

# SHUK

PLEASE ORDER AT THE COUNTER OR SCAN QR CODE ON TABLE

## ALL DAY

7:00am until 2pm

### GRILLED SHUK ARTISAN SOURDOUGH 9

Served with Copper tree farm cultured butter, jam, peanut butter or vegemite.

Bagel 1.5. GF 1. Charcoal 2. Multigrain/Rye available

### 2 EGGS YOUR WAY 16.5

Fried, scrambled or poached free range eggs with grilled Shuk sourdough & Copper tree farm cultured butter.

GF 1. Charcoal GF 2. Zhug 1

*Add your favourite side*

### THE CLASSIC AVO 18.5

Finely sliced Avocado, Meredith Dairy goat curd, chilli oil, fresh chilli, lemon & fresh coriander on Sourdough toast.

VE option house made almond curd instead of goat curd. GF 1. Charcoal GF 2.

### HOUSE-MADE GF GRANOLA 19

Yoghurt, berries, seasonal fruits, toasted coconut chips & local organic honey.

*Vegan option coconut yoghurt 2*

### OAT PORRIDGE 18.5

Overnight steel cut oats, Oatly oat milk, banana, berries, dulce de leche, house gluten free granola & cinnamon.

*Vegan option Replace dulce de leche for 100% pure canadian maple*

### TEFF PANCAKES - GF 24

Ethiopian teff pancakes, ricotta, banana, berries, halva sweet dukkah & 100% pure canadian maple syrup.

Teff is an ancient Ethiopian grain that's naturally gluten-free, rich in protein, iron, and fiber, with a mild, nutty flavor-perfect for a nourishing start to your day, and at Shuk, it's a treat!

### SALMON PANCAKE - GF 24

One pancake served smoked salmon, fried egg, beetroot relish, labne, fresh cucumber, lemon & chives

### CILBIR BAGEL 24

Scrambled eggs, avocado, house-made labne, slow roasted cherry tomatoes, chives, Shuk dukkah, aleppo pepper & turmeric dressing.

GF 1. Charcoal GF 2.

*Add your favourite side*

### SUPER BOWL - GF 23

Poached egg, halloumi, mushrooms, kale, almond curd, avocado, Israeli salad, beetroot relish, pomegranate, hemp seeds, pickled cabbage, almonds & fresh herbs.

*Vegan option with tofu, no egg/halloumi.*

### ISRAELI BREAKFAST 28

2 eggs of your choice (fried, scrambled or poached), olives, Israeli salad, house-made labne and hummus, avocado, green tahini, butter, jam, granola with yoghurt & seasonal fruits.

GF 1. Charcoal GF 2.

*Add your favourite side*

### SHAKSHUKA - DF 25

2 eggs in slow cooked rich sauce of tomato, capsicum, onion & spices, with marinated olives & Shuk's grilled artisan sourdough. GF 1. Charcoal GF 2. Zhug 1. Slow cooked lamb 11.5. Smoked eggplant 5.

### BALADI SHAKSHUKA 27

2 eggs in slow cooked rich sauce of tomato, capsicum, onion & spices, with eggplant, feta, and spinach, marinated olives & Shuk's grilled artisan sourdough.

*Vegan option no eggs, replace feta with tofu.*

### HUMSHUKA - DF 26

Hummus, 1 egg in slow cooked rich sauce of tomato, capsicum, onion & spices, smoked eggplant, tahini, pine nuts, parsley, zhug, olive oil & pita bread.

Add Lamb 11.5

*Vegan option with mushrooms*

### HUMMUS w SLOW COOKED LAMB - DF 28.5

12 hours slow cooked lamb, pine nuts, pickles, olives, zhug on house-made hummus. Served with pita bread.

Hard egg 4. GF 1. Charcoal GF 2.

### HUMMUS w CHICKEN SHAWARMA 26.5

Grilled chicken shawarma, pickled, zucchini, tahini, olives, zhug, pine nuts. Served with warm pita bread.

*Vegan option with mushrooms*

### FALAFEL TREAT (6) - VE - GF 17.5

House-made green falafel, tahini dressing, house hummus, pickled cabbages, beetroot relish, zhug.

### CHIPS 9.5

Shoestring fries with tomato sauce or aioli.

### MARKET SALAD

Mixed leaves, avocado, carrot, cabbage, tomato, cucumber, onion, radish, crispy pita, pomegranate, fresh herbs, hemp zaatar, lemon dressing, tahini on the side

### CHOOSE YOUR PROTEIN

#### HALLOUMI \$23

#### FALAFEL \$23

#### SCHNITZEL \$24

#### SMOKED SALMON \$24.5

#### CHICKEN SHAWARMA \$25

#### SLOW COOKED LAMB \$26.5

## SANDWICHES

**ADD COMBO CHIPS +4** With tomato sauce, aioli

### THE BACON & EGG ROLL - DF 19

2 Fried eggs, grilled bacon, rocket, house-made zhug, aioli & on toasted Shuk Israeli roll. Add cheese 3.

### HALLOUMI W' AVOCADO 18.5

Rocket, tomato, relish & green tahini served on Israeli roll

### CHICKEN SCHNITZEL ROLL 20.5

Lettuce, tomato, zhug, pickled cabbage & aioli on toasted Shuk Israeli roll. Smoked eggplant 5

### SHUK WRAP - DF

House-made hummus, Israeli salad, pickled cabbage, herbs, shredded cabbage, tahini, amba & zhug.

