

BİSİKLETÇİ

SET MENÜ

KAHVALTI

• • •

KIZARMIS KEPEKLİ EKMEK

25-27; 54 kcal; 12 gram cho, 1,5 gram protein, 0,3 gram yağ.
(100 gr için 216 kcal, 48 gr cho, 6 gr protein, 1,2 gr yağ)

ORGANİK YUMURTALI VE SEBZELİ OMLET

İçerik 1 orta boy yumurta 100 gr doğranmış sebze ve yaklaşık 5 gram yağ için geçerlidir. 147 kcal, 2 gr cho, 11 gr protein, 11 gr yağ.
(100 gr için 147 kcal, 2 gr cho, 11 gr protein, 11 gr yağ)

ÇİÇ SÜT FETA BEYAZ PEYNİRİ

50 gram; 130 kcal, 2 gr cho, 7 gr protein, 10,5 gr yağ.
(100 gr için 260 kcal, 4 gr cho, 14 gr protein, 21 gr yağ)

KAŞAR PEYNİRİ

30 gram; 106 kcal, 0,5 gr cho, 8,1 gr protein, 8 gr yağ.
(100 gr için 28,30 kcal, 1,7 gr cho, 27 gr protein, 26,6 gr yağ)

HAŞLANMIŞ YUMURTA

1 orta [M] boy 55-65 gr, 78 kcal, 0,5 gr cho, 6,3 gr protein, 5,1 gr yağ.
(100 gr için 78 kcal, 0,5 gram cho, 6,3 gr protein, 5,1 gr yağ)

FÜME SOMON

100 gram; 117 kcal, 0 cho, 18,28 gr protein, 4,32 gr yağ.
(100 gr için 117 kcal, 0 cho, 18,28 gr protein, 4,32 gr yağ)

PETEK BAL

30 gram; 99 kcal, 24,7 gr cho, 0,2 gr protein, 0 yağ.
(100 gr için 330 kcal, 82,3 gr cho, 0,6 gr protein, 0 yağ)

TEREYAĞI

30 gram; 215 kcal, 0 cho, 0,3 gr protein, 24,3 gr yağ.
(100 gr için 716,6 kcal, 1 gr protein, 81 gr yağ)

SELE SİYAH ZEYTİN

40-45 gram; 83 kcal, 0,5 gr cho, 0,7 gr protein, 8,7 gr yağ.
(100 gr için 48,19 kcal, 12,04 gr cho, 1,75 gr protein, 21,75 gr yağ)

ARA ÖĞÜN

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MUZ, AVAKADO DİLİMİ VE YOĞURT

Toplam enerji; 313 kcal; 42,2 gr cho, 9,4 gr protein; 15,5 gr yağ.

- 1 Muz orta boy, yaklaşık 125 gr
- Avokado, 50 gr
- Yoğurt, 200 gr



BİSİKLETÇİ

SET MENÜ

ÖĞLE

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TAM TAHILLI EKMEK

35 gram; 79 kcal, 15 gr cho, 2,5 gr protein, 1 gr yağ.

(100 gr için 225 gr kcal, 42,85 gr cho, 7,14 gr protein, 2,85 gr yağ)

ZEYTİNYAĞLI VE PORTAKALLI TAZE ENGİNAR

Ortalama 150 gram; 160 kcal, 21 gr cho, 3 gr protein 6 gr yağ.

(100 gr için 106 kcal, 14 gr cho, 8,57 protein, 4 gr yağ)

SEBZELİ VE ARPA ŞEHRİYELİ TAVUK ÇORBASI

100 gram; 117 kcal, 6,8 gr cho, 8,5 gr protein, 4,7 gr yağ.

(100 gr için 117 kcal, 6,8 gr cho, 8,5 gr protein, 4,7 gr yağ)

KAPYA BİBERLİ KÖZ PATLICAN SALATASI

90 kcal, 6 gr cho, 2,7 gr protein, 5,5 gr yağ.

(100 gr için 4,39 cho, 1,31 gr protein, 2,68 gr yağ)

• Biber 50-75 gr, Patlıcan 150 gr, 5 gr zeytin yağı

YOĞURT

200 gram; 122 kcal, 9,3 gr cho, 6,9 gr protein, 6,5 gr yağ.

(100 gr için 61 kcal, 4,65 gr protein, 3,25 gr yağ)

IZGARA TAVUK GÖĞSÜ VE IZGARA MEVSİM SEBZELERİ

339 kcal, 7 gr cho, 53 gr protein, 8,2 gr yağ.

