

BREAKFAST 7am-12.30pm

ISRAELI BREAKFAST (v) 24
2 eggs of your choice (fried, scrambled or 60/60),
Israeli salad, olives, labne, hummus, jam,
avocado, tahini, granola w' yoghurt (gf bread +2)

BLACK RICE ACAI & MISO (ve, gf) 16
Coconut milk, fresh mango, banana, coconut chips
+ crunchy granola 2
+ peanut butter & tahini 2

GRANOLA (v, ve option) 14
almond & hazelnut, dry figs, seasonal fruits,
natural yoghurt & honey
+ coconut yoghurt 3 (ve)

TEFF PANCAKE (v, gf) 17
ricotta, sweet dukkah, maple syrup,
berries & banana + bacon 4.5 (v)

SHUK BAKERY SOURDOUGH (v) 6.5
option of butter w' jam / peanut butter /
vegemite or date & tahini (gf bread +2)

2 EGGS YOUR WAY (v) 12.5
fried, scrambled or 60/60 w' grilled sourdough
(gf bread +2)

CILBIR BAGEL (v) 19
scrambled egg, avocado, labne
slow roasted cherry tomatoes, chives,
dukkah, aleppo pepper & tumeric dressing
(option of gf +2)
+ bacon, sujuk 4.5 / + smoked salmon 6

ZUCCHINI & CORN FRITTERS (v, gf) 21
salsa roja baby capsicum, goat curd & coriander
+ 1 egg 3, + 2 eggs 6
+ avocado, bacon, sujuk, chorizo 4.5ea

ADD SIDES

+ Peanut butter * vegemite * jam * zhug 1.5 ea
+ Hummus * roasted tomatoes * labne 3.5 ea
fresh tomatoes * ricotta * feta * tahini
* harissa yoghurt
+ Israeli salad * goat curd * halloumi * bacon 4.5 ea
sujuk * chorizo * avocado * mushrooms
+ Falafel * smoked salmon * schnitzel 6 ea
sweet potato croquettes
+ 12 hours slow cooked lamb 7
+ Chips w' tomato sauce or aioli 8
Sweet potato chips w' tomato sauce or aioli

SANDWICHES 7am-3pm

All sandwiches are available on gf bread (+2), wholemeal,
soy & linseed, light rye & caraway or multigrain

THE BACON & EGG 10.5
rocket, aioli & zhug served on Israeli roll

HALLOUMI W' AVOCADO (v) 14
rocket, tomato, relish & green tahini served on
Israeli roll

CHICKEN SCHNITZEL 14
iceberg lettuce, tomato & aioli served on
Israeli roll
+ smoked eggplant 2

PITA SANDWICH
babaganoush, pickled cabbage, rocket, tahini and amba
Slow cooked lamb 17
Falafel (ve) 14

ALL DAY 7am-3pm

SHAKSHUKA (v, df) 18
our classic shakshuka w' capsicum, tomato,
onion, eggs, olives & sourdough (gf 2)
+ chorizo, sujuk, halloumi 4.5ea
kale 4.5 / lamb 7

VEGAN SHAKSHUKA (ve) 18
our classic shakshuka w' capsicum, tomato,
onion w' eggplant, tofu & sourdough (gf 2)
+ sujuk 4.5 / lamb 7

GREEN SHAKSHUKA (v) 18
fennel, zucchini, kale, caramelised onion, feta,
eggs, spinach, cream, olives & sourdough (gf 2)
+ chorizo, sujuk, halloumi 4.5ea / lamb 7

SHUK BOWL (gf, ve option) 19
brown rice, hard egg, kale, avocado smash, carrots, cabbage,
pickled cauliflower, smoked almonds, shallots, spicy sesame,
soy sauce and tahini sauce.
+ sweet potato croquets / smoked salmon 6

HUMMUS W' LAMB (df, gf+2) 21
8 hour slow cooked lamb, pinenuts, pickles,
olives & flatbread
+ hard slow cooked egg 3

HUMMUS W' CAULIFLOWER (ve option) 18
green tahini, pickled cabbage, hard slow cooked egg,
zhug, pomegrenate, olives & flatbread (gf +2)
+ falafels 6

SABICH BOWL (v, df) 18
broken falafel, hard slow cooked egg, smoked eggplant,
Israeli salad, amba, tahini, pickled carrots, radish,
grilled sourdough & herbs (gf +2)
+ extra falafel 6, lamb 7

LUNCH 12pm-3pm

DAILY SPECIAL
please ask your waiter

THE CAULIPOWER (ve, gf) 19
baked cauliflower, babaganoush, cranberries,
pinenuts, ginger, pickled florets & herb salad
+ add feta 2

BEEF KOFTA W' SALATIM (ve option) 21
grilled tomato, pickles, Israeli salad, smoked
eggplant, tahini, hummus, egg & side of flat bread

replace your kofta with falafels (ve) 18

PAN ROASTED BARRAMUNDI ALMOND 24
SALSA VERDE (gf,df)
sauteed greens and roasted tomatoes

JERUSALEM SPICES CHICKEN SKEWERS (gf option) 21
coleslaw, harissa, yoghurt, tahini, pickles, flatbread

SALADS 12pm-3pm

HALLOUMI & PEACH (v, gf) (ve option) 18
shaved fennel, radish, mix leaf, pepitas,
sumac, leek & honey vinaigrette.
smoked salmon, schnitzel, falafel, tofu (ve) 6ea
+ lamb 7

SPICED SWEET POTATO SALAD (gf) (ve option) 18
lentils, mix leaf, cucumber, cherry tomato, cabbage, cranberries,
feta, smoked almonds, lemon dressing
+ halloumi 4.5
+ smoked salmon, schnitzel, falafel 6ea
+ lamb 7

THE GREEN HOUSE (v, gf) (ve option) 18
broccolini, avocado, green beans, carrots, pickled
cabbage, rocket, fresh herbs & pistachio dukkah
+ halloumi 4.5ea
+ smoked salmon, schnitzel, falafel 6ea
+ lamb 7

KIDS MENU please ask your waiter

7 DAYS A WEEK

Monday - Friday
7am - 4pm
Kitchen 7am - 3pm

Saturday & Sunday
7am - 4pm
Kitchen 7am - 3.30pm



Graphic Design by SHUK. Illustrator: Diogo Albuquerque



FROM THE COUNTER

BREADS

Country loaf sourdough 6.5
Soy & linseed sourdough 7
Rye caraway sourdough 7
Multigrain sourdough 7
Wholemeal sourdough 7
Israeli roll 2.5
Challah (Friday) 6
NY Bagel 3

PASTRIES, SWEETS & CAKES

Croissant	4	Lemon & meringue cake	7
Almond croissant	4.8	Donut jam/nutella	3.5
Almond & chocolate croissant	4.8	Rogalach	3
Chocolate croissant	4.8	Bourekas w' cheese & spinach	4.3
Roselach	2.5	Brownie	5
Choc caramel tart	7	Jam cookie	3
Berry tart	7	Choc chip cookie	3.5
Apple turnover	4.8	Dulce de leche coconut cake	6
Sultana snail	4.8		
Mix berry muffin	5		

Flourless Choc cake (gf) 6
Apple Crumble 6
Flourless orange cake (gf) 5.5
Nutella crunch 4.5
Banana bread 5

SANDWICHES

Please check the counter for our
daily selections