

BREAKFAST Till 12.30pm

→ Israeli Breakfast ←

2 eggs of your choice (fried, scrambled or (60/60), Israeli salad, olives, labne, hummus, butter, jam, avocado, tahini, granola w' yoghurt (v) (gf bread +2) 23

Porridge (gf, ve option) 14
black rice, puffed grains, banana, pistachios, halva & berries
(crunchy granola +\$2)

Granola (v) 13
almond & hazelnut, dry figs, seasonal fruits & natural yoghurt
(coconut yoghurt +3 ve)

Teff pancake (v, gf) 15
ricotta, sweet dukkah, maple, mix berry & banana + **bacon** 4.5

Shuk Bakery sourdough (v) 6
option of butter w' jam/ peanut butter/ vegemite or date & tahini (gf bread + 2)

2 Eggs your way (v) 12
fried, scrambled or 60/60
w' grilled sourdough
(gf bread + 2)

Gilbir bagel (v) 18
labne, avocado, scrambled egg
slow roasted cherry tomatoes,
chives, dukkah, aleppo pepper
& tumeric dressing (option of gf +2)
+ **bacon, sujuk** 4.5 + **salmon** 6

Zucchini & sweet corn fritters (v,gf) 21
salsa roja, baby capsicum,
goat curd & coriander
+ **extra egg** 3 or **2 eggs** 6
+ **avocado, bacon, sujuk, chorizo** 4.5ea
+ **cured salmon** 6

LUNCH from 12pm-3pm

Daily Special

Please ask your waiter

Soup Of The Day

Please ask your waiter

Slow braised Lentils (ve) 18
spiced eggplant, pine nuts, tahini
& pomegranate. Served w'
grilled sourdough
+2 gf + **sujuks** 4.5 + **lamb** 6

Kofta in Spiced Tomato Sauce 20
beef kofta, spiced tomato sauce
chickpeas & feta. Served w' pita bread

Moroccan roast chicken (gf, df) 24
in Shuk spices, w' pumpkin & apricots
on cauliflower couscous,
served in a hot pan (please allow 20mins)

Ocean trout (gf, df) 24
charred eggplant puree, sautéed
greens & pickled beetroot



We Are Open
Sunday to Thursday 6am-5pm
Friday - Saturday 6am-10pm

→ Add Sides ←

Hummus, roasted tomato,
fresh tomato, labne,
ricotta, feta, tahini 3.5 ea

Israeli salad, goat cheese,
halloumi, bacon, sujuk, chorizo,
avocado, mushrooms 4.5 ea

Falafel, smoked salmon,
lamb, schnitzel 6 ea

Chips w' tomato sauce or aioli 7
Sweet potato chips w' tomato
sauce or aioli 8

SALADS from 12pm-3pm

Barley & Kale (ve) 18
cucumber, tomato, spanish onion,
fresh herbs, cabbage, almonds,
pomegranate & tahini

Grilled halloumi (v, gf) 18
shaved fennel, radish, pear,
mix leaf, pepitas, sumac, leek
& honey vinaigrette (ve option)

The green house (ve, gf) 18
broccolini, avocado, green beans,
carrots, pickled cabbage, fresh herbs
& pistachio dukkah
Top your salad
halloumi 4.5ea
lamb, smoked salmon, schnitzel, falafel 6ea

Please inform your waiter if you have
any dietary requirements or allergies.

10% surcharge on public holidays
No split bills on weekends

→ CATERING & FUNCTIONS ←

Contact us to
create a menu for your unique event.
For more information email:
functions@shukbondi.com
for urgent matters
call 0423 199 859

Shuk delivers Fresh breakfast
& lunch boxes to your office or
on location productions

ALL DAY 7am-3pm

Shakshuka (v,gf,df) 17
our classic shakshuka w'
capsicum, tomato, onion, spices,
eggs olives & sourdough
+ **chorizo, sujuk, halloumi, 4.5ea**
kale 4.5 + **lamb** 6 +2 gf

Vegan Shakshuka (ve) 18
our classic shakshuka w'
capsicum, tomato, onion, spices,
w' eggplant, tofu & sourdough
+2 gf + **sujuks** 4.5 + **lamb** 6

Green shakshuka (v,gf) 17
fennel, zucchini, kale, caramelised
onion, feta, eggs, spinach, cream,
olives & sourdough
+ **chorizo, sujuk, halloumi** 4.5ea
+ **lamb** 6 +2 gf

Shuk-E-Bowl (gf, ve optional) 18
cured salmon, black rice, lentils, cabbage
carrot, cucumber, spring onion, sesame
tahini & ginger soy dressing
+ **sweet potato croquets** 6 + **avocado** 4.5

Hummus w' lamb (df, gf option) 18
8 hour slow cooked lamb, pickles,
olives & pita
slow cooked egg +3 gf +2

Hummus w' chickpeas (ve, gf option) 16
slow cooked chickpeas, herbs w'
lemon, zhug, pickles, olives & pita
slow cooked egg +3 gf +2

Sabich bowl (v, df, gf option) 18
tahini, smoked eggplant, Israeli salad,
amba, broken falafel, pickled carrots,
radish, slow cooked egg,
grilled sourdough & herbs
falafel +6 gf +2

SANDWICHES 7am-3pm

All sandwiches are available on gluten free
bread, wholemeal, light rye & caraway
or multigrain +\$2

