



LUNCH SERVED FROM 11:00 – 15:30

PIZZAS SERVED FROM 10:00 – 15:30

Traditional handmade family dough recipe (30cm) baked in our wood fire oven.

- Margherita**
Napolitana sauce & mozzarella
- Ham**
Napolitana sauce, ham & mozzarella
- Regina**
Napolitana sauce, ham, mushrooms & mozzarella
- Hawaiian**
Napolitana sauce, ham, pineapple & mozzarella
- Three Cheese**
Napolitana sauce cheddar, feta & mozzarella
- Vegetarian**
Napolitana sauce, olives, mushrooms, peppers, onions & mozzarella - No mozzarella (V)
- F.A.B**
Napolitana sauce feta, avo, bacon & mozzarella
- Four Seasons**
Napolitana sauce, ham, mushrooms, olives, peppers & mozzarella
- Drift**
Napolitana sauce, ham, pepperoni, bacon, russian & mozzarella
- Pepperoni**
Napolitana sauce, pepperoni & mozzarella
- Argentinian Steak**
Napolitana sauce, sautéed steak, onion chutney, mozzarella & dressed with chimichurri
- Alabama Chicken**
Napolitana sauce, shredded sautéed chicken breast, bacon, onion & mozzarella, drizzled with honey mustard
- Chicken Doritos**
Napolitana sauce, shredded sautéed chicken, cheddar, doritos, avo & mozzarella with crème fraiche & chilli on the side
- Mince Doritos**
Napolitana sauce, mince, cheddar, doritos, avo & mozzarella with crème fraiche & chilli on the side
- Mexican**
Napolitana sauce, mince, chilli, pepper, onion, cheddar, garlic, avo & mozzarella
- Yiro**
Napolitana sauce, beef, onion, tomato, hummus, tzatziki & mozzarella
- Pizza Extras**
 - Mushrooms, green pepper, olives, pineapple, tomato slices, onion, chimichurri, chilli, garlic
 - Ham, pepperoni, bacon, russian, steak, mince, chicken
 - Cheddar, feta, mozzarella, avo
 - Gluten Free Base

SOMETHING SPECIAL

- Pedal Peri-Peri Livers** 150g 45 300g 75
Spicy chicken livers, in rich creamy sauce, garnished with chives, fresh chilli, and served with a wood-fired ciabatta. Available as a starter or main portion
- Cape Malay Chicken Curry**
Chicken Malay curry served with basmati rice dressed with deep fried onions and coriander, accompanied with sambals
- Rump Espetada**
300g char-grilled beef rump, served with truffle & parmesan roast potatoes, char-grilled courgettes, pap bites & smoor dipping sauce
- Chicken Espetada**
300g char-grilled chicken thighs, served with truffle & parmesan roast potatoes, char-grilled courgettes, pap bites & smoor dipping sauce

WINGS

- Our crispy fried chicken wings, tips-n-all, tumbled in the sauce of your choice**
- Korean Traditional Gotcha (Gochujang) sauce, roasted sesame seeds, spring onion & cilantro mayo**
- Lebanese Aioli & za'atar**
- American Buffalo sauce & ranch dip**

LIGHT BITES

- Lamb Skewers**
Charred lamb skewers, labneh & lime served on a wood-fired flat bread
- Chicken skewers**
Charred chicken skewers, labneh & lime served on a wood-fired flat bread
- Beef skewers**
Charred beef skewers, labneh & lime served on a wood-fired flat bread

BURGERS

Our homemade burgers come in two styles and are served with fries.

Choose your style:

- T** Traditional - Red onion, house pickles, homemade mustard mayo
- S** Sando - Aioli coleslaw, house pickles, red onion

Choose your patty:

- 87**
- 105**
- 115**
- 120** **Beef Brisket Patty** **T 90 S 95**
Homemade beef brisket patty wedged between a toasted brioche bun
- 115** **Chicken Breast** **T 98 S 102**
Butter-deep-fried free range chicken breast wedged between a toasted brioche bun
- 110** **Falafel Burger** **90**
Falafel patty, tandoori paste and pickled carrot. Finished with fresh coriander and our homemade tandoori mayo, wedged between a toasted brioche bun
- 145**
- 135**
- 155**
- 120** **Choose your burger extras:**
 - Double up beef patty **48** Egg **10**
 - Double up chicken **55** Bacon, cheddar or avo **30**
 - Double up falafel **35**
- 150**

ASK US ABOUT OUR BURGER SPECIALS!

