

# SHUK

Weekdays Kitchen opens 6:30 am until 3:00pm

PLEASE ORDER AT THE COUNTER OR SCAN QR CODE ON TABLE

Weekend Kitchen opens 7:00 am until 3:00pm

**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

**HOUSE-MADE GF GRANOLA** 19  
Yoghurt, berries, seasonal fruits, toasted coconut chips & local organic honey.  
**Vegan option** coconut yoghurt 2

**THE OG 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

**EGGS YOUR WAY** 16.5  
2 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.  
**Vegan option** house made almond curd instead of goat curd. GF 1. Charcoal GF 2.

**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!

**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

**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

## WRAPS & ROLLS

**THE BACON & EGG ROLL - DF** 19  
2 Fried eggs, grilled bacon, rocket, house-made zhug, aioli & on toasted Israeli roll. Add cheese 3.

**CHICKEN SCHNITZEL ROLL** 20.5  
Lettuce, tomato, zhug, pickled cabbage & aioli on toasted 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 shawarma** 19  
**12 hour slow cooked lamb** 23

**CHIPS (Large)** 9.5  
Shoestring fries with tomato sauce or aioli.

**ISRAELI SALAD - GF** 10  
Diced cucumber, cherry tomatoes, parsley, feta, Spanish onion, lemon & olive oil dressing.  
**FALAFEL TREAT (6) - VE - GF** 17.5  
House-made green falafel, tahini dressing, house hummus, pickled cabbages, beetroot relish, zhug.

## SHAKSHUKA

Eggs in slow cooked rich sauce of tomato, capsicum, onion & spices, with marinated olives & Shuk's grilled artisan sourdough.

**SHAKSHUKA - DF** 25  
GF 1. Charcoal GF 2. Zhug 1.  
Slow cooked lamb 11.5. Smoked eggplant 5.

**BALADI SHAKSHUKA** 27  
With eggplant, feta, and spinach.

**VEGAN SHAKSHUKA** 25  
With tofu.

## HUMMUS PLATES

All hummus plates are served with olives, zhug, pine nuts & warm pita bread.

**TAHINI - VE** 11.50  
With green tahini.

**MUSHROOMS -VE** 25  
Pickled zucchini & tahini

**GRILLED CHICKEN SHAWARMA** 26.5  
Pickled zucchini & tahini

**12 HOURS SLOW COOKED LAMB - DF** 28.5  
With pickles.  
Hard egg 4. GF 1. Charcoal GF 2.

**HUMSHUKA - DF** 26  
House-made hummus, 1 egg in slow cooked rich sauce of tomato, capsicum, onion & spices, smoked eggplant, tahini, pine nuts, parsley, zhug, olive oil. Served with warm pita bread. Add Lamb 11.5.  
**Vegan option** with mushrooms

## SIDES

Goat curd 5  
Almond curd (VE) 5  
Feta 5  
Fresh tomato 5  
House-made hummus 5  
House-made labne 5  
Roasted cherry tomatoes 5  
Sautéed spinach 5  
Smoked eggplant (VE) 5  
Tahini sauce (VE) 5  
Green tahini (VE) 5  
Ricotta 5  
Egg (scrambled/fried/poached) 5  
Tofu 4  
Grilled halloumi 5  
House-made green falafel (3) 6.5  
Avocado (VE) 6.5  
Sautéed mushroom (VE) 6.5  
Bacon 6.5  
Chorizo 6.5  
Smoked salmon 8  
Chicken schnitzel 8  
Grilled chicken shawarma 8  
12 hour slow cooked lamb 11.5

**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.

**POWER HARVEST BOWL - VE - GF** 24  
With baby spinach, rocket, avocado, chickpeas & lentils, roasted sweet potato, hard boiled egg, pickled cauliflower, tomato, cucumber, onion, labne, seeds salad crunch, lemon dressing served with charcoal gluten free bread.  
**Add your favourite protein**

**CAESAR SALAD - GF**  
Lettuce, avocado, boiled egg, red radish, fennel, parmesan, pine nuts, dill & caesar dressing. GF 1  
**CHOOSE YOUR PROTEIN**  
Caesar salad (no protein) 21  
Falafel (4) 25  
Chicken schnitzel 26  
Smoked salmon 27.5  
Grilled chicken shawarma 27.5

