



# TI KOUKA

## BRUNCH MENU - LOW FODMAP

<b>Toast &amp; Cultured Butter</b>	Ti Kouka jam or Fix & Fogg peanut butter	<b>9</b>
<b>Fresh Seasonal Salad</b>	summer vegetables, puy lentils*, grains, seeds, almonds*	<b>21</b>
<b>Eggs</b>	<b>add toast</b> , pickled kiwifruit & smoked ricotta*	<b>22</b>
<b>Soft Boiled Eggs</b>	vegemite soldiers	1 egg <b>10</b> 2 eggs <b>12</b>
<b>White Polenta Porridge</b>	pressed yoghurt*, fresh banana & palm sugar	<b>17</b>
<b>Hazelnut Granola</b>	oats*, fresh banana, pressed elderflower yoghurt* & ground seeds	<b>16</b>
<b>Avocado* on Toast</b>	smoked ricotta*, rocket, lemon dressing & balsamic reduction	<b>19</b>
<b>Streaky Bacon Sandwich (vege version too)</b>	lettuce, avocado*, mayo & tomato chutney <b>SWAP BACON FOR HALOUMI if you like...</b> <b>add an egg</b>	<b>17</b> <b>19</b>
<b>TK Breakfast</b>	chorizo, middle bacon, sautéed greens & almonds*, hash browns, avocado* & eggs	<b>26</b>
<b>Potato Rosti</b>	poached eggs, bacon, spinach & hollandaise	<b>21</b>

### SIDES

- Avocado\* w/ balsamic & lemon 6**
- Hash Browns w/ tomato sauce & mayonnaise 6**
- Sautéed Greens & almonds\* 6**
- Chunky Cut Chips w/ tomato sauce & mayonnaise 10**
- Green Salad w/ pickled carrots & toasted seeds 7**
- Chorizo w/ radish, parsley & red wine vinegar 7**
- Ti Kouka Streaky Bacon free range & nitrite free 7**
- Ti Kouka Middle Bacon free range & nitrite free 7**

### ALL BREADS ARE GLUTEN FREE

\*These foods are served at portions recommended by Monash University as suitable for Low FODMAP diet.  
PLEASE ADVISE OUR STAFF OF ANY ALLERGIES/INTOLERANCES/COELIAC REQUIREMENTS YOU HAVE. THANKS.



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## BRUNCH MENU - LOW FODMAP

<b>Hot-Smoked Salmon</b>	capers, gherkins, fennel, greens, dill aioli & warm bread	<b>24</b>
<b>Organic Chicken Breast</b>	rib bacon, lettuce, anchovy dressing, croutons & fried-poached egg	<b>28</b>
<b>Fresh Fish of the Day</b>	fish broth, kale, quinoa & lemon butter	<b>29</b>
<b>Marmalade Lamb</b>	kumara rosti, pickled fennel, smoked yoghurt*, almonds* & watercress	<b>30</b>

### SIDES

- Avocado\*** w/balsamic & lemon **6**
- Hash Browns** w/ tomato sauce & mayonnaise **6**
- Sautéed Greens** & almonds\* **6**
- Chunky Cut Chips** w/ tomato sauce & mayonnaise **10**
- Green Salad** w/ pickled carrot & toasted seeds **7**
- Chorizo** w/ radish, parsley & red wine vinegar **7**
- Ti Kouka Streaky Bacon** free range & nitrite free **7**
- Ti Kouka Middle Bacon** free range & nitrite free **7**

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