



BIKESBEANS&BORDEAUX®

NEIGHBORHOOD CAFE



SOUPS & SALADS

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

Wrap any full-sized salad in our 10 inch whole wheat wrap for \$0.49

DRESSINGS

Ranch, balsamic vinaigrette, Greek, honey mustard, Caesar, bleu cheese, ginger mandarin, lite Italian

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: \$1.09

CIPOLLINI CAESAR SALAD \$7.09 • 1/2 Salad: \$5.09

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.

ALP DE HUEZ SALAD \$7.09 • 1/2 Salad: \$5.09

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.

DZ SALAD \$7.09 • 1/2 salad: \$5.09

Named after the first vegan cyclist to race the Tour de France. Dave Zabriskie.

This vegan salad is packed full of plant based protein. Chick peas, diced cucumber, onion, tomato tossed in our homemade Italian vinaigrette. Served over a bed of spring mix.

GREEK SALAD \$7.09 • 1/2 salad: \$5.09

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. (May contain pits.)

CHEF'S SALAD \$7.99 • 1/2 salad: \$5.09

A true American creation, perfected!

Romaine lettuce, vine ripe tomatoes, cucumbers, carrots, red onions, shredded cheddar cheese, hard boiled eggs, croutons, turkey and ham. Dressing of your choice (listed above) served on the side.

SEASONAL SALAD

This salad changes throughout the year.

Check the chalkboard for the current mix of this season's garden delicacies.

SOUPS Bowl: \$4.29 • Cup: \$3.29

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

BUILD A B3 COMBO \$8.49

Nothing goes better together than legendary cycling commentators Phil Ligget and Paul Sherwin except for maybe mixing and matching your favorite B3 bites. As Phil would say, "Dig deep into your suitcase of courage" and pick TWO of the following: **half a salad, half a sandwich, bowl of soup or individual quiche.** Add a side of fresh cut carrot sticks or pickle & chips for \$0.49.

QUICHE COMBO \$8.79

ABOUT B3 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. Gift cards, mugs, coffee, tea, beer, wine and merchandise for retail sale! We proudly feature local artists! Ask us about it!

SANDWICHES & PANINIS

TOPPINGS Romaine lettuce, vine ripe tomatoes, red onions, alfalfa sprouts, pickled jalapenos, yellow or brown mustard, lite mayonnaise, olive oil, red wine vinegar, salt, pepper
Cheeses: Swiss, cheddar, provolone
Bread: Bread can be toasted or sandwich can be hot pressed upon request (allow extra time). Wheat wraps and lettuce wraps available at no extra charge. Put a sandwich on a bagel for \$0.79, on a croissant for \$0.99 or gluten free bread for \$0.99.

All sandwiches come with your choice of fresh cut carrot sticks or pickle & chips. Lettuce Wraps and Gluten Free Bread Available.

S.A.G. STOP SPECIAL \$6.79

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

Peanut butter topped with bananas and drizzled with honey. Served on wheat bread.

THE GR"EGG" LEMOND \$6.79

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 & special seasonings. Served on your choice of wheat or pumpernickel-rye bread. Choose your toppings (listed above).

TOUR MÉDITERRANÉEN \$7.79

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

This tasty creation is served with hummus, lettuce, tomato, red onion, sprouts, black olives, cucumber, feta cheese and drizzled with Greek dressing on Italian bread.

SEASONAL VEGGIE SANDWICH

This sandwich changes throughout the year.

Check the chalkboard for this season's selection.

TOUR DE TOONA \$7.79

Coined after a classic Altoona, PA bicycle stage race.

Our fresh tuna salad is homemade with lite mayonnaise, celery, red onion, almonds and special seasonings. Served on your choice of wheat or pumpernickel-rye bread. Choose your toppings (listed above).

TYLER TURKEY (A.K.A. THE FLOYD) \$7.79

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 above).

