

# Breaking away from ordinary

*Bikes, Beans & Bordeaux offers great-tasting sandwiches, fine wines and coffee.*

Here's something about the Hound you may not have known. When he was a pup, he rode his bicycle across the country. Of course, there weren't as many states to cross back then, but still.

That's why I've always had a tender spot in my heart — and elsewhere — for bicycles.

So I was intrigued when I heard about a new place called **Bikes, Beans & Bordeaux**. I was also a bit startled. Cyclists certainly enjoy a good glass of wine now and then, whether Bordeaux, Burgundy or

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anything else. Those water bottle cages attached

to a bicycle's frame are just the right size for holding a wine bottle, too,

But beans? I'm not sure that's a good idea. Anyone who has ever ridden in a draft line, hunched over the handlebars, one bicycle immediately in back of the other, has certainly muttered a prayer hoping the person just ahead didn't just eat a burrito.

But upon closer examination of the menu at B3 it seems the beans in question are the coffee variety. (Just to be safe, pedal faster.)

The menu mainly features sandwiches, and most have names that might make sense only to the most die-hard cycling fan.

For instance, there's the Rasmussen, named for Michael Rasmussen, whose nickname is the Chicken (chicken salad); s.a.g. stop special, short for supply and gear stop, where cyclists get basics during a break (peanut butter and bananas); and the Lance-wich, named for Lance Armstrong, who for some reason inspired this ham and turkey sandwich.

There's also one called the Tyler turkey (a.k.a. the Floyd), which the menu says is "named after the two biggest turkeys in the professional peloton." It doesn't tell you who those people are (Tyler Hamilton and Floyd Landis) but it does go on to say, "This may not have erythropoietin (EPO), but it does have



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Along with her husband Darrell, B3's Jen Cunningham welcomes cyclists and anyone else to Bikes, Beans & Bordeaux.

plenty of iron, niacin, zinc, potassium and B vitamins."

Talk about obscure. EPO is a blood-doping substance that Landis and Hamilton were accused of using. I'd explain peloton, which should be spelled peloton, but my head is starting to hurt.

Luckily, once you get past that bit of preciousness, you'll find some good sandwiches. I had the Lance-wich, which was not what I would call big (the menu calls it champion-sized), but it had plenty of thinly sliced ham and turkey on double-deck multigrain bread with a variety of toppings.

I also had a cup of soup, rice and chicken in a creamy and well-seasoned broth.

Each month, the wine list will feature the wines of whatever region of the world is currently hosting a cycling event. Recently,

the cycling world was focused on Belgium, not noted for its wines, so B3 was pushing beer.

But the wine list always has a couple of Bordeaux selections. I enjoyed a glass of 2003 Chateau Greysac from the Medoc region, a smooth blend of cabernet, merlot, cabernet franc and a touch of petit verdot. It had lovely round tones and balanced tannins.

Bikes, Beans & Bordeaux is owned by newlyweds Jen and Darrell Cunningham. There's a picture of them on the eatery's Web site cycling in Alaska on their honeymoon, where they combined two of their favorite things. (Stop it; the other was beer-tasting.)

The Cunninghams couldn't be more gracious hosts. And they treat each person through the door with a sincere welcome.

And despite the cycling terms on

the menu, there is very little bicycle kitsch in the décor. It would have been easy to go overboard with cycle this and cycle that, but there's none of that. The interior of this small strip-mall space is nicely decorated with burgundy painted walls and lively artworks. There is a television that plays videos of cycling races, but it is little more than video wallpaper.

There are a couple of tables in front, but the parking lot isn't the most attractive place to dine.

B3 has a nice feel to it. It's comfortable and a friendly place to be. It's OK if you're not into cycling as long as you appreciate good food and good company. And maybe we should all get back to our bicycles. It couldn't hurt.

Bikes, Beans & Bordeaux is at 3022 Corrine Drive, Orlando. The hours are 7 a.m. to 10 p.m. Tuesday through Thursday, 7 a.m. to 11 p.m. Friday and Saturday, and 7 a.m. to 3 p.m. Sunday. Beer and wine are served; credit cards are accepted. Sandwiches range from \$5.95- to \$7.95. Web site is b3cafe.com and phone is 407-427-1440.

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