts, carrots, cucumbers, croutons and topped off with feta cheese, just like the snow-capped Alps Balsamic dressing served on the side. **\$6.49**

**Half Salad: \$4.49**

## Greek Salad

A classic taste of the Mediterranean!

Made of crisp romaine lettuce, Greek olives, vine ripe tomatoes, cucumbers, red onions, pepperocini and topped with feta cheese. Zesty Greek dressing served on the side. **\$6.49 Half salad: \$4.49**

## Chef's Salad

A true American creation, perfected!

Romaine lettuce, vine ripe tomatoes, cucumbers, carrots, red onions, shredded cheddar cheese, hard boiled eggs, turkey and ham. Topped with croutons and the dressing of your choice (listed above) on the side. **\$7.99 Half salad: \$5.99**

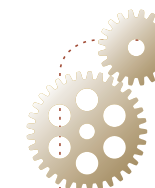
## Seasonal Salad

This salad changes throughout the year. Check the chalkboard for the current mix of this season's garden delicacies.

## Soups

Two delicious, hot soups to choose from every day, with at least one vegetarian option. Check the chalkboards for today's selections.

**12 oz. Bowl: \$3.99 6 oz. Cup: \$2.99**



## BUILD A B3 COMBO

Half a salad. Half a sandwich.  
Bowl of soup. Individual quiche.  
Pick any two. **\$7.79**

## ●●● SANDWICHES ●●●●●●●●

🌿 **Toppings:** romaine lettuce, vine ripe tomatoes, red onions, alfalfa sprouts, yellow or brown mustard, lite mayonnaise, olive oil, red wine vinegar, salt, pepper

🌿 **Cheeses:** Swiss, cheddar, provolone

🌿 **Bread** can be toasted or sandwich can be hot pressed upon request. Low carb wheat and lettuce wraps available!

🌿 **Sides:** pickle and chips or carrot sticks

### S.A.G. Stop Special

Every well stocked Supply and Gear (S.A.G.) stop has a rendition of this American classic – peanut butter.

Organic peanut butter topped with bananas and drizzled with honey. Served on wheat bread. **\$5.99**

### The Gr"egg" Lemond

In honor of the first American cyclist to win the Tour de France and World Championship.

Our fresh egg salad is made with lite mayonnaise and special seasonings. Served on a wheat kaiser roll. Choose your toppings (listed above). **\$6.29**

### Tour Méditerranéen

Inspired by the Tour Méditerranéen, a six-day stage race held in southern France along the Mediterranean Sea. An annual event since 1974.

Smothered with hummus, this tasty creation is served up with lettuce, tomato, red onion, sprouts, black olives, cucumber, feta cheese and drizzled with Greek dressing on Italian bread. **\$7.29**

### Veggie Sandwich of the Season

This sandwich changes throughout the year. Check the chalkboard for this season's selection.

### Tour de Toona

Coined after a classic Altoona, Pennsylvania bicycle stage race.

Our fresh tuna salad is homemade with lite mayonnaise, celery, red onion, almonds and special seasonings. Served on a wheat kaiser roll. Choose your toppings (listed above). **\$7.29**

### The Ivan (aka the Healthy Cuban)

Inspired by our favorite Cuban-American pro cyclist!

Ham, turkey, yellow mustard, sliced dill pickles and provolone cheese, wrapped and hot pressed. **\$7.29**

### Tyler Turkey (a.k.a. The Floyd)

Named after the two biggest turkeys in the professional peloton. This may not have Erythropoietin (EPO) but it does have plenty of iron, niacin, zinc, potassium and B vitamins to keep you strong.

Made with fresh, low-fat sliced turkey. Served on Italian bread. Choose your toppings (listed to the left). **\$7.29**

### Hincapie Hammie

This hearty sandwich is great to keep you full especially if you are a pro cyclist like American legend George Hincapie getting ready to take on Paris Roubaix!

Piled high deli ham is topped with Swiss cheese, raspberry preserves and romaine lettuce. Served on wheat bread. **\$6.99**

### The Tour of California

This big and tasty sandwich was inspired by the West Coast stage race held every Spring.

Made up of sliced turkey topped with romaine lettuce, vine ripe tomatoes, sprouts, avocado, hummus and provolone cheese. Topped with a dash of salt & pepper and oil & vinegar and served on multi-grain bread. **\$7.29 Hold the turkey for \$6.29**

### The Rasmussen

None other than Michael Rasmussen, the famous Tour de France mountain goat, is deserving of this sandwich's name. Why? His affectionate nickname, "The Chicken", says it all.