MAILLOT JAUNE "THE YELLOW JERSEY" \$7.99

Formerly known as the Lance-wich, 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).

TRAINING WHEELS

These kid-inspired meals are served with your choice of fresh cut carrot sticks or pickle and chips.

PB & JAM \$5.79

Peanut butter paired up with wholesome fruit jam and served on Italian bread.

GRILLED CHEESE SANDWICH \$5.79

Your choice of cheese (Swiss, cheddar or provolone) grilled up on an Italian bread.

COLD CUTS & CHEESE ROLL UPS (3 rolls) \$5.79

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

PELTON PIZZA \$5.79

Half a flatbread topped with tomato sauce, provolone cheese, parmesan cheese and pepperoni (optional).

KIDDIE TRIATHLON \$5.99

Pick three from the following: a deli cheese roll up, celery sticks with peanut butter, raisins, mixed fruits, fresh carrot sticks or 1/2 a PB & jam sandwich

HINCAPIE HAMMIE \$7.79

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.

THE TOUR OF CALIFORNIA \$7.99 Hold turkey \$6.89

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.

THE PACE LINE \$7.79

Formerly "The Rasmussen." Don't let your buddies down after your pull in the pace line. Stay fueled up with this lowfat, high protein sandwich.

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 your choice of wheat or pumpernickel-rye bread. Choose your toppings (listed above to the left).

HOT SANDWICHES

THE MESSENGER 6.79 Add turkey or ham \$0.99

Dedicated to our single-speed brothers and sisters delivering packages by bike in The Big Apple.

This wheat bread sandwich has layers of sliced red apple, swiss cheese, red onion and a light drizzle of honey mustard - then it is hot pressed!

THE IVAN (A.K.A. THE HEALTHY CUBAN) \$7.79

Inspired by our favorite Cuban-American pro cyclist!

Ham, turkey, yellow mustard, sliced dill pickles and provolone cheese, wrapped and hot pressed. Make it vegetarian by subbing black beans for the ham and turkey.

BETTINI PANINI \$7.99

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

CAPRESE PANINI \$7.79

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 locally sourced ciabatta bread.

THE NIBALI \$7.79

Named after famous Italian cyclist, Vincenzo "The Shark" Niabli, winner of the Vuelta and of course the Giro d' Italia. Veggie eggplant "meatballs", marinara sauce, fresh basil, parmesan and provolone cheeses on a toasty locally made hoagie roll. Mama mia!

FINISH LINE "FLAMME ROUGE"

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

Check for today's locally made & preservative free flavors

J-NUTELLA PANINI \$6.39

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.

BANANA-GELATO SPLIT \$6.39

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

HOT FUDGE GELATO SUNDAES \$6.39

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

AFFOGATO AL CAFÉ \$4.29

"Drowned in coffee" in Italian. A scoop of vanilla gelato with a shot of espresso poured over the top. Add a touch of sweetness with your choice of mocha, caramel or white chocolate sauce. Sometimes simple is better! Add a additional scoop of gelato & another shot of espresso for \$0.99

3022 CORRINE DRIVE ORLANDO, FL 32803

CALL AHEAD YOUR ORDER FOR FASTER SERVICE!

PHONE 407 427 1440 FAX 407 427 1450

WWW.B3CAFE.COM



FREE WIFI AVAILABLE

●●● BREAKFAST SERVED ALL DAY

QUICHE \$7.99

A delicious combination of eggs, fresh vegetables, assorted cheeses and meats. All baked together in a wheat flour, sea salt, and honey crust. Check the chalk board for today's homemade selections. Served with a side of fresh-cut seasonal fruit.

All wraps and sandwiches served with a side of fresh cut seasonal fruit.