- 150** **Sprocket Hotdog** **75**
Brioche hot dog bun, bockwurst sausage, salsa, crispy onions, aioli and homemade ketchup served with our famous fries
- 165**

SIDES

- Fries** **28**
Crispy fries, dusted with our secret seasoning
- Side Salad** **30**
Chopped lettuce, tomato, cucumber, red onions rings, drizzled with our homemade Greek salad dressing
- Onion Rings** **20**
Battered onion rings with a sprinkle of our secret seasoning
- Sweet Potato Wedges** **35**
Deep fried sweet potato wedges served with our tandoori mayo
- Truffle Parmesan Roasties** **55**
Roasted potatoes, truffle oil, parmesan and fresh thyme
- Naked Cabbage (V)** **35**
Charred cabbage wedge, feta whip, gremolata, herb oil & dill
- Pap Bites** **35**
Deep fried pap squares with a homemade smoor dipping sauce

FLAT-BREAD / SALAD BOWLS

Our signature wood-fired flat-bread or salad bowls

- Lamb** **110**
Homemade Pedal & Sprocket baba ganoush, oven baked pulled lamb, pomegranate seeds (seasonal), dressed with fresh mint & a splash of balsamic vinegar, finished with tahini dressing
- Falafel** **70**
Homemade Pedal & Sprocket falafel balls, hummus, spinach, olives, flame seared aubergine slices, finished with feta & drizzled with our tahini dressing. No feta (V)
- Chicken** **100**
Panko fried chicken bread, spiced yoghurt, sumac flavoured red onion slices and lettuce, drizzled with our tahini dressing & topped with fresh mint
- Beef** **110**
Succulent beef, chopped lettuce, onion, tomato and a splash of homemade hummus and tzatziki
- Asian Chicken Salad Bowl** **155**
Honey soy chicken served with carrots, mushrooms, cucumber, red cabbage, and quinoa. Dressed with an Asian inspired dressing, avocado, coriander and sesame seeds

KIDDIES



- Chicken strips & chips** **55**
- Beef burger & chips** **55**
- Margherita pizza** **45**
- Hawaiian pizza** **55**
- Ham pizza** **55**

Remember to ask us about booking your next Kiddies Party here!

BREAKFAST

SERVED FROM 7:00 – 11:00

BREAKFASTS BOWLS

- Turkish Eggs**
Spiced yoghurt, two poached eggs, drizzled with melted paprika butter, dressed with fresh coriander, served with a crusty wood-fired ciabatta slice
- The Peloton Oats**
Cooked oats, served with cinnamon butter, coconut milk, coconut flakes, chopped almonds & honey drizzle
- Trail Muesli Bowl**
Homemade Pedal & Sprocket muesli, double thick yoghurt, fresh seasonal fruit, raisins, coconut flakes, honey drizzle & dusted with cinnamon

FULL BREAKFASTS

- Pedal Brekkie**
Two fried eggs, sliced South African Russian sausage, baked beans, grilled tomato, bacon & mushrooms, served with a crusty wood-fired ciabatta slice
- Sprocket Wrap**
Two fried eggs, dorito, bacon & basil mayo, served on a wood-fired flat bread
- Flapjack Stack**
Four flapjacks, lime yoghurt foam, coconut flakes, seasonal berries & honey. Finished with a dust of cinnamon & garnished with fresh mint
- Benedict**
Two poached eggs, avo & wilted spinach served on a wood-fired ciabatta slice. Finished with our homemade beurre noisette hollandaise & garnished with fresh herbs
- Add bacon

ALL DAY BREAKFASTS

- Breakfast Bun**
One fried egg, bacon, South African russian sausage, tomato & mushrooms. Finished with a drizzle of our homemade basil mayo & served on a brioche bun
- Bacon & Egg Bun**
One fried egg, bacon, labneh & Doritos. Finished with a drizzle of our homemade basil mayo, served on a brioche bun
- Lebanese**
Tomato, cucumber, olives, labneh, hummus, za'atar flat-bread & mint
- Smashed Avo Open Toastie**
Smashed seasoned avo, danish feta, sprinkled toasted sesame seeds & fresh cilantro, served on a crusty wood-fired ciabatta slice
- Add bacon
- Add one egg
- Open Egg Toastie**
Two eggs scrambled, poached or fried, served on a crusty wood-fired ciabatta slice

FOCCACCIA BREADS

- Garlic Focaccia (V)**
Olive oil, garlic & origanum
- Herb Focaccia (V)**
Olive oil & origanum
- Za'atar Bread (V)**
Olive oil, za'atar spice & origanum
- Cheesy Garlic Bread**
Olive oil, garlic & mozzarella