(100 gr için 123,2 kcal, 2,54 gr cho, 19,27 gr protein, 2,98 gr yağ)

• Tavuk için gramaj 175 gram, Sebzeler için 100 gram

MEVSİM MEYVELERİ TABAĞI

Ortalama 150 gram karışık mevsim meyvesi; 65 kcal, 15 gr cho, 0,5 gr protein.

(100 gr için 43,3 kcal, 10 gr cho, 0,33 gr protein)

ARA ÖĞÜN

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BADEMLİ VE FINDIKLI KURU MEYVE TABAĞI

341 kcal, 23,1 gram cho, 8,2 gram protien, 25,5 gram yağ.

(100 gr için 174,8 kcal, 4,2 gr protein, 13,07 gr yağ)

• Fındık 20 gr, Badem 25 gr, Meyve 150 gr

BİSİKLETÇİ

SET MENÜ

AKŞAM

• • •

ESMER EKMEK

27-30 gram; 75 kcal, 13 gr cho, 3 gr protein, 1 gr yağ.
(100 gr için 250 kcal, 43,3 gr cho, 10 gr protein, 3,33 gr yağ)

TARHANA ÇORBASI

1 kase ortalama 200 gram; 121 kcal, 10 gr cho, 4,6 gr protein, 6,5 gr yağ.
(100 gr için 60,5 kcal, 5 gr cho, 2,3 gr protein, 3,25 gr yağ)

KİNOALI AKDENİZ SALATASI

200 gram için; 235 kcal, 3 gr cho, 7,5 gr protein, 9,5 gr yağ.
(100 gr için 117,5 kcal, 1,5 gr cho, 2,75 gr protein, 4,75 gr yağ)

BONFİLE VE HAŞLANMIŞ MEVSİM SEBZELERİ

271 kcal, 6 gr cho, 32 gr protein, 14 gr yağ.
(100 gr için 108,4 kcal, 2,4 gr cho, 12,8 gr protein, 5,6 gr yağ)
• Bonfile için 150 gr, Sebzeler için 100 gr

FIRINLANMIŞ PATATES

150 gram; 22 gr cho, 3 gr protein, 3 gr yağ.
(100 gr için 14,6 cho, 2 gr protein, 2 gr yağ)

FIRINDA SÜTLAÇ

100 gram; 133 kcal, 22,8 gr cho, 3 gr protein, 2,6 gr yağ.
(100 gr için 133 kcal, 22,8 gr cho, 3 gr protein, 2,6 gr yağ)

MEVSİM MEYVELERİ TABAĞI

300 gram; 164 kcal, 36,5 gr cho, 1,5 gr protein, 1 gr yağ.
(100 gr için 54,6 kcal, 12,1 gr cho, 0,5 gr protein, 0,3 gr yağ)



BİSİKLETÇİ

İÇECEK MENÜ

ALKOLSÜZ İÇECEK

...

SU (0,5LT)	€2
SU (1,5LT)	€3
SODA	€3
AYRAN	€3
LİMONATA	€3
SOĞUK ÇAY	€3
YEDİGÜN	€3
SEVEN-UP	€3
PEPSİ KOLA	€3
ŞEKERSİZ PEPSİ KOLA	€3
ENERJİ İÇECEĞİ	€3
TONİK	€3

MEYVE SUYU

...

ŞEFTALİ SUYU	€3
PORTAKAL SUYU	€3
VİŞNE SUYU	€3
ELMA SUYU	€3
ANANAS SUYU	€3
TAZE PORTAKAL SUYU	€3

SICAK İÇECEK

...

ÇAY	€2
KAPUÇİNO	€3
ESPRESSO	€3
GRANÜL KAHVE	€3
ÇEKİRDEK KAHVE	€3
FİLTRE KAHVE	€3
SICAK ÇİKOLATA	€3

BİSİKLETÇİ

İÇECEK MENÜ

BİTKİ ÇAYI

...

ELMA ÇAYI	€2
KUŞBURNU ÇAYI	€2
YEŞİL ÇAY	€2
PAPATYA ÇAYI	€2
IHLAMUR ÇAYI	€2
ADA ÇAYI	€2

ŞARAP (BARDAK)

...

KIRMIZI ŞARAP	€3
BEYAZ ŞARAP	€3
PEMBE ŞARAP	€3

APERATİF (4CL)

...

RAKI	€3
YERLİ BITTER	€3
VERMUT SEK YERLİ	€3
VERMUT TATLI YERLİ	€3

BİRA (0,3LT)

...

