

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 \$1

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

**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 (contains nuts) and your choice of smoked salmon | bacon | mushrooms **\$16.9** ✓

**TOAD IN A HOLE** 2 pieces of sourdough toast with fried egg, tomato relish & avocado **\$13.9** ✓

**ALOWISHUS FRITTERS** two sweet potato, corn & zucchini fritters with hummus, rocket, a poached egg and dukkah (contains nuts) **\$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, dukkah (contains nuts) & cherry tomatoes **\$14.9** ✓

**ALOWISHUS BIG BREAKFAST** two free-range eggs your style, bacon, honey mustard pork sausages, grilled cherry tomatoes, mushrooms, hash browns, 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**

**LIGHTER OPTIONS**

**SUMMER FRUITS** a selection of seasonal fruits w house made crunchy granola & Alowishus berry sorbet **\$10.9** ✓

**CROISSANT** plain | butter & strawberry jam **\$5.5** ✓  
or your choice of ham & cheese | chicken, avocado & cheese **\$8.50**

**TOAST** 2 slices served w butter & your choice of vegemite, strawberry jam or honey **\$5.9** ✓  
sourdough | white | grain | wholemeal | gluten free

**BANANA BREAD** house made served w butter **\$5.9**  
Add granola, greek yoghurt & berry compote **\$3** ✓

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

**LITTLE BITES** *not for grown-ups!*

**HAPPY PANCAKES** with our house-made vanilla gelato & maple syrup **\$7.9** ✓

**CHICKEN NUGGETS** with shoestring fries **\$7.9**

**KIDS OPEN GRILLS** ham, cheese & pineapple or pepperoni pizza **\$7.9**

**TO SHARE** *grab your friends!*

**FRIES** shoestring or sweet potato with sweet chilli & aioli **\$7.9** ✓

**TRIO OF DIPS** hummus | pesto | capsicum & macadamia with toasted sourdough fingers **\$9.9** ✓

**CRUMBED CAMEMBERT** served with cranberry sauce. 6 per serve **\$10.9** ✓

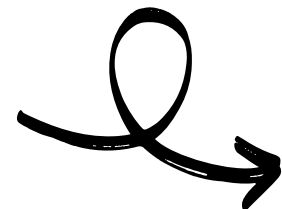
**GUACAMOLE** served with warm corn chips **\$9.9** ✘ ✓

*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**

**BUT WAIT, THERE'S MORE!**



**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.

**BAGUETTES \$8.95** fresh or toasted

**TUSCAN SWEET POTATO** sweet potato, red onion, hummus, pesto, spinach, feta ✓

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

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

**TASTY CHICKEN** chicken breast, tasty cheese, tomato, rocket, dijonaise

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

**WRAPS \$7.95** fresh or toasted

**CHICKEN CAESAR** chicken breast, parmesan, bacon, egg, lettuce, croutons, caesar dressing

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

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

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

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

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

**SANDWICHES \$6.95** fresh or toasted

**TASTY TRIO**  
deli leg ham, swiss cheese, tomato

Gluten free bread \$1

**CHICKEN & AVO**  
chicken breast, avocado, tomato, lettuce & aioli

**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

**OPEN GRILLS \$13.9** on turkish bread

**AVO & CHICKEN** w caramelised onion, tasty cheese & aioli

**CAMEMBERT & CHICKEN** w baby spinach & cranberry

**PUMPKIN & FETA** w capsicum, baby spinach & pesto ✓

**CHEF SALADS & THE CLASSICS**

**CHICKEN CAESAR** grilled chicken strips, parmesan, bacon, poached egg, croutons, cos lettuce, tossed in caesar dressing **\$13.9**

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

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

**TOSSED GARDEN SALAD** mixed lettuce, cherry tomato, beetroot, red onion, carrot, cucumber, feta, tossed in honey mustard dressing **\$12.9** ✓ ✎

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

**BLT TOASTED WRAP** bacon, lettuce, tomato & aioli **\$9.95**

**SALT & PEPPER CALAMARI** served with aioli and a side of Italian salad - cherry tomatoes, rocket, red onion, feta, cucumber & balsamic **\$14.9**

**TACO'S** choose from flat head or honey soy chicken, served with fresh corn salsa, rocket & chipotle mayo on two soft tortillas **\$13.9**

**LOADED PIZZA FRIES** your choice of potato or sweet potato fries loaded with pepperoni, melted tasty cheese & napolli sauce **\$10.9**

**BEEF NACHOS** spiced beef-bean mince, corn salsa, guacamole, sour cream, tasty cheese on crispy corn chips **\$12.9** ✎

**CLASSIC BEEF LASAGNE w SALAD** housemade **\$12.9**

**QUICHE OF THE DAY w SALAD** housemade **\$12.9**

**BURGERS** served w fries / sweet potato chips

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

**GRILLED CHICKEN CAESAR BURGER** grilled chicken breast coated in parmesan, bacon, egg, tasty cheese, cos lettuce & caesar dressing on a soft bun **\$17.9**

**VEGGIE BURGER** corn & zucchini patty, halloumi, tomato, lettuce, red onion, hummus & tomato relish on a soft bun **\$17.9** ✓

*\* Add The Works \$3.5\**  
includes crispy bacon and a fried egg