

# MENU



## BUILD YOUR PLATE

Choose 2	22
Choose 3	28
Choose 4	34
Choose 6	46
Choose 8	58

### 2 Eggs

- Scrambled
- Poached
- Fried (Sunny Side or Over Easy)
- Plain Omelette
- Omelette with Mushrooms and Tomatoes (+2)

### Toast/ Grains

- Buttered Sourdough Slice
- Multigrain Slice
- Bagel (+2)
- Croissant (+2)
- Overnight Oats
- Chia Seed Pudding

### Protein

- Beef Bacon
- Smoked Salmon (+3)
- Chicken Breakfast Sausage
- Chicken Chorizo Sausage

### Fruits & Greens

- Avocado
- Fresh Berries
- Sauteed Mushrooms
- Roast Potatoes
- Chickpea Stew

### Add Ons

• Salted Butter	3
• Jam	3
• Mixed Berry Compote	3
• Cream Cheese	3
• Honey	3
• Maple Syrup	3



## BREAKFAST

**Avocado & Egg** 38  
Scrambled Eggs, Avocado, Toast, Rocket, Sriracha Mayo

**Smoked Salmon Bagel** 36  
Cream Cheese, Dill, Capers

**Eggs Benedict** 38  
Sourdough, Wilted Spinach, Hollandaise, Choice of Beef Bacon or Smoked Salmon

**Mashed Avocado on Toast** 37  
Mashed Avocado, Spiced Honey, Mascarpone, Microgreens on Sourdough Toast

**Mediterranean Poached Eggs** 32  
Olive Tapenade, Pesto, Smoked Pomodoro, Queso Blanco, Rocket on Sourdough Toast

**Breakfast Roll** 32  
Truffle Scrambled Eggs, Sauteed Mushrooms and Baby Spinach in Homemade Roll

**Breakfast Hot Dog** 32  
Parker Roll, Chicken Chorizo Sausage, Scrambled Eggs, Sriracha Mayo

**Classic Shakshuka** 32  
Poached Eggs, Sourdough Toast

**Pancakes / Crepes** 28  
Mixed Berry Compote, Fresh Berries, Butter, Maple Syrup

**French Toast** 32  
Fresh Berries, Lemon Creme Fraiche, Butter, Maple Syrup

## BOWLS

**Overnight Oats** 28  
Choice Of:  
• Mixed Berry Compote, Fresh Berries  
• Caramelised Apples, Almond Flakes, Raisins, Crumble

**Chia Seed Pudding** 27  
Dragonfruit, Mango, Pomegranate, Coconut Flakes

**Homemade Granola Bowl** 29  
Fresh Berries, Honey, Yoghurt or Milk

## SANDWICHES/ WRAPS

**Steak Sandwich** 48  
Charred Zucchini, Torched Cheddar, Baby Spinach, Sourdough, Jus

**Grilled Cheese Sandwich** 38  
Parmesan, Cheddar, Mozzarella, Brie, Sourdough, Tomato Stew

**Grilled Chicken Sandwich** 42  
Cheddar, Mozzarella, Rocket, Sourdough

**Nasi Lemak Wrap** 38  
Ayam Berempah, Sambal, Coconut Cream, Kyuri, Ikan Bilis, Peanuts

**BAKED GOODS**  
Please ask our team for our selection of cakes and other baked good!



All prices subject to 10% Service Charge and prevailing gout taxes



## REBUILD.RESTORE

### PROTEIN

#### Strength Recovery Jar 45

Roasted Chicken Breast, Cherry Tomatoes, Black Beans, Tempeh Chips, Mixed Salad, Avocado Dressing  
**449 Cal/ 42 Protein/ 29 Carb/ 18 Fat**

#### Power Protein Jar 45

Roasted Chicken Breast, Red and Yellow Capsicum, Chickpeas, Pumpkin Seeds, Quinoa, Mixed Salad, Peanut Butter Dressing  
**514 cal/ 44 Protein/ 39 Carb/ 19 Fat**