FIÇI BİRA	€3
CARLSBERG	€3
BECK'S	€3
CORONA	€3
MILLER	€3
BUDWEISER	€3
HEINEKEN	€3
LEFFE	€4



BİSİKLETÇİ

İÇECEK MENÜ

VOTKA (4CL)

...

YERLİ VOTKA	€3
FIRESTAR	€3
SMIRNOFF	€3
SMIRNOFF GREEN APPLE	€3
ABSOLUT	€3
FINLANDIA	€3
STOLICHNAYA	€3
BELVEDERE	€4
GREY GOOSE	€4

TEKİLA (4CL)

...

OLMECA SILVER	€3
OLMECA GOLD	€3
DON ANGEL	€3

LİKÖR (4CL)

...

ARCHERS	€3
KAHLUA	€3
BAILEYS	€3
SAFARI	€3
ABSINTHE	€3
JAGERMEISTER	€3
CAMPARI	€3
AMARETTO	€3
TIA MARIA	€3
BATIDA DE COCO	€3
DRAMBUIE	€3
FERNET BRANCA	€3
COINTREAU	€3

BİSİKLETÇİ

İÇECEK MENÜ

VERMUT (4CL)

...

MARTINI ROSSO	€3
MARTINI BIANCO	€3
MARTINI DRY	€3
CINZANO EXTRA DRY	€3

RUM (4CL)

...

BACARDI	€3
CAPTAIN MORGAN	€3
MALIBU	€3
HAVANA CLUB	€3

CİN (4CL)

...

YERLİ CİN	€3
GORDON'S	€3
TANQUERAY	€3
BEEFEATER	€3
BEEFEATER PINK	€3
BOMBAY SAPPHIRE	€3
GILBEY'S	€3
HENDRICK'S	€4

KANYAK & BRENDİ (4CL)

...

METAXA	€4
MARTELL VSOP	€4
REMY MARTIN VSOP	€5
HENNESY VSOP	€4
COURVOISIER	€4



BİSİKLETÇİ

İÇECEK MENÜ

ŞAMPANYA (BARDAK)

...

YAZGAN - KAR TANESİ

YERLİ LİKÖR (4CL)

...

ACIBADEM	€2
KAYISI	€2
HİNDİSTAN CEVİZİ	€2
PORTAKAL	€2
MUZ	€2
NANE	€2
KREMA	€2
KAHVE	€2
BAHARAT	€2

VİSKİ (4CL)

...

YERLİ VİSKİ	€3
JW RED LABEL	€3
BALLANTINES	€3
CUTTY SARK	€3
J&B	€3
FAMOUS GROUSE	€3
DEWAR'S	€3
JACK DANIELS	€4
JAMESON	€4
JIM BEAM	€3
DIMPLE 15	€4
CHIVAS REGAL	€4
JW BLACK LABEL 12	€4
THE GLENLIVET	€4
GLENFIDDICH 12	€4
MACALLAN 12	€5



BİSİKLETÇİ

İÇECEK MENÜ

ALKOLSÜZ KOKTEYL

...

HARRY POTTER	€4
CHOCOLATE COCKTAILS	€4
SPONGEBOB	€4

ALKOLLÜ KOKTEYL

...

COSMOPOLITAN	€5
HIGH SOCIETY	€5
DREAM BOX	€5
KAMIKAZE	€5
GRAND SPECIAL	€5
TANGO	€5
GRAND PIEDRO	€5
BALALAIKA	€5
OCEAN WAVE	€5
ALEXANDER NEVSKY	€5
FRENCH 75	€5
SULTAN OF THE DANCE	€5
GOLDEN GATE	€5
YELLOW BIRD	€5
SINGAPORE SILING	€5
AMERICANO	€5
BLACK RUSSIAN	€5



BİSİKLETÇİ

İÇECEK MENÜ

KANYAK & BRENDİ (ŞİŞE)

• • •	70/75 - 100CL
YERLİ KANYAK	€25
METAXA	€40
MARTEL VSOP	€50
HENNESSY VSOP	€55 €80
REMY MARTIN VSOP	€75

TEKİLA (ŞİŞE)

• • •	70/75 - 100CL
OLMECA	€35 €50
JOSE QUERVO	€70 €95
OLMECA GOLD	€40 €55
DON ANGEL	€35 €50

VOTKA (ŞİŞE)

