

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

BACON & EGGS two free-range eggs, crispy local bacon with grilled cherry tomatoes & sourdough toast **14.9**

BACON & EGG ROLL with swiss cheese, baby spinach, tomato relish & hollandaise sauce on a soft bun **11.9**

EGGS BENEDICT two poached eggs on sourdough with baby spinach, hollandaise, dukkah (contains nuts) and your choice of smoked salmon | bacon | mushrooms **17.9** ✓

MEGA BREAKY WRAP bacon, egg, tomato, hash browns, spinach, BBQ sauce, cheese & hollandaise sauce **11.9**

ALLOWISHUS FRITTERS two sweet potato, corn & zucchini fritters with hummus, spinach, a poached egg & dukkah (contains nuts) **16.9** ✓ ✎

BREAKFAST STACK on sourdough with avocado, bacon, sweet potato, halloumi, baby spinach, pesto, cherry tomatoes, two poached eggs & balsamic glaze **18.9**

SMASHED AVO & FETA served on sourdough with pesto-tossed spinach, dukkah (contains nuts) & cherry tomatoes **15.9** ✓

ALLOWISHUS 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**

KETO BREAKY feta & pesto scrambled eggs, crispy bacon & avocado on a bed of spinach **15.9**

CLASSIC PANCAKES house-made vanilla bean gelato & maple syrup **13.9** Add crispy bacon!

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

LIGHTER OPTIONS & LITTLE BITES

HOUSE GRANOLA & POACHED FRUIT house-made crunchy granola, coconut yoghurt & poached seasonal fruits **13.9** ✓

CROISSANT plain | butter & strawberry jam **5.5** ✓
or your choice of ham & cheese | chicken, avocado & cheese **8.5**

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** ✓

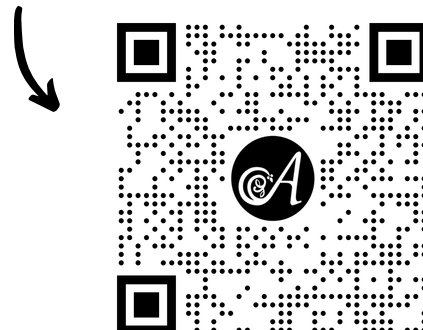
KIDS HAPPY PANCAKES with our house-made vanilla gelato & maple syrup **7.9** ✓

KIDS CHICKEN NUGGETS with shoestring fries & tomato sauce **7.9**

Skip the queue!

ORDER AT THE TABLE

SCAN HERE TO ORDER ONLINE



Ask our friendly team if you need a hand!

Add Your Breaky Sides

| | | | |
|------------------|-----|------------------|-----|
| GARLIC MUSHROOMS | 3.5 | HALF AVOCADO | 4. |
| CHERRY TOMATOES | 3.5 | PORK SAUSAGE (2) | 5. |
| POACHED EGG (1) | 2.5 | CRISPY BACON | 5. |
| HASHBROWNS (3) | 3. | GRILLED HALLOUMI | 4.5 |
| SOURDOUGH | 2.5 | SMOKED SALMON | 5. |
| GF BREAD SWAP | 2. | HOLLANDAISE | 2. |

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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** ✓

WRAPS 8.95

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 & roast capsicum ✓

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 & dijonaise

SANDWICHES 7.95

fresh or toasted

TASTY TRIO

deli leg ham, swiss cheese & tomato

Gluten free
bread \$2

CHICKEN & AVO

chicken breast, avocado, tomato, lettuce & aioli

SMASHED EGG & LETTUCE

Alowishus smashed egg and 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 SALADS & THE CLASSICS

CHICKEN CAESAR grilled chicken strips, parmesan, bacon, poached egg, croutons, cos lettuce, tossed in caesar dressing **14.9**

PESTO ROAST PUMPKIN with baby beetroot, pine nuts, feta & pesto tossed spinach **13.9** ✓ ✎

GRILLED CHICKEN honey-glazed grilled chicken strips, mixed lettuce, cherry tomato, red onion, cucumber, feta, avocado, tossed in honey-mustard vinaigrette **14.9** ✎

VEGAN MEDITERRANEAN spinach, chickpeas, quinoa, red onion, cucumber, cherry tomatoes, kalamata olives, capsicum, fresh mint, parsley & lemon dressing **13.9** ✓ ✎

SALT & PEPPER CALAMARI served with Italian salad - cherry tomatoes, mixed lettuce, red onion, feta, cucumber & balsamic w a side of aioli **15.9**

BEEF NACHOS spiced beef-bean mince, corn salsa, guacamole, sour cream & tasty cheese on crispy corn chips **13.9** ✎

CLASSIC BEEF LASAGNE house-made, w salad **13.9**

AVO & CHICKEN OPEN GRILL w caramelised onion, spinach, tasty cheese & aioli on turkish bread **13.9**

LOADED AVO on sourdough with a corn salsa, lemon & herb cream cheese & sweet chilli drizzle **15.9** ✓

BLAT ON TURKISH bacon, lettuce, tomato, avocado & aioli on lightly toasted turkish bread **13.9**

SCHNITZEL & SLAW ON TURKISH fried chicken schnitzel, chipotle slaw, tasty cheese, cos lettuce & aioli on lightly toasted turkish bread **13.9**

SHOESTRING FRIES w sweet chilli & aioli **7.90**

SWEET POTATO CHIPS w sweet chilli & aioli **8.90**

*Add a side of shoestring or sweet potato
fries to any meal for \$3.5!*

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.

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