

Peloton

SS | 46

Welcome to **PELTON SUPERSHOP!**

We are so glad you found us & thank you for being a part of our story.

The **PELTON** represents the group of cyclists that ride together to help build speed & conserve energy. Together they share the effort, & strive collectively to reach their **goal**.

At **PELTON SUPERSHOP**, we have applied the same above principles as the driving force to bring our dream to life. A hub that encourages *Earthlings* to come together & **tread lightly** as we carry out our journeys on this planet.

A combination of a Vegan Café, Artisan Cycling Store & Open Minded Event Space allows for us to share the fun & ease of a conscious lifestyle. **PELTON** is not only a one stop *Planet Friendly* shop, but a canvas for likeminded people to unveil their expressions. Artists, scientists, food engineers, craftsmen, clowns, healers & lovers
ALL ARE WELCOME HERE.

The second we realise we all matter, is the moment we start to believe we can make a difference. Step into our doors & discover how awesome kindness tastes, how rad that bike ride could be & how fulfilling it is to live well, live kind and...

TREAD LIGHTLY



Team Peloton

@PELTONSUPERSHOP
WWW.PELTONSUPERSHOP.COM

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FASTBREAK

(Breakfast served from 8am - 12pm)

BIKER BOWL

A smoothie base of Strawberries, Dragonfruit, Banana, Watermelon, Coconut Milk & Dates.
Topped with Tropical Fruit, Chia, Toasted Coconut Flakes & Cinnamon Granola. Gluten Free Granola available on request + 5K

55K

PEDAL POWER PANCAKES

Cinnamon spiced Pancakes.
Served with Grilled Banana, Strawberries & Coconut Whip.
Drizzled with Coconut Nectar

55K

TANDEM TOAST

Best of both worlds! Sourdough or Gluten Free Toast with:
1 x Breakfast Bruschetta, Pesto & Rocket
1 x Smashed Pumpkin, Pesto, Watercress & Dukkah

55K

PANTANI PORRIDGE

Coconut & Quinoa Porridge served with Sautéed Banana, Berry Coulis, Coconut Nectar, Fresh Strawberries and Toasted Coconut Flakes

60K

BREAKAWAY BURRITO

Coriander infused Tortilla filled with Scrambled Tofu, Mexican Beans, Lettuce, Coriander, Tomato Salsa & Cashew Sour Cream

60K

PLANT POWERED

A loaded green breaky salad filled with Kale, Baby Spinach, Broccoli, Mild Chillies, Green Onion, Coriander, Parsley, Toasted Seeds, Sprouts & Housemade Sauerkraut. Served on Spinach Bread w. Aioli & Pesto

65K

THE MARATHON

A breakfast board of Scrambled Tofu, Garlic Mushrooms, Mexican Beans, Breaky Greens, Tomato Salsa, Zucchini + Corn Hash & Sauerkraut.
Served with Spinach Bread & Pesto

80K

SIDES +10,000rp each: SOURDOUGH // SPINACH & POTATO GF TOAST // MUSHROOMS // SALSA // SMASHED PUMPKIN // PESTO // HUMMUS // AIOLI

*PRICES NOT INCLUSIVE OF TAX AND SERVICE

GLUTEN FREE

BREAKFAST



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MID JOURNEY

(Lunch served from 12pm - 4pm)

TEAM TACO

Raw Lettuce Tacos filled with Sundried Tomato & Walnut Meat, Pineapple Salsa & Corn. Drizzled with Creamy Cashew Sour Cream

55K

ROULEUR WRAP

Coriander infused Tortilla Wrap loaded with Greens, Tomato, Carrot, Cucumber, Beetroot, Sprouts, Coriander & Spring Onion.
Dressed with Vegan Mayo & Sweet Chilli

55K

Add Marinated Tempe + 10K
Add Falafels + 15K

MS. JACKSON

Marinated BBQ Jackfruit Tacos served in Chipotle Pepper Tortillas filled with Cabbage, Avocado, Tropical Salsa & Coriander.
Dressed with Cashew Sour Cream