**SHUK MEDITERRANEAN PLATE - DF**  
House-made hummus, Israeli salad, pickles, tahini, pita bread & chips or salad. GF 1  
**CHOOSE YOUR PROTEIN**  
Falafel (4) 26  
Grilled halloumi 26  
Chicken schnitzel 28.5  
Grilled chicken shawarma 29.5

## FROM THE COUNTER

**Ham & Cheese Croissant** 10  
**Tomato & Cheese Croissant** 9.5  
**Green Goddess** shredded chicken toastie 16  
**Halloumi & eggplant** sundried tomato, pesto, fresh rocket toastie 15  
**NYC Pastrami Sandwich** Cheddar, pickled cucumber, chilli aioli 17  
**Tuna Melt Sandwich** provolone dolce & pickled zucchini 16  
**Smoked Salmon Bagel** rocket, capers, labne 18

## SHUK SOURDOUGH & PASTRIES ARE BAKED FRESH DAILY!

PLEASE SEE OUR FRONT COUNTER FOR MORE OPTIONS, SUBJECT TO AVAILABILITY.

## 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 10.5  
Kids oat porridge 10.5  
Teff pancakes, banana, blueberries, maple 13  
Grilled chicken or schnitzel W chips or salad 14

V - VEGETARIAN VE - VEGAN DF - DAIRY FREE GF - GLUTEN FREE

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

# SHUK

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## COLD

### OVER ICE

Iced Latte / Long Black / Iced Mocha	7.3
<i>Double shot over ice with your choice of milk</i>	
Iced Chocolate	7.3
Kids Ice chocolate	7
Sparkling Lemonade	7.3
<i>House-made lemon reduction &amp; soda.</i>	
Iced Matcha	8.4
Iced Strawberry Matcha	9.4
Iced Coconut Cloud Matcha	9.4
Strawberry Matcha Cloud	9.4

### FRESH SMOOTHIES

12

**Mango Bliss**- Coconut water, mango, banana, strawberry & coconut chips.

**Mixed Berries** - Apple juice, mixed berries, banana, coconut yogurt, lemon & mint.

**Super Green** - Coconut water, coconut yoghurt avocado, mango, banana, spinach, lemon & hemp seed.

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

### 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 juices by Shuk 350ml*	8

### SOFT

Still Water	3.7
Coke/Coke Zero/Sprite/Fanta	6
San Pellegrino 250ML	6
Kombucha	6
Lemmy Lemonade	6
Razza Lemonade	6
Gingerella	6

\*Please ask our wait staff for available flavours

## 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	4.6	
Short Black	3.8	
Hot Chocolate	4.8	5.5
Matcha		6.5
Babyccino w marshmallow	2	
<i>Almond, Soy, Oat</i>	0.7	
<i>Lactose free milk</i>	0.7	
<i>Extra shot or Decaf</i>	0.5	
<i>Vanilla syrup</i>	0.7	
<i>Caramel syrup</i>	0.7	
<i>Hazelnut syrup</i>	0.7	

### TEAS

5.8

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

### HOUSE-MADE CHAI BY SHUK 6.8

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

## SHUK CATERING

### BRING THE FEAST HOME



SCAN ME

Hosting a birthday, brunch, office lunch, or weekend feast?

Let SHUK bring the flavour – fresh, generous, and made with love.

Perfect for gatherings, big or small.

## RAISE A GLASS

### COCKTAILS

<b>Aperol Spritz</b> Prosecco, Aperol & Soda	16
<b>Limoncello Spritz</b>	13
<b>Yuzu Mandarin Spritz</b>	13
<b>Mimosa</b> Orange juice & Prosecco	10.5
<b>Bloody Mary</b> Spiced tomato Juice & Vodka	16
<b>Vodka lime &amp; soda</b>	13
<b>Gin &amp; Tonic</b>	13

### SPARKLING

Prosecco Bandini NV, ITA

Glass 11.5  
Bottle 55

### WHITE

Totara Sauv Blanc Marlborough AU	11.5	55
Nick Spencer, Pinot Gris Hilltops NSW, AU		55
Nick O'leavy, Chardonnay		60

### ROSE

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

Fat Bastard Malbec Mendoza, ARG	15	67
Lark Hill Regional Pinot Noir, NSW		55
Henschke Five Shillings Shiraz Blend, NSW		67

### BEER

Heaps Normal (non- alcoholic)	10.5
Asahi Super Dry	10
Stone & wood Pacific Ale	10.5
4 Pines Pale Ale	10.5
Apple Cider	10

To book your event  
[events@shuk.com.au](mailto:events@shuk.com.au)

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.