

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**

**SMOKEY BAKED BEANS**  
House made beans with sourdough & a poached egg **16.9**

**MEGA BREAKY WRAP** bacon, egg, tomato, hash browns, spinach, BBQ sauce, cheese & hollandaise sauce **10.90**

**ALOWISHUS FRITTERS** two sweet potato, corn & zucchini fritters with hummus, spinach, 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 spinach, 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** add bacon! + 3.50

**CLASSIC** house-made vanilla bean gelato & maple syrup **12.9** ✓

**CARAMEL & BANANA** grilled banana, roasted macadamias, salted caramel sauce and house-made vanilla bean gelato **16.5** ✓

**CHOCOLATE BERRY** berry compote, house-made chocolate sorbet and chocolate sauce **16.5** ✓

*Breakfast Sides*

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

*avocado, honey mustard pork sausages, crispy  
bacon, smokey beans, halloumi, smoked  
salmon 3.5 each*

**LIGHTER OPTIONS**

**CINNAMON & APPLE PORRIDGE** with greek yoghurt, coconut & chia seeds **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** ✓

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

**LITTLE BITES 7.90** not for grown-ups!

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

**CHICKEN NUGGETS** with shoestring fries

**HAM & CHEESE TOASTIE** with shoestring fries

**OPEN GRILLS & SUBS** on turkish bread

**AVO & CHICKEN**  
w caramelised onion, spinach, tasty cheese & aioli **13.9**

**CAMEMBERT & CHICKEN**  
w baby spinach & cranberry jam **13.9**

**PUMPKIN & FETA**  
w capsicum, baby spinach & pesto **13.9** ✓

**CHICKEN PARMIE SUB** w napoli sauce, ham, cheese, red onion, lettuce & aioli **14.9**

**MEATBALL SUB** w spinach, red onion, cheese & aioli **14.9**

**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 and feta ✓

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

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

**TASTY CHICKEN** chicken breast, tasty cheese, tomato, spinach and 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 and 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 and tomato

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

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

Gluten free bread \$1

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

**SMASHED EGG & LETTUCE**  
Alowishus smashed egg and mixed lettuce ✓

**HAM & SALAD**  
deli leg ham, tasty cheese, tomato, carrot, red onion, mixed lettuce and Alowishus dressing

**NEW ORLEANS**  
deli roast beef, tomato relish, caramelised onion, swiss cheese, lettuce and tomato

**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 spinach **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** ✓

**WARM PUMPKIN & QUINOA SALAD** with spinach, red onion, capsicum, walnuts, balsamic vinaigrette **13.9** ✓ ✓

**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 Italian salad - cherry tomatoes, mesclun lettuce, red onion, feta, cucumber & balsamic w/ a side of aioli **14.9**

**CRUMBED CAMEMBERT** served with Italian salad - cherry tomatoes, mesclun lettuce, red onion, feta, cucumber & balsamic w/ a side of cranberry jam **14.9** ✓

**LOADED PIZZA FRIES** your choice of potato or sweet potato fries loaded with ham, 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** house-made, w salad **12.9**

**QUICHE OF THE DAY** house-made, w salad **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 SWEET CHILLI CHICKEN BURGER** w lettuce, tomato, caramelised onion, tasty cheese, aioli & sweet chilli sauce on a soft bun **15.9**

**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

*Share a bowl!*

Shoestring or Sweet Potato Chips  
w/ aioli & sweet chilli sauce

7.90