



From our bakery

We Are Open
Monday to Sunday 6am - 5pm
kitchen until 3pm
weekends : kitchen until 3:30pm



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
Israeli roll	2.5
Jerusalem style bagels	3
Seeded baguettes	4
Challah	6

Take Away Sandwiches



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 w' berries/apricot/choc banana	4.5
Apple turnover	4.5
Snail w' sultanas/cinnamon/pecan	4.5
Donut jam/nutella	3
Rogalach	3
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
Flourless orange cake (gf)	5.5
Apple Crumble	6

>> Iced Drinks <<

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

>> Cold pressed smoothies 7 <<

The super green
kale, spinach, pear, cucumber, celery, avocado coconut water, lemon & spirulina
Mixed berry
strawberries, kiwifruit, pear, beetroot, dates, lemon/lime juice, raspberry, goji berries & rose water
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
Chamomile	4
House blend Chai	4.5

**SHUK will be open for dinner
from January 2019**

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

**10% surcharge on public holidays
No split bills on weekends**

**Follow Shuk on instagram
@shukbondi #shukbondi
Facebook: shukbondi**

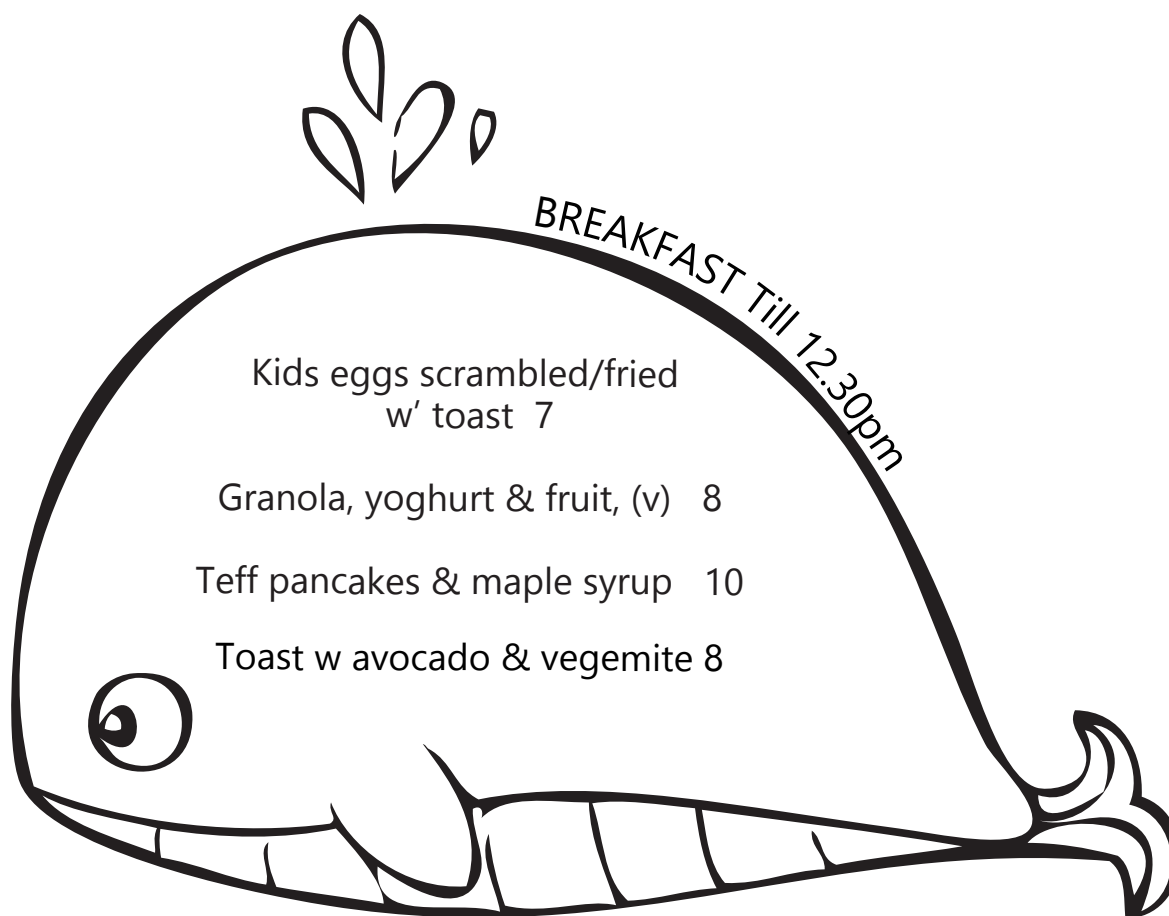
>> CATERING & FUNCTIONS <<

**Contact us to
create a menu for your unique event.
For more information email:
events@shuk.com.au
or call 0413 236 696**



Kids menu

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



Kids eggs scrambled/fried
w' toast 7

Granola, yoghurt & fruit, (v) 8

Teff pancakes & maple syrup 10

Toast w avocado & vegemite 8



ALL DAY 7am-3pm

Schnitzel & chips or greens 12

Chips & tomato sauce 7

LUNCH & DINNER 12pm-3pm 6pm-9pm

Pasta (penne) napolitana 10

Grilled chicken breast w' chips or greens 12

Sauté Greens 7

Kids "pizza", flat bread, tomato sauce, mozzarella 14

SOMETHING SWEET

1 scoop of chocolate or vanilla ice cream 5

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