### LOW CAL

#### Lean & Clean Bowl 38

Poached Snapper, Roasted Pumpkin, Pickled Cucumber, Purple Slaw, Pumpkin Seeds, White or Black Rice  
**306 Cal/ 18 Protein/ 43 Carb/ 10 Fat**

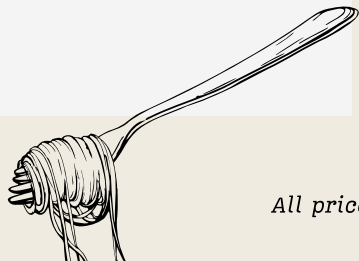
Add On: 60g Snapper (=12G Protein) +18

#### Pad Kra Pao Bowl 38

100g Minced Chicken Breast Kra Pao, Blanched Long Beans, Sous Vide Egg, White or Black Rice  
**339 Cal/ 33 Protein/ 37 Carb/ 8 Fat**

Add On 100g Chicken Breast (=30G Protein) +15

Upgrade to Quinoa +3



# MENU

## LUNCH PLATES

#### #FIVE Smashed Burger 32

Homemade Bun, Angus Beef Patty, Caramelised Onions, Lettuce, Tomato, Secret Sauce, Fries  
Add:  
Angus Beef Patty +10

#### Fish Taco 35

Tempura Fish, Guacamole, Chimichurri, Rocket, Cherry Tomatoes, Coriander

#### #FIVE Classic Dog 29

Brioche Bun, Chicken Sausage, Gherkin, Onion, Mustard

#### #FIVE Coney Dog 29

Brioche Bun, Chicken Sausage, Minced Lamb, Cheddar, Mozarella, Crispy Onions

#### Roast Chicken Leg 45

Roasted Cauliflower, Roast Potatoes, Jus

#### Fish & Chips 48

Snapper Fillet in Seasoned Batter, Homemade Fries, Purple Slaw, Tartar Sauce

## PASTA

#### Spaghetti Bolognese 38

Minced Lamb Ragout, Parmesan

#### Spaghetti Aglio Olio 29

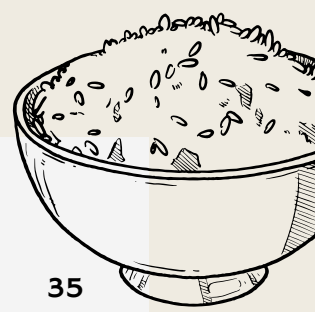
Garlic, Olive Oil, Chili, Sundried Tomatoes, Rocket  
Add: Mushrooms +8 Grilled Chicken +12

#### Creamy Bacon Spaghetti 32

Beef Bacon, Cherry Tomatoes, Parmesan  
Add: Mushrooms +8

#### Pesto Pasta (v) 29

Homemade Pesto, Rocket, Parmesan  
Add: Grilled Chicken +12 Mushrooms +8



## RICE BOWLS

#### Thunder Tea Rice (v) 35

Mixed Greens, Mushrooms, Peanuts, Crispy Kai Lan, Herb Sauce

#### Korean Chicken Rice Bowl 38

Gochujang Chicken, Carrot, Spinach, Black Fungus, 63C Egg, Choice of White or Black Rice

#### Balinese Rice Bowl 38

Grilled Chicken, Sambal Matah, French Beans, Kai Lan, Choice of White or Black Rice

#### Beef Fried Rice 48

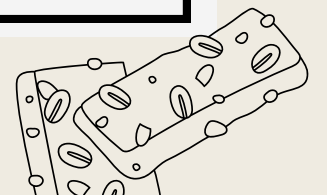
100g Rib Eye Steak, Beef Fat, Crispy Garlic

## #FIVE COMMUNITY

We have various activities for our #FIVE community such as:

- Run/Ride with #FIVE
- Bike Rental and Tours
- Energy Bars & Gels
- Bike Servicing

For more details head to [www.fivecyclerruncafe.com](http://www.fivecyclerruncafe.com) or drop us a note on instagram @fivecyclerruncafe



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