



TI KOUKA

BRUNCH MENU - LOW FODMAP

Toast & Cultured Butter	Ti Kouka jam <u>or</u> Fix & Fogg peanut butter	9
Eggs	on toast	12
White Polenta Porridge	hung yoghurt*, fresh banana & palm sugar	17
Hazelnut Granola	vanilla poached pear, toasted coconut & hung yoghurt*	16
Avocado* on Toast	creamy feta*, rocket, lemon oil & balsamic reduction	19
Middle Bacon Sandwich (vege version too)	lettuce, avocado*, mayo & tomato chutney SWAP THE BACON FOR HALOUMI if you like... ADD an egg	17 19
TK Breakfast	chorizo, middle bacon, sautéed greens & almonds*, hash browns, avocado* & eggs	26
Haloumi Burger	beetroot*, radish, smoked mayo, lettuce & parsley	19

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

ALL BREADS ARE GLUTEN FREE (Thoroughbread Natural)

*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.