

DAILY SPECIALS

MON

- > Sushi bowl **DF GF VEGAN \$7.00**
with seasonal vegies & marinated
tofu in a sesame soy dressing (+
pickled ginger)
- > Risoni salad with craisins **\$6.50**
& feta with seeds
- > Laffa wrap with pesto **\$5.50**
mayonnaise, tomato & spinach
- > Potato bureka **DF \$2.50**
- > Salad wrap with cheese **\$6.00**
& beetroot
- > Health muffin **DF \$3.80**
- > Triple choc muffin **\$3.00**

THUR

- > Tuna niscoise **DF GF \$7.00**
salad – lettuce, potatoes, beans,
boiled egg, olives & tuna
- > Toasted bun with spinach, **\$6.00**
feta & cheese
- > Quinoa Israeli **DF GF VEGAN \$6.50**
salad
- > Nachos with melted **GF \$3.80**
cheese
- with avocado & **DF GF \$1.00**
tomato salsa
- with sour cream **.50c**
- > Gluten free butter **GF \$3.50**
pasta
- > Gluten free cheese **GF \$4.00**
pasta
- > Triple chocolate muffins **\$3.00**
- > Apple crumble muffins **\$3.80**

TUES

- > Beetroot, **DF GF VEGAN \$6.50**
carrot, cabbage, kale & broccoli
coleslaw
- > Greek salad **GF \$6.50**
- > Vietnamese **DF GF VEGAN \$3.00**
rice paper rolls with vegetables
& sweet chilli dipping sauce
- no coriander
- > Vegetable **DF GF VEGAN \$6.50**
paella with chickpeas
- > Gluten free butter **GF \$3.50**
pasta
- > Gluten free cheese **GF \$4.00**
pasta
- > Potato bureka **DF \$2.50**
- > Falafel wrap **DF VEGAN \$6.50**
- > Triple choc muffin **\$3.00**
- > Vanilla chocolate chip **\$3.80**
muffins

WED

- > Falafel salad **DF GF VEGAN \$6.50**
- > Soba noodles **DF VEGAN \$6.50**
& vegetables
- > Napoli pasta **DF VEGAN \$4.00**
- > Gluten free napoli **DF GF \$4.50**
pasta
- > Israeli ricotta & cheese **\$3.50**
triangles
- > Toasted cheese, tomato **\$5.00**
& spinach bagel
- > Triple choc muffin **\$3.00**
- > Raspberry & white **\$3.80**
chocolate muffin

FRID

- > Orrechiette pasta **DF VEGAN \$6.50**
with pesto, cherry tomatoes &
peas
- > Shakshuka – **DF GF \$5.50**
tomatoes, capsicum, onions, two
eggs with bread
- > Mock chicken soup **DF \$4.50**
with carrots & noodles
- niblets **.50c**
- > Smoked salmon & cream **\$5.50**
cheese bagel
- > Health muffins **DF \$3.80**
- > Raspberry & white **\$3.80**
chocolate muffins
- > Triple chocolate muffins **\$3.00**

**TERM
ONE
2019**

the.shuk

EVERY DAY

LUNCH EVERY DAY

Zucchini slice	\$2.50
Salad selection	DF GF \$6.50
Filled bagel/wrap/roll	\$5.50
Cheese & tomato pinwheel	\$2.50
Buttered pasta	\$3.00
Cheesy pasta	\$3.50
Tuna pasta bake	\$4.50
Fruit salad	DF GF \$5.50
Watermelon salad	DF GF \$5.00
Edamame	DF GF \$4.00
Bircher muesli & fruit	\$5.00
Vegetable sticks	DF GF \$4.00
Vegetable sticks with hummus	DF GF \$4.50
Corn on the cob	DF GF \$1.10
Hard boiled egg	DF GF \$1.10
Pickle	DF GF \$1.00

SAVOURY TREATS

Bissili BBQ	DF \$2.00
Cobbs popcorn 25g	DF GF \$2.00
Gratify gluten free pretzels	\$2.50

SWEET TREATS

Whole fruit (apple, orange, pear)	\$1.50
Frozen watermelon slice	DF GF \$1.50
Dried fruit strap	DF GF \$1.00
Tapioca coconut pudding	DF GF \$4.00
Chocolate chip cookie	\$2.50
Triple choc muffin	\$3.00
Brownie	\$3.00
Muesli bite	\$2.50
Red jelly	DF GF \$2.50
Frozen orange juice cup or apple blackcurrant cup	\$1.00

B'DAYS @ BIALIK

Class chocolate cake (egg free & dairy free)	\$17.00
Frozen juice cups for the class	\$20.00

DRINKS

Filtered natural water 660ml	\$2.00
Sparkling San Pellegrino mineral water 250ml	\$3.00
Juices 300ml (apple, apple/blackcurrant, orange)	\$3.00
Nippy's chocolate milk 250ml	\$2.50
99% pure juice slushie	\$2.00

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All menu items are available
over-the-counter or by pre order at
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All packaging used is biodegradable
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