### House-made falafel - VE 17.5

### Grilled chicken with shawarma 19

### 12 hour Slow cooked lamb 23

## KIDS MENU

Small chips	6.5
Ham & cheese in a pita toastie	9.5
Natural yoghurt, fruit & berry cup	9.5
Scrambled or fried eggs w sourdough	10.5
Smashed avocado w sourdough soldiers	10.5
Teff pancakes, banana, blueberries, maple	10.5
Grilled chicken or schnitzel W chips or salad	14

## SIDES

Zhug	1.5
Pickles	2
Sautéed mushroom	6.5
Almond curd (Ve)	5
Feta	5
Fresh tomato	5
House-made hummus	5
Labne	5
Ricotta	5
Goat curd	5
Roasted cherry tomatoes	5
Sautéed spinach	5
Smoked eggplant	5
Tahini sauce	5
Avocado	6.5
Bacon	6.5
Chorizo	6.5
Grilled Halloumi	6.5
House-made green falafel (3)	8
Grilled chicken shawarma	8
Smoked salmon	8
Chicken schnitzel	8
12 hour slow cooked lamb	11.5

V - VEGETARIAN

VE - VEGAN

DF - DAIRY FREE

GF - GLUTEN FREE

We have a variety of dishes to cater to all your dietary/allergies - however please note we can not guarantee 100% cross contamination.

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## COLD

### FRESH SMOOTHIES 12

**Mango Ginger** - Coconut water, mango, banana, ginger

**Mixed Berries** - Apple juice, mixed berries, banana, lemon, mint

**Super Green** - Coconut water, avocado, mango, banana, spinach, lemon

**Protein Boost** - Almond milk, cacao, plant based protein, peanut butter, banana

### FRESH SQUEEZED JUICES

Orange juice	9
Green apple juice	9
Carrot, orange, lemon	9
Cucumber, apple, celery, ginger	9
Fresh Young Coconut	8.5
Cold pressed Nectar 300ml*	8

### OVER ICE

Iced Latte / Long Black	7.3
<i>Double shot over ice with your choice of milk</i>	
Iced Chocolate	7.3
Kids Ice chocolate	5
Iced Matcha	8.4
Iced Strawberry Matcha	9.4
Iced Turmeric Latte	7

### SOFT

Still Water	3.7
Coke/Coke Zero/Sprite/Fanta	6
San Pellegrino 250ML	6
Kombucha	6

*\*Please ask our wait staff for available flavours*

## ALCOHOL

### COCKTAILS

<b>Aperol Spritz</b> Prosecco, Aperol & Soda	16
<b>Mimosa</b> Orange juice & Prosecco	10.5
<b>Bloody Mary</b> Hot Tomato Juice & Spices, Vodka	16
<b>Vodka lime &amp; soda</b>	13
<b>Gin &amp; Tonic</b>	13

### SPARKLING

Prosecco Bandini NV, ITA	Glass	Bottle
	11.5	55

### WHITE

Totara Sauv. Blanc Marlborough AU	11.5	55
Mountadam, Pinot Gris Eden Valley, AU	63	
Tar & Roses, Pinot Grigio Central Vic, AU	55	

### ROSE

AIX Rose Provence, France 2018	15	67
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### RED

In Dreams, Pinot Noir Yarra Valley, AU	67
Yangara, Shiraz McLaren Vale, SA AU	67
Fat Bastard Malbec Mendoza, ARG	15 67

### BEER

Asahi Super Dry	10
Stone & wood Pacific Ale	10.5
4 Pines Pale Ale	10.5

## HOT DRINKS

### COFFEES

	REG	LRG
Flat White	4.8	5.5
Latte	4.8	5.5
Turmeric Latte	4.8	5.5
Piccolo Latte	4.8	
Mocha	4.8	5.5
Cappuccino	4.8	5.5
Long Black	4.8	5.5
Macchiato	4.8	
Short Black	3.8	
Hot Chocolate	4.8	5.5
Matcha		6.5
Babyccino w marshmallow	2	
Almond, Soy, Oat	0.7	
Lactose free milk	0.7	
Extra shot or Decaf	0.5	
Vanilla syrup	0.7	
Caramel syrup	0.7	
Hazelnut syrup	0.7	

### TEAS

Earl Grey
English Breakfast
Green Tea
Peppermint
Lemongrass Ginger
Chamomile
Fresh Mint

5.8

### CHAI BY SHUK

Fresh ginger, cinnamon, Indian tea, toasted cardamom, bay leaf, allspice, fennel seed, honey & your choice of milk
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6.8



TO SEE OUR FULL RANGE  
OF SERVICES

10% surcharge on weekends - 15% surcharge on public holidays.

\* hours may vary due to public holiday

Menu items may vary depending on seasonal availability - SHUK is a fully licensed venue.