60K

TRICKEN PARMY

Soy 'Chicken' Schnitzel topped with Napolitana Sauce, Creamy Cashew Cheese, Sweet Potato Crisps & Side Salad

65K

BURN OUT BURGER

Choose between our 2 burger patties served on a Charcoal Bun with Caramelised Onions, Tomato, Purple Cabbage, Lettuce, Homemade BBQ Sauce & Vegan Mayo.
Served with a Side Salad & Sweet Potato Fries

- VEGGIE PATTIE
- TRICKEN SCHNITZEL

65K

THE LANCE LASAGNA

Vegan Lasagna layered with Roasted Eggplant, Zucchini, Carrot & Mushrooms. Smothered with Napolitana Sauce and Creamy Cashew Bechamel. Served with a Side Salad & Garlic Bread

65K

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GLUTEN FREE

LUNCH

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TOUR DE BALI

VEGAN NASI CAMPUR. Brown Rice served with:

- Tricken Satay Stick
- Belief Rendang
- Lawar (Young Jackfruit, Toasted Coconut and Veggies)
- Zucchini & Corn Fritters
- Tempe Manis
- Sauteed Veggies

55K

SALADS

60K

**ALL SALADS ARE SERVED WITH A SLICE OF
SOURDOUGH OR GF TOAST**

FULLY TABOULEH

Greens, Falafels, Cucumber, Tabouleh, Sauerkraut, Sundried Tomatoes, Gherkins, Hummus and Babaganoush.
Served with a Citrus Dressing

GRILL OUT

Roast Pumpkin, Eggplant & Capsicum with Mixed Greens, Rocket, Olives, Sundried Tomatoes & Red Onion.
Served with an infused Balsamic Dressing

FUEL GOOD

Kale, Spinach, Purple Cabbage, Capsicum, Broccoli, Mild Chillies, Carrot, Beetroot, Green Onion, Toasted Pumpkin & Sunflower Seeds, Sesame, Smashed Pumpkin and Hummus.
Served with our House Dressing

TEMPE TRAP

Brown Rice Salad, Organic Mixed Greens, Purple Cabbage, Cherry Tomatoes, Avocado, Parsley, Sprouts & Marinated Tempe.
Served with an Infused Balsamic Dressing

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SALADS // NASI CAMPUR

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SHARING IS CARING

*These plates are designed to share.
A good size for either 2 hungry people or 4 people
to nibble and share.*

MEZZA BOARD

A share board of Hummus, Babaganoush, Garlic Dip, Falafels, Tabouleh,
Sundried Tomatoes, Olives, Gherkins, Sauerkraut, Pumpkin,
Bread Sticks and Pita Bread

150K

TRAINING WHEELS

TOAST SOLDIERS

Sourdough toast cut into Soldiers.
Served with Peanut Butter, Jam or Vegemite

20K

CHEESY PASTA

Pasta served with our Creamy Cheesy Napolitana Sauce

35K

SPARE PARTS

HERB SPICED CRISPS

Sweet Potato Crisps with Herb Salt

20K

SWEET POTATO FRIES

Handcut Fries seasoned with Herb Salt and Homemade BBQ Sauce

25K

FALAFELS (3pcs)

w. Hummus & Babaganoush

30K

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SHARE PLATES // SPARE PARTS

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OUR HOUSE MILKS ARE COCONUT OR CASHEW AS WE ARE BLESSED
TO HAVE AN ISLAND FULL OF THESE TREES. FOR ALMOND & BONSOY
THEY ARE LITTLE BIT MORE EXPENSIVE AS THEY
TRAVEL OVER COUNTRIES AND SEAS.