• • •	35 - 70/75 - 100CL
YERLİ VOTKA	€20 €25
FIRESTARTER	€25 €35
SMIRNOFF	€25 €35
ABSOLUT	€15 €30 €40
FINLANDIA	€35 €50
BELVEDERE	€45 €60
GREY GOOSE	€70 €100

RUM (ŞİŞE)

• • •	70/75 - 100CL
BACARDI	€35 €50
CAPTAIN MORGAN	€30 €43
HAVANA CLUB	€35 €50
MALIBU	€30 €43



BİSİKLETÇİ

İÇECEK MENÜ

LİKÖR (ŞİŞE)

• • •	70/75 - 100CL
YERLİ LİKÖR	€16 €20
ARCHER'S	€30
KAHLUA	€40
BAILEYS	€30 €43
SAFARI	€30 €43
ABSINTH	€30 €43
MARTINI	€35 €43
CAMPARI	€35 €43
AMARETTO	€40
TIA MARIA	€40
BATIDA DE COCO	€45
DRAMBUIE	€50
JAGERMEISTER	€35 €45
COINTREAU	€40 €45

RAKI (ŞİŞE)

• • •	20 - 35 - 70/75 - 100CL
YERLİ RAKI	€20 €25
YENİ RAKI	€9 €13 €30 €35
TEKİRDAĞ RAKI	€30 €35
EFE RAKI	€30 €35

CİN (ŞİŞE)

• • •	35 - 70/75 - 100CL
YERLİ CİN	€25
BEEFEATER	€15 €30 €43
GORDON'S	€25 €35
TANQUERAY	€30 €43
GILBEY'S	€25 €35
BOMBAY SAPPHIRE	€40 €50



BİSİKLETÇİ

İÇECEK MENÜ

VİSKİ (ŞİŞE)

• • •

35 - 70/75 - 100CL

YERLİ VİSKİ	€25	
J.W RED LABEL	€30	€40
BALLANTINES	€35	€50
CUTTY SARK	€30	€40
J&B	€30	€40
FAMOUS GROUSE	€30	€40
PASSPORT	€30	€40
CHIVAS REGAL	€21	€45 €60
CUTTY SARK 15	€40	€55
J.W BLACK LABEL	€40	€55
JAMESON	€35	€50
JIM BEAM	€30	€40
GENTLEMAN JACK	€50	€70
JACK DANIELS	€45	€60
GLENLIVET 12	€50	
GLENFIDDICH 12	€25	€50
MACALLAN 12	€85	

ŞAMPANYA (ŞİŞE)

• • •

70CL

İNCİ DAMLASI	€15
DOLUCA BIANCO	€15
MOET CHANDON	€70
MUMM CORDON ROUGE	€70
DOM PERIGNON	€255



BİSİKLETÇİ

İÇECEK MENÜ

BEYAZ ŞARAP (ŞİŞE)

• • •	75CL
VINKARA QUATTRO DOMI SEK	€15
ASPI SAVALAN MOSCATO	€30
VINKARA NARINCE	€15
VINKARA SAUVIGNON BLANC	€15
ASPI SAVALAN CHARDONAY	€27
KAVAKLIDERE PRESTIGE NARINCE	€25
DOLUCA SARAFIN FÜME BLANC	€25
ASPI SAVALAN VIOGNER	€30
PINOT GRIGIO LAMBERTI	€15

KIRMIZI ŞARAP (ŞİŞE)

• • •	75CL
ASPI SAVALAN ALICANTE	€50
ASPI SAVALAN MERLOT	€30
FRONTERA CABERNET SAUVIGNON	€15
ASPI SAVALAN ALEATICO	€30
ASPI SAVALAN CAB. SAU. RIPASSO	€55
SARAFIN SHIRAZ	€25
VINKARA CABERNET SAUVIGNON	€15
ASPI SAVALAN CABERNET MERLOT	€30
FRONTERA MERLOT	€15
VINKARA SYRAH	€15
VINKARA MERLOT	€15

PEMBE ŞARAP (ŞİŞE)

• • •	75CL
DOLUCA VERANO GRENACHE BLUSH	€15
PINOT GRIGIO LAMBERTI BLUSH	€15
VINKARA YAŞASIN	€45
KAVAKLIDERE LAL	€15

BİSİKLETÇİ

İÇECEK MENÜ

EKSTRA KOKTEYL

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MOJITO	€7
MARGARITA	€7
TEQUILA SUNRISE	€7
PINE COLADA	€7
CUBA LIBRE	€7
DAIQUIRI	€7
ABSINTH DREAM	€7
JAGERBOMB	€7
WILD WOMAN	€7
SEX ON THE BEACH	€7
LONG ISLAND ICE TEA	€7
CAIPIRINHA	€7
LYNCBURG LEMONADE	€7
WHITE RUSSIAN	€7
WHITE LADY	€7
BRAVE BULL	€7
B 52	€7