The bacon & egg 9.5
rocket, aioli & zhug, served
on Israeli roll

Halloumi w' avocado 14
rocket, tomato, relish & green
tahini, served on seeded baguette (v)

Chicken schnitzel 14
iceberg lettuce, tomato
& aioli served on Israeli roll
+2 smoked eggplant

Slow cooked lamb 14
tzatziki, onion caramelised in
pomegranate molasses & baby spinach
in a pita

←→
Please ask your
waiter about our
Kids Menu
←→



From our bakery

We Are Open
Sunday to Thursday 6am - 5pm
kitchen until 3pm
Friday - Saturday 6am-10pm
kitchen until 3:30pm

Take Away Sandwiches



All our breads and pastries are made inhouse by our team of artisan pastry chefs and bakers

Our sourdoughs are all made in a traditional methods that allows slow fermentation and are hand made

All items are baked fresh daily from our bakery and can be enjoyed eat in or takeaway



Take Away Breads

Country loaf sourdough	6
Rye caraway sourdough	6.5
Multigrain sourdough	6.5
Wholemeal sourdough	6.5
Fig & walnut loaf	8
Israeli roll	2.5
Jerusalem style bagels	3
Seeded baguettes	4
Challah	6



Ham & cheese croissant	5
Bacon & egg sandwich	9
Salami & feta sandwich	9
Vegetarian sandwich	9
Ham & cheese sandwich	9
Chicken sandwich	9

Pastries, Sweets & Cakes

Banana bread	5
Croissant	4
Almond croissant	4.5
Almond & chocolate croissant	4.5
Chocolate croissant	4.5
Cheese pocket	4.5

Danish berries/apricot	4.5
Apple turnover	4.5
Snail w' sultanas or cinnamon	4.5
Donut jam/nutella	3
Rogalach	3
Rosalach	2.5
Bourekas w' cheese & spinach	4

Brownie	5
Alfajores	3
Jam cookie	2.5
Choc chip cookie	3
Dulce de leche coconut cake	6
Flourless Choc cake (gf)	6

>> Iced Drinks <<

Fresh Orange Juice	5
Homemade Lemonade	4
Fresh Young Coconut	5
Iced latte	4.5
Iced long black	4.5
Pomegranate Soda	5.5
Lemon lime bitters	5.5

>> Cold pressed smoothies 7 <<

The super green

kale, spinach, pear, cucumber, celery, avocado
coconut water, lemon, cinnamon & spirulina

Rose - Berry

strawberries, kiwifruit, pear, beetroot, dates
lemon/lime juice, raspberry, inc berries,
goji berries, rose water

Midsummer mango

mango, avocado, cucumber,
lemon & tumeric

Banana almond

banana, almond milk, honey & cinnamon

>> Hot Drinks <<

Coffees sml/lrg	3.5/4
Soy/almond/double shot	0.5
Hot chocolate sml/lrg	3.5 / 4
English breakfast	4.5
Earl grey	4.5
Green tea	4
Peppermint	4
Fresh mint	4
Lemongrass ginger	4
Camomile	4
House blend Chai	4.5

SHUK is open for dinner every
Friday & Saturday 6pm-10pm

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Follow Shuk on instagram
@shukbondi #shukbondi
Facebook: shukbondi

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Shuk by Night

Small Bites / FlatBreads

- Sweet potato croquette w' smoky labne (v) (gf) 3 ea
Marinated olives & pickles (ve) (gf) 6
Silky babaganoush w' pita (ve) (gf option) 8
Beef Kofta San Choy Bow w' Tatziki & salsa roja (gf) 4-5 ea
FlatBread w' Tuscan cabbage, tahini, pine nuts & lemon (ve) 16
FlatBread w' marinated eggplant, slow cooked lamb, caramelised onions & labne 18

Entrees

- Hummus, pita, brussel sprouts, cranberries, spanish onion & lemon (ve) 16
Falafel, charred eggplant, pickles, cherry tomatoes, parsley & amba (ve) (gf) 16
Halloumi, pear, fennel, wild rocket & honey (v) (gf) 16
Eggplant w' date and miso glaze, stracciatella, pomegranate & chives (gf) 18
Snapper sashimi, cucumber, horseradish, coconut, lime 18

Mains

- Braised lentils w' spiced eggplant, pomegranate, dukkah & sourdough (ve) (gf option) 22
Cauliflower steak, truffled cauliflower puree w' king mushroom ragu (ve) (gf) 25
Chicken in Shuk spices, cauliflower "couscous", brussel sprouts & apricots (gf) 28
Grassfed Riverina sirloin, roasted jerusalem artichokes, Tuscan cabbage, pine nuts & jus (gf) 32
Tasmanian lamb backstrap, spiced carrots, quinoa tabouli & yoghurt (gf) 34
Ocean trout w' charred eggplant puree, sauteed greens and pickled beetroot (gf) 32

Sides

- Sauteed greens w' almonds (ve) (gf) 8
Roasted potatoes w' zhug aioli (v) (gf) 8
Cos lettuce, tahini, lemon & parmesan (v) (gf) 8

Desserts

- Tiramisu, middle eastern spices, gf choc cookie crumble & pistachios (gf) 12
Chocolate roulade, salted caramel ganache, dulce de leche mousse & berries 12