

# THE ALLIS

<b>FRUITS &amp; GRAINS</b>	<b>BANANA BREAD</b> , seeded butter (v)	5
	<b>FRUIT PLATE</b> (pb)	7
	<b>PORRIDGE</b> , honey (v)	8
	<b>YOGHURT</b> , natural or coconut (pb), granola, berries	8
	<b>ACAI BOWL</b> , goji berries, coconut (pb)	10
	<b>BUTTERMILK PANCAKES</b> , blueberries or bacon, maple syrup	9/11

## THE ALLIS BREAKFAST at 12

### 2 EGGS ANY STYLE SMOKED SALMON, AVOCADO, ROASTED TOMATO

Choice of toast - white, granary, sourdough, GF, bagel

<b>EGGS</b>	<b>EGGS ANY STYLE</b> , toast (v)	8
	<b>OMELETTE</b> , 'nduja, Scamorza	9
	<b>HALF/FULL ENGLISH BREAKFAST</b>	9/13
	<b>AVOCADO ON TOAST</b> , poached eggs, chilli (v)	11
	<b>EGGS FLORENTINE</b> (v) / <b>BENEDICT</b> / <b>ROYALE</b>	11/12/13

<b>SIDES</b>	<b>TOAST   MUSHROOMS   ROAST TOMATO   BAKED BEANS</b>	3
	<b>SPINACH   BACON   SAUSAGE   BLACK PUDDING</b>	4
	<b>HASHBROWNS   SMOKED SALMON   AVOCADO</b>	5

<b>PASTRIES</b>	<b>CROISSANT   PAIN AU CHOCOLAT   PAIN AUX RAISINS</b>	
	<b>ENGLISH MUFFIN   CRUMPETS</b>	3

The EOTH0 discount is available Monday through Wednesday until the end of September. Not applicable with any other discounts.  
Our food prices have been reduced to reflect the change in VAT from 20% to 5%

v - Vegetarian pb - Plant based

Please let us know if you have any allergies or dietary requirements. Our dishes are made here and may contain trace ingredients.  
There is a discretionary 12.5% service charge added to your bill. All above prices are inclusive of VAT.

## PRESS JUICE

### COLD PRESSED JUICE - ALL 5

#### GREEN

cucumber, apple, celery,  
spinach, romaine, kale, lemon

#### HARD GREEN

cucumber, lemon, celery, ginger,  
kale, romaine, spinach

#### GINGER

apple, lemon, ginger

#### BERRY

strawberry, lemon, apple, mint

#### CITRUS

orange, lemon, tangerine, grapefruit,  
turmeric, cayenne, black pepper

## SMOOTHIES

### ALL 7

#### GREENS & AVOCADO

kale, avocado, kiwi, banana, spirulina, mint,  
lime, ginger, dates, coconut water

#### COFFEE & BANANA

espresso, cacao nibs, hemp seeds, banana,  
maca, dates, oats

#### BERRY & ACAI

cherries, raspberries, acai, goji berries,  
banana, beetroot, coconut

#### MANGO & TURMERIC

mango, avocado, pineapple, turmeric,  
ginger, black pepper, dates, coconut

#### CACAO & GINGER

cacao, avocado, ginger, baobab,  
banana, dates, oats

All smoothies are available  
with vegan protein upon request

## COFFEE

#### HOUSE ESPRESSO 3.5

By Grind Coffee, Shoreditch, London

#### MATCHA LATTE 4

#### FILTER

By Grind Coffee, Shoreditch, London  
Coffee Cup 3.5 | Brew for Two 5.5

#### COLD BREW 3

By Bottleshot Cold Brew Coffee  
BLACK | OAT

## TEA

### ALL 3.5

ENGLISH BREAKFAST, EARL GREY,  
PEPPERMINT, FRESH MINT,  
CHAMOMILE, GREEN, JASMIN,  
RED BERRY & HIBISCUS, ROOIBOS

MILK ALTERNATIVES  
OAT | SOYA | COCONUT

## FRESHLY SQUEEZED

### ALL 4

ORANGE, GRAPEFRUIT,  
APPLE, CARROT

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