



# TI KOUKA

## LUNCH MENU - LOW FODMAP

<b>Haloumi Burger</b>	beetroot*, radish, smoked mayo, lettuce & parsley	<b>19</b>
<b>Fresh Seasonal Salad</b>	roasted winter vegetables, puy lentils*, grains*, seeds & almonds* <b>ADD</b> prosciutto, pickled kiwifruit & smoked ricotta*	<b>21</b> <b>25</b>
<b>Smoked Fish</b>	fennel, capers & tartare sauce on warmed bread	<b>24</b>
<b>Beetroot* Gnocchi</b>	goats cheese cream, candied walnuts, cavolo nero & rocket	<b>27</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**
- Sautéed Wild Greens** w/ lemon oil & almonds\* **6**

**\*All breads are GF (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.