

THE
ALLIS

BAKED GOODS	HOUSE MADE PASTRIES croissant / almond / pain au chocolat	4
	BANANA & WALNUT BREAD cream cheese icing	5
	MUFFIN blueberry / pumpkin cream cheese	5
	SMOKED SALMON BAGEL cream cheese, tomato, cucumber, capers	15

FRUIT & GRAINS	ALMOND BUTTER banana, blueberry, flax	8
	HOUSE GRANOLA greek yogurt, berries	9
	BLUEBERRY PORRIDGE maple syrup, rolled oats	10
	WARM COCONUT PUDDING pear, nuts, seeds, cocoa nibs	11
	FRENCH TOAST brioche, berries, vanilla creme anglaise	14

Allis Breakfast ~ 16

2 eggs any style, roasted tomato, avocado, smoked salmon,

Choice of toast; multigrain, sourdough, gluten free, bagel

EGGS	EGGS ANY STYLE toast	8
	OMELET spinach, goat cheese, toast	11
	EGG SANDWICH sausage, porchetta, cheddar, spinach, aioli	12
	BAKED EGGS arrabbiata, sourdough	13
	KALE SKILLET fried eggs, oats, chives	12
	AVOCADO egg, basil, lemon, chili, multigrain	13
	EGGS benedict, florentine, royale	16

HOUSE PRESS JUICE - 9

GINGER
apple, ginger, lemon

CITRUS
orange, grapefruit, lemon, tumeric, cayenne pepper

RED
apple, carrot, pineapple, ginger, beetroot, orange

GREEN
apple, kale, cucumber, celery, spinach, ginger, parsley

HARD GREEN
cucumber, broccoli, celery, spinach, ginger, parsley

SIDES

ROASTED TOMATO - 4

AVOCADO - 5

SAUTEED SPINACH - 5

BREAKFAST POTATOES - 5

PORK SAUSAGE - 6

CHICKEN SAUSAGE - 6

SMOKED BACON - 6