

Menu available until 3pm daily. All items are available to take away.
15% surcharge applies on all public holidays.

✓ VEGETARIAN ✗ NO ADDED GLUTEN

ALL-DAY BREAKFAST GF bread available

BACON & EGGS two free-range eggs, crispy local bacon with grilled cherry tomatoes & sourdough toast **\$13.9**

MAC & CHEESE CROQUETTES three mac and parmesan cheese croquettes, spinach, crispy bacon & chipotle sauce **\$15.9**

BACON & EGG ROLL with swiss cheese, baby spinach, tomato relish & hollandaise sauce on a soft bun **\$9.5**

EGGS BENEDICT two poached eggs on sourdough with baby spinach, hollandaise sauce, dukkah and your choice of smoked salmon, bacon or ham (*contains nuts*) **\$16.9**

ALOWISHUS FRITTERS two zucchini & sweet corn fritters with guacamole, tomato salsa, sourcream, rocket and a poached egg **\$15.9** ✓

BREAKFAST STACK on sourdough with avocado, bacon, sweet potato, halloumi, baby spinach, pesto, cherry tomatoes, two poached eggs & balsamic glaze **\$17.9**

SMASHED AVO & FETA served on sourdough with pesto-tossed greens & cherry tomatoes **\$14.9** ✓

ALOWISHUS BIG BREAKFAST two free-range eggs your style, bacon, honey mustard pork sausages, grilled cherry tomatoes, mushrooms, hash brown, tomato relish & sourdough toast **\$18.9**

PANCAKES with house-made vanilla bean gelato, berry compote & maple syrup **\$13.9** ✓ **add bacon & banana for \$3.5**

BURGERS & CO All served with a side of chips

ALOWISHUS BEEF BURGER house-made beef patty, tasty cheese, caramelised onion, lettuce, tomato, aioli & tomato relish on a soft bun **\$15.9**

SWEET CHILLI GRILLED CHICKEN BURGER grilled chicken with caramelised onion, tomato, tasty cheese, cos lettuce, aioli & sweet chilli sauce on a soft bun **\$15.9**

FISH BURGER battered fish, chipotle sauce, cos lettuce, house slaw & cheese on a soft bun **\$15.9**

**** Add The Works ****

Add crispy bacon & a fried egg to your burger for \$3.5 extra

LIGHTER OPTIONS

TOAST two slices of sourdough (or white, grain, wholemeal or gf) with butter & your choice of either vegemite, strawberry jam or honey **\$5.9** ✓

BANANA BREAD house made with butter & local honey **\$5.9** ✓

RAISIN TOAST two slices with butter **\$5.9** ✓

NOURISH BOWL with house made crunchy granola, greek-style yoghurt, berry compote, local honey & seasonal fruit **\$10.9** ✓

Breakfast Sides

mushrooms, grilled cherry tomato, extra egg, hash brown, extra toast **\$2.5 each**

avocado, honey mustard pork sausages, crispy bacon, halloumi, smoked salmon **\$3.5 each**

LITTLE BITES *not for grown-ups!*

HAPPY PANCAKES with our house-made vanilla gelato & maple syrup **\$6.9** ✓

CHICKEN NUGGETS with shoestring fries **\$6.9**

HASHBROWNS with tomato sauce **\$6.9** ✓

Bowl of
POTATO FRIES
or **SWEET POTATO CHIPS**
w/ aioli & sweet chilli sauce ✓ **\$7.9**

PLEASE NOTE: While we offer gluten-free menu options, we are not a gluten-free kitchen. Cross-contamination could occur and our cafe is unable to guarantee that any item can be completely free of allergens.

← **BUT WAIT, THERE'S MORE!**

BAGUETTES \$8.95

PESTO ROAST BEEF with roast beef, parmesan, caramelised onion, baby rocket, roast capsicum and pesto yoghurt.

DELI HAM & SWISS CHEESE deli leg ham with tomato, baby spinach, swiss cheese & dijonaise

TASTY CHICKEN with chicken breast, tasty cheese, tomato, baby rocket, dijonaise

WRAPS \$7.95

CHICKEN CAESAR poached chicken, parmesan, bacon, egg, lettuce, croutons, caesar dressing

NUTTY PUMPKIN spiced pumpkin with pine nuts, feta, pesto-tossed baby spinach and roast capsicum ✓

HAM & SMASHED EGG deli ham, Alowishus smashed egg, tasty cheese, lettuce, tomato

POACHED CHICKEN & SALAD with tasty cheese, carrot, tomato, lettuce, onion, Alowishus dressing

SWEET CHILLI SCHNITZEL strips of chicken schnitzel, tomato, tasty cheese, cucumber, lettuce, sweet chilli & aioli

CHICKEN SCHNITZEL & SLAW strips of chicken schnitzel, house slaw, swiss cheese, baby spinach and dijonaise

ALOWISHUS CLASSICS

SALT & PEPPER CALAMARI served with aioli and a side of Italian Salad - cherry tomatoes, rocket, red onion, feta, cucumber & balsamic **\$14.90**

LOADED FRIES your choice of potato or sweet potato fries loaded with cheese, bacon, tomato salsa and guacamole **\$10.90**

BEEF NACHOS tomato salsa, guacamole, sour cream, tasty cheese & beef mince on crispy corn chips **\$10.9**

CLASSIC BEEF LASAGNE w SALAD made in-house **\$12.9**

QUICHE OF THE DAY w SALAD made in-house **\$12.9**

Add a side of fries or sweet potato chips w/ aioli to any meal + \$3.50

SANDWICHES \$6.95 GF bread available

CHICKEN & AVO

chicken breast, avocado, tomato, lettuce & aioli

TASTY TRIO

deli leg ham, swiss cheese, tomato

SMASHED EGG & LETTUCE

Alowishus smashed egg & mixed lettuce ✓

HAM & SALAD

deli leg ham, tasty cheese, tomato, carrot, red onion, mixed lettuce & Alowishus dressing

NEW ORLEANS

deli roast beef, tomato relish, caramelised onion, swiss cheese, lettuce, tomato

CHEF'S SALADS

CHICKEN CAESAR grilled chicken strips, parmesan, bacon, poached egg, croutons, cos lettuce, tossed in caesar dressing **\$12.9**

PESTO ROAST PUMPKIN with baby beetroot, pine nuts, feta & pesto tossed greens **\$12.9** ✓

THAI BEEF SALAD beef strips, lettuce, spinach, cherry tomatoes, red onion, cucumber, peppers, peanuts, tossed in Thai dressing **\$13.9**

GRILLED CHICKEN honey-glazed grilled chicken strips, mixed lettuce, cherry tomato, red onion, cucumber, feta, avocado, tossed in honey-mustard vinaigrette **\$13.9**

ALO BOWL curried cauliflower, roasted pumpkin, pesto tossed greens, rice, corn & capsicum salsa, poached egg & tomato relish **\$13.9** ✓

Jazz up your salad!

ADD any of the following for just \$3.5 extra
grilled chicken, chicken schnitzel, roast beef, thai beef strips, ham, smoked salmon

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