Our homemade fresh chicken salad is made with non-fat plain yogurt, a dabble of lite mayonnaise, celery, red onion, walnuts, grapes and special seasonings. Served on a wheat kaiser roll. Choose your toppings (listed above). **\$7.29**

### The Lance-wich

Named after the one and only 7-time Tour de France Champion, Lance Armstrong. This sandwich will definitely get you to the finish line ahead of the competition!

A champion-sized sandwich! Turkey and ham, piled high on a double-deck of multigrain bread. Choose your toppings (listed above). **\$7.99**

## ●●● PANINIS ●●●●●●●●●●

🌿 **Sides:** pickle and chips or carrot sticks

### Bettini Panini

This hot pressed panini is fused with fresh mozzarella cheese, salami, pepperoni, ham and zesty pesto on ciabatta bread. This is a sandwich that is truly Bellissimo! **\$7.99**

### Caprese Panini

This rendition of the classic southern Italian salad is a combination of fresh mozzarella, sliced tomatoes and fresh basil drizzled with balsamic vinaigrette and hot pressed on fresh, crispy ciabatta bread. **\$7.29**

## ●●● BREAKAWAY BITES ●●●

### Fruit Plate

A variety of the season's freshest and juiciest fruits served with non-fat vanilla yogurt and nuts. **\$7.29**

### Cheese Plate

Fresh cheeses accompanied by crackers, fresh fruits and nuts. Check for today's selections. **Market Price**

### Olive Plate

A variety of decadent olives served with crackers, feta cheese and hummus. **\$7.29**

### Hummus Wheel

Creamy hummus centered on a platter surrounded by "spokes" of fresh seasonal veggies and bread. **\$7.29**

### Classic Flatbread

Pesto, tomatoes, balsamic dressing, mozzarella cheese, fresh basil and parmesan cheese. **\$7.99 Add grilled chicken for \$1.99**

### The Italian Flatbread

Pesto, tomatoes, balsamic dressing, fresh basil, mozzarella cheese, parmesan cheese, salami, pepperoni and ham. **\$8.99**

### Langkawi Flatbread

Grilled chicken, black olives, fresh mozzarella cheese, diced red onions and vine ripe tomatoes with a tasty mandarin ginger glaze served on our delicious flatbread. **\$9.99 Take the vegetarian route for \$7.99**

### Mediterranéen Flatbread

Tomatoes, red onions, Greek olives, pepperocinis, feta and mozzarella cheeses and Greek dressing. **\$7.99 Add grilled chicken for \$1.99**

## ●●● TRAINING WHEELS ●●●

These kid-inspired meals are served with a pickle spear and chips, or carrot sticks, on the side.

### PB & Jam

Organic peanut butter paired up with wholesome fruit jam and served on Italian bread. **\$4.99**

### Grilled Cheese Panini

Your choice of cheese, grilled up on fresh pressed ciabatta bread. (Italian bread is recommended for pre-training wheels kids.) **\$4.99**

### Cold Cuts & Cheese Roll Ups (3 rolls)

Choose from turkey, salami or ham rolled up with your choice of sliced cheese. **\$4.99**

### Peloton Pizza

Half a flatbread topped with tomato sauce, mozzarella cheese, parmesan cheese and pepperoni (optional). **\$4.99**

## ●●● FINISH LINE ●●●

### J-Nutella Panini

Named after co-owner Jennifer, this tasty dessert starts with lots of decadent Nutella on fresh ciabatta bread, then hot pressed and topped with powdered sugar and a milk chocolate drizzle. **\$4.49 Add fresh fruit or preserves for \$0.69**

### Gelato

Check for today's flavors

**Bowl: \$3.99 Cup \$2.99 Kid Cup \$1.99**

### Banana-gelato split

Creamy gelato surround by 2 banana halves, topped with fresh whipped cream and nuts then drizzled with milk or white chocolate. **\$5.49**

### Hot-fudge gelato sundaes!

Choose either a hot waffle or a warm brownie topped with gelato, milk chocolate, nuts and whipped cream. **\$4.99**

Assorted Cupcakes, Brownies, Bars & Cookies **\$1.79 & up**