BREAKFAST SANDWICHES \$6.69

Scrambled cholesterol-free egg substitute on your choice of toast, bagel or wheat wrap with your choice of cheese (swiss, cheddar or provolone) and/or lettuce, tomato, onion and salsa. Put it on a croissant for \$0.99. Add turkey, ham, veggie bacon, veggie sausage or turkey sausage \$6.99

GREEK WRAP \$6.69

A 10 inch whole wheat wrap filled with feta, tomato, onion, pepperoncini, greek olives, cholesterol-free egg substitute then hot pressed.

SOUTHWESTERN WRAP \$6.99

A 10 inch whole wheat wrap filled with salsa, cheddar, turkey or veggie sausage, jalapenos, cholesterol-free egg substitute then hot pressed.

AMERICAN WRAP \$6.99

A 10 inch whole wheat wrap filled with cheddar, ham, diced tomato, cholesterol-free egg substitute then hot pressed.

BUILD YOUR OWN WRAP veggie \$6.69 meat \$6.99

Vegetables: Romaine lettuce, vine ripe tomatoes, red onions, sprouts, black olives, Greek olives, pepperocinis, pickled jalapenos, salsa
Cheeses: Swiss, cheddar, provolone
Proteins (pick one): turkey, ham, turkey sausage, veggie sausage, veggie bacon

VEGGIE BLT \$6.99

Wheat toast, veggie bacon, avocado spread, sliced tomato, lettuce

WAFFLES SERVED MONDAY THROUGH FRIDAY 7 AM TO 10:30 AM AND WEEKENDS 8 AM TO 11 AM

THE BOONEN BELGIAN WAFFLE \$6.29

Named after the king of the Belgian cobbled classic bike races like the Tour of Flanders.

A fluffy Belgian waffle served with butter and pure maple syrup

WAFFLE WITH FRUIT \$7.29

A fluffy Belgian waffle topped with fresh strawberries, sliced banana, walnuts and topped off with whip cream

CHOCOLATE LOVERS WAFFLE \$7.29

A fluffy Belgian waffle topped with sliced bananas then finished with Ghirardelli chocolate syrup and whip cream

SEASONAL WAFFLE \$7.29

Check the chalkboard for this month's featured waffle.

BAGEL & LOX \$6.99

Toasted everything bagel topped with cream cheese, tomatoes, capers, red onions and smoked salmon.

THE MILLAR \$6.99

Named in honor of the only Scotsman to win a stage in all 3 of the Grand Tours. This is our version of the classic Scottish breakfast.

Two hard-boiled eggs, two pieces of toast, butter, jam, a slice of tomato and your choice of turkey sausage, veggie sausage or veggie bacon

YOGURT & GRANOLA \$3.59

Stonyfield organic fruit yogurt with a side of locally made granola.

ECHELON OATMEAL \$4.89

Hearty oatmeal topped topped with honey, banana, walnuts and granola

THE FRENCH BREAKFAST \$4.25

The perfect light breakfast before watching the Tour de France or doing your own bike ride.

A medium cup of coffee or hot tea, a locally baked croissant with butter and your choice of jam.

BREAKFAST BAKE \$6.69 (veggie) \$6.99 (with meat)

Cholesterol-free egg substitute, baked with your choice of veggies, cheese and meat (turkey, ham turkey sausage, veggie sausage or veggie bacon. Served with a side of fresh cut seasonal fruit.

BAGEL OR TOAST (2 pieces) \$1.79

With butter and jam

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

BREAKFAST BREADS & BAKED GOODS

Check the bakery case for today's selections.

FRESH FRUIT Bowl \$3.99 Cup \$2.99

Assortment of fresh cut seasonal fruit.
Individual whole pieces \$0.99

●●● BEVERAGES

Proudly serving Jittery Joe's Coffee and Espresso. Each batch of beans is custom roasted for B3 and shipped directly from Athens, Georgia. Their micro-roasted coffee keeps each cup we serve rich and smooth.

