



# TI KOUKA

## LUNCH MENU - LOW FODMAP

<b>Haloumi Burger</b>	beetroot, radish, parsley, lettuce & smoked mayo	<b>19</b>
<b>BBQ Beef Burger</b>	braised beef brisket, gherkin, cheese, pickled cabbage & mayo	<b>19</b>
<b>Fresh Seasonal Salad</b>	autumn vegetables, puy lentils*, grains*, seeds & almonds* <b>add ham, pickled kiwifruit &amp; ricotta*</b>	<b>21</b> <b>25</b>
<b>Hot-Smoked Salmon</b>	bacon & egg custard, celeriac, fennel, capers, natural toast & sorrel dressing	<b>24</b>
<b>Fresh Fish of the Day</b>	celeriac & kombu puree, quinoa, chard, gremolata & herbs	<b>29</b>

### SIDES

- Chunky Cut Chips** w/ tomato sauce & mayo **10**
- Green Salad** w/ pickled carrot & toasted seeds **7**
- Chorizo** w/ radish, parsley & red wine vinegar **6.5**
- Sautéed Wild Greens** w/ lemon oil & almonds\* **6**

### CHRISTMAS MENU IS ALSO AVAILABLE WITH SOME FODMAP OPTIONS

Please ask staff for more details

**\*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.