SICAK KOKTEYL

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IRISH COFFEE	€7
COFFEE ROYALE	€7
MEXICAN COFFEE	€7
LUMUMBA	€7





CYCLIST SET MENU

BREAKFAST

• • •

TOASTED WHOLE WHEAT BREAD

25-27; 54 kcal; 12 grams cho, 1,5 grams protein, 0,3 grams fat.
(100 grams; 216 kcal, 48 grams cho, 6 grams protein, 1,2 grams fat)

ORGANIC EGG AND VEGETABLE OMELET

Content is valid for 1 medium egg 100 gr chopped vegetables and about 5 grams fat. 147 kcal, 2 grams cho, 11 grams protein, 11 grams fat.
(100 grams; 147 kcal, 2 grams cho, 11 grams protein, 11 grams fat)

RAW MILK FETA WHITE CHEESE

50 grams; 130 kcal, 2 grams cho, 7 grams protein, 10,5 grams fat.
(100 grams; 260 kcal, 4 grams cho, 14 grams protein, 21 grams fat)

KASHKAWAL CHEESE

30 grams; 106 kcal, 0,5 gr cho, 8,1 grams protein, 8 grams fat.
(100 grams; 28,30 kcal, 1,7 grams cho, 27 grams protein, 26,6 grams fat)

BOILED EGG

1 medium [M] size 55-65 grams, 78 kcal, 0,5 gram cho, 6,3 grams protein, 5,1 grams fat.
(100 grams; 78 kcal, 0,5 gram cho, 6,3 grams protein, 5,1 grams fat)

SMOKED SALMON

100 grams; 117 kcal, 0 cho, 18,28 grams protein, 4,32 grams fat.
(100 grams; 117 kcal, 0 cho, 18,28 grams protein, 4,32 grams fat)

HONEY COMB

30 grams; 99 kcal, 24,7 grams cho, 0,2 gram protein, 0 fat.
(100 grams; 330 kcal, 82,3 grams cho, 0,6 gram protein, 0 fat)

BUTTER

30 grams; 215 kcal, 0 cho, 0,3 gram protein, 24,3 grams fat.
(100 grams; 716,6 kcal, 1 gram protein, 81 grams fat)

SADDLE BLACK OLIVES

40-45 grams; 83 kcal, 0,5 gram cho, 0,7 gram protein, 8,7 grams fat.
(100 grams; 48,19 kcal, 12,04 grams cho, 1,75 grams protein, 21,75 grams fat)

SNACK

• • •

BANANA, AVOCADO SLICED AND YOGURT

Total energy; 313 kcal; 42,2 grams cho, 9,4 grams protein, 15,5 grams fat
• Banana 1 medium, 125 grams
• Avocado, 50 gr
• Yoghurt, 200 gr



CYCLIST SET MENU

LUNCH

• • •

WHOLE GRAIN BREAD

35 grams; 79 kcal, 15 grams cho, 2,5 grams protein, 1 gram fat.
(100 grams; 225 gr kcal, 42,85 grams cho, 7,14 grams protein, 2,85 grams fat)

FRESH ARTICHOKE WITH OLIVE OIL AND ORANGES

Average 150 grams; 160 kcal, 21 grams cho, 3 grams protein, 6 grams fat.
(100 grams; 106 kcal, 14 grams cho, 8,57 grams protein, 4 grams fat)

CHICKEN SOUP WITH VEGETABLES AND BARLEY NOODLES

100 grams; 117 kcal, 6,8 grams cho, 8,5 grams protein, 4,7 grams fat.
(100 grams; 117 kcal, 6,8 grams cho, 8,5 grams protein, 4,7 grams fat)

ROASTED EGGPLANT SALAD WITH CAPIA PEPPER

90 kcal, 6 grams cho, 2,7 grams protein, 5,5 grams fat.
(100 grams; 4,39 grams cho, 1,31 grams protein, 2,68 grams fat)
• Pepper 50-75 grams, eggplant 150 grams, 5 grams of olive oil

YOGHURT

200 grams; 122 kcal, 9,3 grams cho, 6,9 grams protein, 6,5 grams fat.
(100 grams; 61 kcal, 4,65 grams protein, 3,25 grams fat)