JITTERY JOE'S COFFEE (decaf available)

12 oz. \$1.79 / 16 oz. \$1.99 (in-house w/ 1 refill) / 20 oz. \$2.19

ICED COFFEE (a.k.a. John's Toddy)

Cold-brewed and smooth (decaf available)
16 oz. \$2.29 / 20 oz. \$2.49

BLENDED FROZEN COFFEE DRINKS

The perfect chilly treat, made with our homemade toddy, choice of milk and your choice of Ghirardelli mocha, caramel or white chocolate sauce.
16 oz. \$3.69 (decaf available)

ESPRESSO (decaf available)

Single Shot \$1.79/ Double Shot \$2.09

AMERICANO (decaf available):

1 shot \$1.79 / 2 shots \$2.09 / 3 shots \$2.39

CAPPUCCINO (decaf available)

Equal parts espresso, milk and foam
12 oz. \$2.89 / 16 oz. \$3.29

LATTE (decaf available)

Hot or on ice. Shot of espresso & steamed milk
12 oz. \$2.89 / 16 oz. \$3.29 / 20 oz. \$3.69

CHAI

Hot or on ice 12 oz. \$2.89 / 16 oz. \$3.29 / 20 oz. \$3.69

CHOICE ORGANIC TEA (decaf available)

Hot or on ice 12 oz. \$1.79 / 16 oz. \$1.99 / 20 oz. \$2.19

FRESH-BREWED UNSWEETENED ICE TEA

12 oz. \$1.79 / 16 oz. \$1.99 (in-house w/ 1 refill)
20 oz. \$2.19 Add a flavor shot for \$0.69

HOT CHOCOLATE

12 oz \$2.29 / 16 oz. \$2.79 / 20 oz. \$3.19

MILK \$2.29

12 oz. - Almond, soy, non-fat, low-fat, whole or chocolate

SODAS, BOTTLED BEVERAGES & FRUIT JUICES

check at the counter for current selections

Add a shot of flavored syrup (sugar-free available) for \$0.69 or top any drink with fresh whipped cream for \$0.29

BREAKAWAY BITES

FRUIT PLATE

A variety of the season's freshest and juiciest fruits served with non-fat vanilla yogurt and nuts. \$7.99

OLIVE PLATE \$7.99

A variety of decadent olives served with crackers, feta cheese and hummus. (May contain pits.)

HUMMUS WHEEL \$7.99

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

CLASSIC FLATBREAD \$7.99 Add grilled chicken or veggie chk'n strips \$1.99

Pesto, tomatoes, balsamic dressing, fresh basil, mozzarella cheese, fresh basil and parmesan cheese.

LANGKAWI FLATBREAD \$9.99 Veggie only \$7.99

Grilled chicken or veggie chk'n strips, black olives, fresh mozzarella cheese, diced red onions and vine ripe tomatoes with a tasty mandarin ginger glaze served on our delicious flatbread.

MEDITERRANEAN FLATBREAD \$7.99 Add grilled chicken or veggie chk'n strips \$1.99

Tomatoes, red onions, Greek olives, pepperocinis, feta and mozzarella cheeses and Greek dressing.

BBQ CHICKEN FLATBREAD \$9.99

Mozzarella, parmesan cheese, diced onions, BBQ marinated grilled chicken or veggie chk'n strips drizzled with BBQ sauce.

THE ITALIAN FLATBREAD \$8.99

Pesto, tomatoes, balsamic dressing, fresh basil, mozzarella cheese, parmesan cheese, salami, pepperoni and ham.

DUATHLON Pick any 2. \$8.99 C

Half a fruit plate, half a cheese plate, half an olive plate or half a hummus wheel.

BRUSCHETTA \$7.29 C

Toasted and lightly seasoned baguettes topped with diced mozzarella cheese, vine ripe tomatoes, fresh basil & balsamic dressing.

●●● SMOOTHIES

Our smoothies are made using Big Train's Fruit Tea Blast smoothie mix concentrate. This mix is the perfect fusion of real fruit, fruit juice, green tea and Vitamin C. Not only does this better-for-you-smoothie contain 150% of your daily Vitamin C allowance, it's fat free, and is Kosher Certified, and Antioxidant Rich.

