



# TI KOUKA

## BREAKFAST MENU - LOW FODMAP

|   |   |                                     |
|---|---|-------------------------------------|
| <b>Toast &amp; Cultured Butter</b>              | Ti Kouka jam <u>or</u> Fix & Fogg peanut butter   | <b>9</b>                            |
| <b>Hazelnut Granola</b>                         | vanilla poached pear, toasted coconut & hung yoghurt*   | <b>16</b>                           |
| <b>Avocado* on Toast</b>                        | creamy feta*, rocket, lemon oil & balsamic reduction  | <b>19</b>                           |
| <b>Middle Bacon Sandwich (vege version too)</b> | lettuce, avocado*, mayo & tomato chutney<br><b>SWAP THE BACON FOR HALOUMI if you like...<br/>add an egg</b> | <b>17</b><br><b>19</b>              |
| <b>Loaded Scrambled Eggs</b>                    | Mexican chorizo, gruyere & oregano<br><b>OR</b><br>goats cheese, olives & thyme                             | <b>20</b>                           |
| <b>TK Breakfast</b>                             | toast, eggs, chorizo, middle bacon, hash browns, avocado*, greens & almonds*                                | <b>26</b>                           |
| <b>Soft Boiled Eggs</b>                         | vegemite soldiers   | 1 egg <b>10</b><br>2 eggs <b>12</b> |
| <b>Eggs</b>                                     | on Thoroughbread natural toast  | <b>12</b>                           |

### SIDES

**Ti Kouka Middle Bacon** free range & nitrite free **7**

**Hash Browns** w/ mayonnaise & tomato sauce **6**

**Avocado\*** w/ lemon & balsamic reduction **6**

**Sautéed Greens** w/ almonds\* **6**

**\*ALL BREAD IS GLUTEN FREE (Thoroughbread Natural)**

\*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.