GRILLED CHICKEN BREAST, WITH GRILLED SEASONAL VEGETABLES

339 kcal, 7 grams cho, 53 grams protein, 8,2 grams fat.
(100 grams; 123,2 kcal, 2,54 grams cho, 19,27 grams protein, 2,98 grams fat)
• Weight for chicken is 175 grams, 100 grams for vegetables

SEASONAL FRUIT PLATTER

Average 150 grams of mixed seasonal fruit;
65 kcal, 15 grams cho, 0,5 gram protein
(100 grams; 43,3 kcal, 10 grams cho, 0,33 gram protein)

SNACK

• • •

ALMOND AND HAZELNUT DRIED FRUIT PLATE

341 kcal, 23,1 grams cho, 8,2 grams protein, 25,5 grams fat.
(100 grams; 174,8 kcal, 4,2 grams protein, 13,07 grams fat)
• 20 grams of hazelnuts, 25 grams of almonds, 150 grams of fruit



CYCLIST

SET MENU

DINNER

• • •

BROWN BREAD

27-30 grams; 75 kcal, 13 grams cho, 3 grams protein, 1 gram fat.
(100 grams; 250 kcal, 43,3 grams cho, 10 grams protein, 3,33 grams fat)

TARHANA SOUP

1 bowl average 200 grams; 121 kcal, 10 grams cho, 4.6 grams protein, 6.5 grams fat.
(100 grams; 60,5 kcal, 5 grams cho, 2,3 grams protein, 3,25 grams fat)

MEDITERRANEAN SALAD WITH QUINOA

200 grams; 235 kcal, 3 grams cho, 7,5 grams protein, 9,5 grams fat.
(100 grams; 117,5 kcal, 1,5 grams cho, 2,75 grams protein, 4,75 grams fat)

TENDERLOIN, STEAMED SEASONAL VEGETABLES

271 kcal, 6 grams cho, 32 grams protein, 14 grams fat.
(100 grams; 108,4 kcal, 2,4 grams cho, 12,8 grams protein, 5,6 grams fat)
· 150 grams for tenderloin, 100 grams for vegetables

BAKED POTATO

150 grams; 22 grams cho, 3 grams protein, 3 grams fat.
(100 grams; 14,6 cho, 2 grams protein, 2 grams fat)

OVEN BAKED RICE PUDDING

100 grams; 133 kcal, 22,8 grams cho, 3 grams protein, 2,6 grams fat.
(100 grams; 133 kcal, 22,8 grams cho, 3 grams protein, 2,6 grams fat)

SEASONAL FRUIT PLATTER

300 grams; 164 kcal, 36,5 grams cho, 1,5 grams protein, 1 gram fat.
(100 grams; 54,6 kcal, 12,1 grams cho, 0,5 gram protein, 0,3 gram fat)



CYCLIST

BEVERAGE MENU

SOFT DRINK

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SPRING WATER (0,5LT)	€2
SPRING WATER (1,5LT)	€3
MINERAL WATER	€3
AYRAN	€3
LEMONADE	€3
ICE TEA	€3
YEDIGUN	€3
SEVEN-UP	€3
PEPSI COLA	€3
PEPSI COLA LIGHT	€3
ENERGY DRINK	€3
TONIC	€3

FRUIT JUICE

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PEACH JUICE	€3
ORANGE JUICE	€3
CHERRY JUICE	€3
APPLE JUICE	€3
PINEAPPLE JUICE	€3
FRESCH ORANGE JUICE	€3

HOT DRINK

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TURKISH TEA	€2
CAPPUCCINO	€3
ESPRESSO	€3
INSTANT COFFEE	€3
CORE COFFEE	€3
FILTER COFFEE	€3
HOT CHOCOLATE	€3



CYCLIST

BEVERAGE MENU

HERBAL TEA

• • •

APPLE TEA	€2
ROSEHIP TEA	€2
GREEN TEA	€2
CHAMOMILE TEA	€2
LINDEN TEA	€2
SAGE TEA	€2

WINE (GLASS)

• • •

RED WINE	€3
WHITE WINE	€3
ROSE WINE	€3

APERITIF (4CL)

• • •

RAKI	€3
BITTER LOCAL	€3
VERMOUTH DRY LOCAL	€3
VERMOUTH BIANCO LOCAL	€3

BEER (0,3LT)

• • •

DRAFT BEER	€3
CARLSBERG	€3
BECK'S	€3
CORONA	€3
MILLER	€3
BUDWEISER	€3
HEINEKEN	€3
LEFFE	€4



CYCLIST

BEVERAGE MENU

VODKA (4CL)

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VODKA LOCAL	€3
FIRESTAR	€3
SMIRNOFF	€3
SMIRNOFF GREEN APPLE	€3
ABSOLUT	€3
FINLANDIA	€3
STOLICHNAYA	€3
BELVEDERE	€4
GREY GOOSE	€4

TEQUILA (4CL)

...

