



TI KOUKA

BREAKFAST MENU - LOW FODMAP

Toast & Cultured Butter	Ti Kouka jam <u>or</u> Fix & Fogg peanut butter	9
Hazelnut Granola	oats*, fresh banana, pressed cinnamon yoghurt* & ground seeds	16
Avocado* on Toast	smoked ricotta*, almonds*, rocket, lemon dressing & balsamic reduction	19
Smoked Salmon on Toast	shredded chard, mint, radish, sprouted rye, horseradish crème fraiche & a poached egg	22
Thin Rolled Omelette	sorrel, goats cheese, celeriac & rocket dressing add home cured ham	18 22
Streaky Bacon Sandwich (vege version too)	lettuce, avocado*, mayo & tomato chutney on warm Thoroughbread natural bread SWAP THE BACON FOR HALOUMI if you like... add an egg	17 19
Soft Boiled Eggs	vegemite soldiers	1 egg 10 2 eggs 12
Eggs	on Thoroughbread natural toast	12

SIDES

- Ti Kouka Streaky Bacon** free range & nitrite free **7**
- Ti Kouka Middle Bacon** free range & nitrite free **7**
- Ti Kouka Chorizo** w/ radish, parsley & red wine vinegar **7**
- Hash Browns** w/ mayonnaise & tomato sauce **6**
- Avocado*** w/ lemon & balsamic reduction **6**
- Sautéed Greens** w/ almonds* **6**

***ALL BREAD IS GLUTEN FREE**

*These foods are all served at portions recommended by Monash University as suitable for a low FODMAP diet

PLEASE ADVISE OUR STAFF OF ANY OTHER ALLERGIES/INTOLERANCES/COELIAC REQUIREMENTS YOU HAVE.
THANKS.