ASK YOUR WAITRON FOR OUR ALCOHOL BEVERAGE MENU

HOT DRINKS

	Short 250ml	Regular 350ml	Grande 500ml
Cappuccino <i>Espresso, steamed milk & a thick layer of foam</i>	30	38	45
Americano <i>Espresso with hot water</i>	22	28	35
Espresso <i>Single shot of espresso</i>	24		
<i>Double shot of espresso</i>	28		
Cortado <i>Double shot espresso 1 to 1 ratio milk to espresso</i>	37		
Flat white <i>Double shot espresso, steamed milk & a thin layer of foam</i>	37		
Hot Chocolate / White Hot Chocolate <i>Steamed milk with your choice of traditional or white hot chocolate</i>		44	50
Café Mocha <i>Choice of hot chocolate & espresso with steamed milk</i>		45	55
Latte <i>Espresso, steamed milk & a thin layer of foam</i>		37	46
Flavoured Latte <i>Traditional latte with your choice of flavour added: hazelnut, salted caramel, butter toffee or vanilla</i>		42	
Chai Latte <i>Chai with steamed milk & a thin layer of foam</i>		40	50
Chai Mocca <i>Chai espresso with steamed milk & a thin layer of foam</i>		45	
Kiddies Latte <i>Frothed milk</i>		15	
Five Roses Ceylon Tea	28		
Rooibos Tea <i>Extra tea bag</i>	28 8		
Milk Alternatives <i>Soya, oat or almond</i>		15	17
Add to your Beverage			
<i>Add fresh cream</i>	12		
<i>Add espresso shot</i>	10		
<i>Add decaf shot</i>	11		
<i>Add syrup: hazelnut, salted cream, vanilla, butter toffee</i>	12		
<i>Extra frappé scoop</i>	22		
<i>Glass of milk</i>	17		

WAFFLE ART

Create your own Waffle masterpiece!

Whipped cream	12	Flake	10
Ice cream	12	Whispers	15
Chocolate sauce	6	Astros	15
Caramel sauce	6	Marshmallow	8
Honey	10	Banana	8
Sprinkles	6		
Oreo	10		
Chopped almonds	10		
Nutella	25		
		Ice cream cone	14
		Ice cream in a cup	18



CHILLED DRINKS

ICED COFFEE

	250ml	500ml
Americano <i>Espresso poured over ice, topped up with iced water</i>		37
Latte <i>Espresso with cold milk poured over ice & a thin layer of foam</i>		39
Flavoured Latte <i>Espresso with cold milk poured over ice, a thin layer of foam, with a shot of flavour, hazelnut, salted caramel or vanilla</i>		45

CREAMY FREEZOS

<i>Creamy blended freezo with your flavour</i>		60
- Creamy Berries or Creamy Mango		60
- Chocolate or White Chocolate		60
- Bar One		60
- Coffee		59

FRUIT FREEZOS

<i>Dairy-free fruit crush</i>		
- Red Berries or Mango or Lemonade		55

MILKSHAKE

<i>Vanilla, Strawberry, Chocolate, Bubblegum</i>	40	50
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GOURMET SHAKES

Bar-One <i>Bar-One chocolate sauce, ice cream, topped with cream & chocolate sauce</i>		62
Peanut Butter & Banana <i>Peanut butter, banana, ice cream, topped with cream and banana</i>		62
Honey Toffee Nut <i>Honey, butter toffee, toasted almonds, salted caramel, ice cream, topped with cream & a honey almond wafer</i>		62
Espresso <i>Double shot espresso, ice cream & topped with cream</i>		62
Death by Chocolate <i>Nutella, chocolate sauce, whispers & ice cream, topped with Oreo & cream</i>		65

SOFT DRINKS

<i>Cold drink cans 300 ml</i>	28	Schweppes lemonade	25
- Coke, Fanta, Sprite, Creme Soda,		Tonic water	25
- Coke / Sprite Zero (sugar free)		Soda water	25
Appletiser, Red Grapetiser	35	Gingerale	25
Iced teas - Peach / Lemon	35		

FRUIT JUICE

<i>Mango, orange, apple, fruit cocktail</i>		39
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WATER

<i>Still or sparkling 500ml</i>		18
<i>Still or sparkling 1,5L</i>		35

CRISPY WAFFLES



Plain Jane <i>Golden syrup</i>	65
Smooth Operator <i>Golden syrup, cream / ice cream</i>	80
Nutty Cream <i>Cream / ice cream, chopped almonds, chocolate sauce</i>	95
Mellow Choc <i>Cream / ice cream, Oreo, marshmallows, chocolate sauce</i>	90
Beach Bum <i>Cream / ice cream, banana, chopped almonds, caramel sauce</i>	95
Death by Chocolate <i>Nutella, flake, whispers, chopped almond, chocolate sauce</i>	125
Strawberry Nutella <i>Nutella, strawberries, cream, ice / cream</i>	125

Allergen Disclaimer: Attention customers with food allergies. Please be aware that our food may contain or come into contact with common allergens such as dairy, eggs, wheat, soy beans, tree nuts, peanuts, fish or shellfish. While we take steps to minimize the risk and safely handle foods that contain potential allergens, please be advised that cross contamination may occur.