Add Whey or Soy Protein to any smoothie for \$1.09
Add Vita-Boost to any smoothie for \$1.09

NON-DAIRY SMOOTHIES \$3.69

MANGO MADNESS

Made using Big Train's Fruit Tea Smoothie Blast

STRAWBERRY DELIGHT

Made using Big Train's Fruit Tea Smoothie Blast

BLUEBERRY POMEGRANATE BLAST

Made using Big Train's Fruit Tea Smoothie Blast

GOOD MORNING ORLANDO

A great way to start the day or keep it going.

One whole banana, fresh squeezed orange juice and your choice of strawberry or blueberry pomegranate concentrate

VEGGIE DELIGHT

Get your daily dose of fruits and vegetables in one glass.

Fresh cut carrots, a splash of nutmeg and mango concentrate

LIQUID SUNSHINE

The perfect refreshing treat on a hot Florida day.

Fresh squeezed lemonade, a whole banana and strawberry concentrate

DAIRY SMOOTHIES \$4.29

Your choice of milk: Almond, soy, Non-fat, low-fat or whole

BREAKFAST SMOOTHIE

Don't have time to sit and eat breakfast grab this meal in a cup and stay fueled up until lunch.

A combination of cinnamon, fresh cut red apples, locally made oatmeal, honey, vanilla yogurt and choice of milk.

THE IRONMAN

The perfect recovery drink after a run, bike, swim or a long day at the office.

A combination of peanut butter, banana, vanilla yogurt, honey and choice of milk.

DESSERT SMOOTHIE

The healthy answer to your sweet tooth.

A combination of vanilla yogurt, fresh strawberries, nutella, honey and choice of milk.

CHEESE PLATE Market Price C

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

BUILD YOUR OWN FLATBREAD \$7.99 C

Bases: pesto, tomato, mandarin ginger, Greek, balsamic, BBQ, olive oil

Vegetables: vine ripe tomatoes, red onions, black olives, Greek olives, pepperocinis, jalapenos, basil

Cheeses (pick 1 – each additional is \$0.99): cheddar, mozzarella, feta

Proteins (\$0.99 extra per protein): grilled chicken breast, turkey, ham, salami, pepperoni, turkey sausage, veggie sausage, veggie bacon, veggie Chk'n strips, black beans

CAPRESE SALAD \$7.29 C

Slices of mozzarella cheese & vine ripe tomatoes topped with fresh basil & balsamic dressing.

FEED ZONE FETA DIP \$7.29 C

Feta cheese, Parmesan cheese, vine ripe tomatoes, red onions, pepperocinis & Greek olives baked until bubbly. Served with toasted and lightly seasoned baguettes. Please allow 10 extra minutes to bake.

CHIPS & DIP \$7.29 C

Made-to-order guacamole dip, organic salsa and gluten free tortilla chips.

HORS CATÉGORIE (HC) NACHOS \$7.99 C

HC is the term used to designate the highest mountains in a cycling race and the perfect name for our piled high nachos.

Gluten free tortilla chips, black bean, onions, jalapenos, shredded cheddar and chicken or veggie chk'n strips all baked together in a stack of deliciousness. *Served with sour cream and salsa on the side. Add a scoop of avocado for \$0.69.*

BUILD YOUR OWN QUESADILLA \$7.99 C

Vegetables: vine ripe tomatoes, red onions, black olives, Greek olives, pepperocinis, jalapenos, basil

Cheeses (pick 1 – each additional is \$0.99): cheddar, mozzarella, feta

Proteins (\$0.99 extra per protein): grilled chicken breast, turkey, ham, salami, pepperoni, turkey sausage, veggie sausage, veggie bacon, veggie Chk'n strips, black beans
Served with sour cream and salsa on the side.

C AVAILABLE AFTER 4:30PM