OLMECA SILVER	€3
OLMECA GOLD	€3
DON ANGEL	€3

LIQUEUR (4CL)

...

ARCHERS	€3
KAHLUA	€3
BAILEYS	€3
SAFARI	€3
ABSINTHE	€3
JAGERMEISTER	€3
CAMPARI	€3
AMARETTO	€3
TIA MARIA	€3
BATIDA DE COCO	€3
DRAMBUIE	€3
FERNET BRANCA	€3
COINTREAU	€3



CYCLIST

BEVERAGE MENU

VERMOUTH (4CL)

...

MARTINI ROSSO	€3
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MARTINI BIANCO	€3
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MARTINI DRY	€3
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CINZANO EXTRA DRY	€3
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ROM (4CL)

...

BACARDI	€3
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CAPTAIN MORGAN	€3
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MALIBU	€3
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HAVANA CLUB	€3
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GIN (4CL)

...

GIN LOCAL	€3
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GORDON'S	€3
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TANQUERAY	€3
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BEEFEATER	€3
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BEEFEATER PINK	€3
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BOMBAY SAPPHIRE	€3
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GILBEY'S	€3
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HENDRICK'S	€4
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COGNAC & BRENDY (4CL)

...

METAXA	€4
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MARTELL VSOP	€4
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REMY MARTIN VSOP	€5
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HENNESY VSOP	€4
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COURVOISIER	€4
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CYCLIST

BEVERAGE MENU

CHAMPAGNE (GLASS)

...

YAZGAN - KAR TANESI

LOCAL LIQUEUR (4CL)

...

ALMOND	€2
APRICOT	€2
COCONUT	€2
ORANGE	€2
BANANA	€2
MINT	€2
CREAM	€2
COFFEE	€2
SPICE	€2

WHISKY (4CL)

...

WHISKY LOCAL	€3
JW RED LABEL	€3
BALLANTINES	€3
CUTTY SARK	€3
J&B	€3
FAMOUS GROUSE	€3
DEWAR'S	€3
JACK DANIELS	€4
JAMESON	€4
JIM BEAM	€3
DIMPLE 15	€4
CHIVAS REGAL	€4
JW BLACK LABEL 12	€4
THE GLENLIVET	€4
GLENFIDDICH 12	€4
MACALLAN 12	€5



CYCLIST

BEVERAGE MENU

NON-ALCOHOL COCKTAIL

...

HARRY POTTER	€4
CHOCOLATE COCKTAILS	€4
SPONGEBOB	€4

ALCOHOLIC COCKTAIL

...

COSMOPOLITAN	€5
HIGH SOCIETY	€5
DREAM BOX	€5
KAMIKAZE	€5
GRAND SPECIAL	€5
TANGO	€5
GRAND PIEDRO	€5
BALALAIKA	€5
OCEAN WAVE	€5
ALEXANDER NEVSKY	€5
FRENCH 75	€5
SULTAN OF THE DANCE	€5
GOLDEN GATE	€5
YELLOW BIRD	€5
SINGAPORE SILING	€5
AMERICANO	€5
BLACK RUSSIAN	€5



CYCLIST

BEVERAGE MENU

COGNAC & BRANDY (BOTTLE)

...	70/75 - 100CL	
COGNACS LOCAL	€25	
METAXA	€40	
MARTEL VSOP	€50	
HENNESSY VSOP	€55	€80
REMY MARTIN VSOP	€75	

TEQUILA (BOTTLE)

...	70/75 - 100CL	
OLMECA	€35	€50
JOSE QUERVO	€70	€95
OLMECA GOLD	€40	€55
DON ANGEL	€35	€50

VODKA (BOTTLE)

35 - 70/75 - 100CL

VODKA LOCAL	€20	€25	
FIRESTARTER	€25	€35	
SMIRNOFF	€25	€35	
ABSOLUT	€15	€30	€40
FINLANDIA	€35	€50	
BELVEDERE	€45	€60	
GREY GOOSE	€70	€100	

ROM (BOTTLE)

