

LOW FODMAP SUGGESTED MENU

This is a low FODMAP suggested menu in alignment with Monash University Low FODMAP Diet recommendations. These items must be requested as **Low Fodmap Option** **LFMPO** with a member of wait staff due to the dietary modifications by the chef.

ENTREES

EDAMAME \$16

served with tamari and ginger sauce **VGN** **GF** **LFMP**

BEETROOT TARTARE \$23

a bed of rocket drizzled with lemon, topped with vegan feta and orange **VGN** **GF** **LFMP**

MISO EGGPLANT \$24

marinated oven roasted miso eggplant chunks topped with sesame seeds **VGN** **GF** **LFMP**

MAINS

VEGETABLE FRIED RICE \$32

green beans, carrot, red capsicum, bean sprouts, peas, ginger,
tamari and coriander **VGN** **GF** **LFMP**

GRILLED BARRAMUNDI FILLET \$48

(upon request **LFMPO**)

served with wild rice, green beans and **NO** **NG** turmeric,
lime and coconut sauce **GF** **DF** **LFMPO**

CHARGRILLED 200G FILLET MIGNON \$59

(upon request **LFMPO**)

served with grilled seasonal vegetables, confit potatoes, tamari and ginger sauce
and Dijon mustard **GF** **DF** **LFMPO**

SIDES \$16

Rosemary confit potatoes **VGN** **GF** **LFMP**

Mashed sweet potato with coconut and ginger **VGN** **GF** **LFMP**

Green beans with ginger and tamari **VGN** **GF** **LFMP**

Lemon, fennel & dill slaw **VGN** **GF** **LFMP**

Chips no vegan aioli **VGN**

Sweet potato fries no vegan aioli **VGN**

LOW FODMAP DESSERTS

LEMON SORBET \$18

Lemon sorbet served in a lemon shell, topped with fresh mint **VGN** **GF** **LFMP**

CHOCOLATE MOUSSE \$19

A velvety, solid and rich vegan chocolate mousse blended with cacao and coconut cream
topped with edible gold leaves **VGN** **GF** **LFMP**

LFMP Low Fodmap (includes no onion no garlic) **LFMPO** Low Fodmap Option

Allergen cross contaminations may be present. Low FODMAP suggested menu options in alignment with Monash University Low FODMAP Diet recommendations. A 10% surcharge applies on Saturdays and a 15% surcharge applies on both Sundays and public holidays. Card payment surcharges may apply.

LOW FODMAP SUGGESTED MENU. This is a sample menu as of March 2025. Ingredients may be subject to changes. Please check with wait staff should you have an intolerance or an allergy.