

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 **LFMP** with a member of wait staff due to the dietary modifications by the chef.

ENTREES

EDAMAME \$14

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 ROASTED EGGPLANT \$21

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

MAINS

VEGETABLE FRIED RICE \$29

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

GRILLED BARRAMUNDI FILLET \$42 (UPON REQUEST **LFMPO**)

served with wild rice and tamari and ginger sauce and a turmeric, lime and coconut sauce **GF DF LFMPO**

GRILLED SALMON FILLET \$43 (UPON REQUEST **LFMPO**)

served with rosemary confit potatoes, green beans and tamari and ginger sauce and a ginger and pea puree **GF DF LFMPO**

CHARGRILLED 250G FILLET MIGNON \$58

(upon request **LFMPO**)

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

WAGYU 50G FILLET \$49 PER 50G

(upon request **LFMPO**)

grilled wagyu served with: Dijon mustard and tamari and ginger sauce **GF DF LFMPO**

LFMFP Low Fodmap (includes no onion no garlic) **LFMFPO** 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.

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**

LOW FODMAP DESSERTS

LEMON SORBET \$16

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

CHOCOLATE MOUSSE \$18

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

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