...	70/75 - 100CL	
BACARDI	€35	€50
CAPTAIN MORGAN	€30	€43
HAVANA CLUB	€35	€50
MALIBU	€30	€43



CYCLIST

BEVERAGE MENU

LIQUEUR (BOTTLE)

• • •

70/75 - 100CL

LOCAL LIQUEUR	€16	€20
ARCHER'S	€30	
KAHLUA	€40	
BAILEYS	€30	€43
SAFARI	€30	€43
ABSINTH	€30	€43
MARTINI	€35	€43
CAMPARI	€35	€43
AMARETTO	€40	
TIA MARIA	€40	
BATIDA DE COCO	€45	
DRAMBUIE	€50	
JAGERMEISTER	€35	€45
COINTREAU	€40	€45

RAKI (BOTTLE)

• • •

20 - 35 - 70/75 - 100CL

LOCAL RAKI	€20	€25
YENİ RAKI	€9	€13 €30 €35
TEKİRDAĞ RAKI	€30	€35
EFE RAKI	€30	€35

GIN (BOTTLE)

• • •

35 - 70/75 - 100CL

LOCAL GIN	€25	
BEEFEATER	€15	€30 €43
GORDON'S	€25	€35
TANQUERAY	€30	€43
GILBEY'S	€25	€35
BOMBAY SAPPHIRE	€40	€50



CYCLIST

BEVERAGE MENU

WHISKY (BOTTLE)

• • •

	35 - 70/75 - 100CL		
LOCAL WHISKY		€25	
J.W RED LABEL		€30	€40
BALLANTINES		€35	€50
CUTTY SARK		€30	€40
J&B		€30	€40
FAMOUS GROUSE		€30	€40
PASSPORT		€30	€40
CHIVAS REGAL	€21	€45	€60
CUTTY SARK 15		€40	€55
J.W BLACK LABEL		€40	€55
JAMESON		€35	€50
JIM BEAM		€30	€40
GENTLEMAN JACK		€50	€70
JACK DANIELS		€45	€60
GLENLIVET 12		€50	
GLENFIDDICH 12	€25	€50	
MACALLAN 12		€85	

CHAMPAGNE (BOTTLE)

• • •	70CL	
INCI DAMLASI	€15	
DOLUCA BIANCO	€15	
MOET CHANDON	€70	
MUMM CORDON ROUGE	€70	
DOM PERIGNON	€255	



CYCLIST

BEVERAGE MENU

WHITE WINE (BOTTLE)

• • •	75CL
VINKARA QUATTRO DOMI SEK	€15
ASPI SAVALAN MOSCATO	€30
VINKARA NARINCE	€15
VINKARA SAUVIGNON BLANC	€15
ASPI SAVALAN CHARDONAY	€27
KAVAKLIDERE PRESTIGE NARINCE	€25
DOLUCA SARAFIN FÜME BLANC	€25
ASPI SAVALAN VIOGNER	€30
PINOT GRIGIO LAMBERTI	€15

RED WINE (BOTTLE)

• • •	75CL
ASPI SAVALAN ALICANTE	€50
ASPI SAVALAN MERLOT	€30
FRONTERA CABERNET SAUVIGNON	€15
ASPI SAVALAN ALEATICO	€30
ASPI SAVALAN CAB. SAU. RIPASSO	€55
SARAFIN SHIRAZ	€25
VINKARA CABERNET SAUVIGNON	€15
ASPI SAVALAN CABERNET MERLOT	€30
FRONTERA MERLOT	€15
VINKARA SYRAH	€15
VINKARA MERLOT	€15

ROSE WINE (BOTTLE)

• • •	75CL
DOLUCA VERANO GRENACHE BLUSH	€15
PINOT GRIGIO LAMBERTI BLUSH	€15
VINKARA YAŞASIN	€45
KAVAKLIDERE LAL	€15



CYCLIST

BEVERAGE MENU

EXTRA COCKTAIL

...

MOJITO	€7
MARGARITA	€7
TEQUILA SUNRISE	€7
PINE COLADA	€7
CUBA LIBRE	€7
DAIQUIRI	€7
ABSINTH DREAM	€7
JAGERBOMB	€7
WILD WOMAN	€7
SEX ON THE BEACH	€7
LONG ISLAND ICE TEA	€7
CAIPIRINHA	€7
LYNCBURG LEMONADE	€7
WHITE RUSSIAN	€7
WHITE LADY	€7
BRAVE BULL	€7
B 52	€7

HOT COCKTAIL

...

IRISH COFFEE	€7
COFFEE ROYALE	€7
MEXICAN COFFEE	€7
LUMUMBA	€7