+10K ALMOND & BONSOY

COFFEE

Organic Revolver Blend

Espresso, Ristretto, Macchiato - **22K**

Cafe Latte, Cappuccino, Flat White, Long Black, Piccolo, Mocha - **27K**

WARM UP

30K

GOLD MEDALIST

Coconut Milk brewed with Tumeric and spiced with Black Pepper

HOT CACAO

Coconut Milk brewed with Organic Cacao

POT OF TEA

Earl Grey, English Breakfast, Moroccan Mint, Chamomile,
Green Tea & Mango, Sencha Green & Ayurvedic Teas (see next page)

CHAI CHAINS - 35K

House brewed Chai Tea served with Soy Milk

COOL DOWN

35K

VANILLA CHILLA

Vanilla & Strawberry Infused Iced Black Tea

TREAD LIGHTLY

Iced Green Tea with Lemongrass, Lemon and Mint

PINK LEMONADE

Soda Water muddled with Dragonfruit and Lemon

GIN-GER TONIC

Ginger Ale muddled with Fresh Ginger, Lemon & Lemongrass

ICED MOCHA LATTE

Iced Coconut Milk Latte mixed with Cocoa

BERRY GOOD

Frozen Berries blended with Watermelon and Mint

EQUIL MINERAL WATER 25K // EQUIL SPARKLING 35K

***PRICES NOT INCLUSIVE OF TAX AND SERVICE**

WARM UP // COOL DOWN

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AYURVEDIC TEAS

35K

PITA - Cooling and Cleansing (Coriander, Cardamon, Peppermint)

VATA - Warming Digestive Aid (Cardamon, Chamomile, Ginger)

KAPHA - Awaken the System (Green Tea, Cinnamon, Ginger, Pepper, Clove)

JUICED

35K

IN TUNE IMMUNE

Orange, Carrot, Lemon, Turmeric & Ginger

CADENCE CLEANSE

Apple, Beetroot & Carrot

DOWN HILL CHILL

Watermelon, Apple, Pineapple, Orange & Lime

PUMP ME UP

Kale, Spinach, Cucumber, Apple, Lime & Ginger

DA COCO - 25K

Coconut Water with Ice & Lime

SMOOTH RIDE

45K

ICED CHOC WHIP

Chocolate Frappe served with Coconut Whip

NUTS & BOLTS

Banana, Coconut Milk, Peanut Butter, Vanilla & Dates

THE CHAMP

Banana, Cacao, Cacao Nibs, Coconut Oil, Cashew Milk & Dates

MANGO MADNESS

Mango, Coconut Milk, Cashews & Dates

COOL BREEZE

Banana, Spinach, Mint, Cacao Nibs, Dates & Coconut Milk

BE STRONG

Spinach, Mango, Banana, Moringa Protein, Spirulina & Coconut Milk

Add superfood plant power to your smoothie

MORINGA PROTEIN or SPIRULINA + 15K

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JUICES // SMOOTHIES

Peloton

KOMBUCHA

*Uplifts the body and soul. Filled with probiotics and antioxidants.
Helps Alkalize your body. Boosts immunity and
increases energy levels.*

GLASS 45k

VANILLA PASSION - *Enhances Brain and Mood Health*
Passionfruit & Vanilla Bean

CINNASTEEN - *Vibrance and Immunity*
Mangosteen & Cinnamon

ISLAND LOVER - *Healing and Nurturing*
Guava & Mango

PURPLE RAIN - *Metabolism Boosting & Rich in Antioxidants*
Dragonfruit & Pineapple

SHOTS

Recharge and nourish yourself.

*Superfood powders mixed with spring water & served as a shot.
Some are a little husky in texture but fully loaded with natural power.*

Tilt your head back, your body will love you for it!

SINGLE SHOT - 15K TRICYCLE SHOTS - 40K

TUMERIC - A Powerful Natural Medicine. Healing Powers.

Anti-inflammatory. Improves Liver Function. Helps Prevent Cancer.

Lowers Cholesterol. High in Magnesium and Iron

MORINGA - Rich in Vitamin A, Vitamin C, Calcium and Protein.

One of the most powerful Health Healing Plants. Powerhouse of
Nutritional Value. Natural Energy Booster.

Lowers Blood Pressure. Sleep Aid. Anti Inflammatory.

Improves digestion. Immune & energy booster.

MANGOSTEEN - The ultimate. High in
antioxidants. Rich in Vitamin C. Reduces Cholesterol.

Anti-inflammatory, Aids in Weight Loss.

CURCUMA - Detox and Cleanse the liver. You know it needs it!

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SUPER FUEL