



We are advocates for a more balanced, less meat-heavy diet. Regardless of the role of meat and dairy in nutrition or the ethics of animal rights, on the grounds of economic and ecological sustainability alone, the consumption of animal products is a looming problem for humankind. Our middle finger salute is aimed towards unethically treated and unsustainable, mass produced meats.

BREAKFAST & BOWLS

BEACHSIDE BOWLS BLENDED WITH 30gm PROTEIN POWDER

matcha & coconut, avocado, spinach, coconut oil, cashew mylk, strawberry, banana, coconut shavings, lime & coconut granola

\$15 (gf)

dragon fruit, banana, raspberry, almonds, activated chia, goji berry, orange & chocolate protein granola

\$15 (gf)

chocolate & banana porridge, pana chocolate, chia seeds, coconut mylk

\$15

#SOCIALINFLUENCERS

spiced avocado guac, poached vegan egg™, snow pea tendrils, pomegranate, beetroot hummus, toast

\$15 (gf)

heirloom tomatoes, fresh avocado, almond fetta, basil & kale pesto, crispy kale, toast

\$19 (gf)

add poached vegan egg™ + 3

two poached vegan egg™, saffron hollandaise, potato rosti, fried cauliflower

\$20 (gf)

add bbq pulled jack fruit + 4

add turmeric & cauliflower ice cream + 4

mushroom & black bean tacos, bocconcini, blackened corn, spinach, cauliflower cream

\$18 (gf)

matcha pancakes, dark chocolate sauce, macadamia and kinako crumble, strawberry baobab coconut ice cream

\$19

[our toast is gluten free and made to our recipe using cactus flour and organic seeds]

VEGAN EGGS™

Our original recipe vegan eggs™ have the same protein, look and texture as a traditional egg, however, they are made from completely plant based ingredients

(the taste is sweeter but more compassionate, insert emoji with heart eyes)

EGGS ON TOAST

sweet potato, turmeric, coconut poached eggs

\$10 (gf)

SIDES \$4

kale (gf)

spinach (gf)

mushroom bacon*

garden tomatoes (gf)

spiced avo guac (gf)

eggplant balls

beetroot hummus (gf)

corn fritters

almond fetta (gf)

bocconcini (gf)

toast (gf)

extra egg (gf)

* Our mushroom bacon is not gluten free as our recipe uses soy, which contains a small amount of gluten.

(gf) - gluten free

(gfo) - gluten free option available

LONGEVITY BOWLS

BLUE ZONE BOWLS

There are 5 cities on earth considered to have the highest percentage of people that live to 100. The primary common factors among these “Blue Zones” are a highly plant based diet and drinking high levels of quality water. We proudly bring you a small offering from those regions, because we love you so matcha.

SARDINIA, ITALY 01

pumpkin gnocchi, eggplant bolognese, spinach, beans, green-molata

\$20 (gfo)

OKINAWA, JAPAN 02

yaki onigiri, soy miso glazed mushrooms, kale, edamame, sea vegetables

\$18 (gfo)

LOMA LINDA, CALIFORNIA 03

coconut rice, braised lentils, peanut sauce, guacamol, garden tomatoes, chilli pineapple salsa, pumpkin seeds

\$19 (gf)

NICOYA PENINSULA, COSTA RICA 04

baked sweet potato, avocado guac, sour cream, quinoa, pesto, blue corn chips

\$19 (gf)

IKARIA, GREECE

lentil, black bean & tomato soup, warm bread

\$16 (gf)

BURGERS

soy chicken burger, mushroom bacon, avocado, beetroot kraut, matcha bun, beetroot hummus, sweet potato fries

\$20

black bean & quinoa burger, charcoal bun, black fermented garlic, caramelised onion, purple potatoes

\$22

bowl of sweet potato fries, almond butter*

\$7

* Our sweet potato fries are not gluten free as our recipe uses soy, which contains a small amount of gluten.

we don't have mushroom on here to tell you about the benefits of our plant based liquids, but read more about them at

EAT@MATCHAMYLKBAR.COM
www.matchamylkbar.com

THANKS A LATTES

Café Latte

soy/ almond/ coconut/ black/ batch brew
\$4.5

Mushroom Latte

chaga mushroom, vanilla essence, coconut mylk, agave
an ancient Chinese herbal medicine that strengthens the immune system
\$7

Beetroot Latte

cold pressed beetroot juice, dehydrated beetroot, chocolate, blood orange
a root vegetable that detoxifies and fights inflammation
\$5

Turmeric Latte

fresh turmeric, cinnamon, black pepper, ginger, coconut mylk
a super spice that boosts immunity, energy & gut health
\$6

Cacao Latte

mörk dark hot chocolate, almond butter, almond mylk
a naturally fermented bean that increases bliss and energises
\$6

Chai Latte

prana agave chai, original almond mylk
Indian spices that work in synergy to calm and restore your body
\$6

Apple Pie Latte

apple cider, apple pie spice, cinnamon
a pre-biotic that aids digestion and enhances good bacteria
\$5

Carrot Cake Latte

carrots, dates, ginger, nutmeg, coconut mylk
earth vegetable that improves vision and promotes a beautiful Zoe-like glow
\$6

add shot of espresso to any latte + 2
add turmeric to any latte + 2

YOUR PERFECT MATCHA

matcha maiden matcha latte

\$5

iced matcha latte

\$6

matcha in a teapot

\$5

cold brew iced matcha

\$5

mango & lychee matcha latte

\$7

mango & lychee matcha lced tea

\$7

bon soy matcha gelati

\$4

SMOOTHIES

ALL \$12

ALMOND BUTTER BING, BUTTER BOOM
natural almond butter, banana, raw cacao, dates,
almond mylk, vegan protein, almond flakes

FREE THE NIBS
cacao nibs, natural peanut butter, banana, raw cacao,
dates, cacao almond mylk, vegan protein

WHEN KHALESI WEARS LYCRA
dragon fruit, mango, passionfruit, almond mylk,
almond butter, macadamia nuts

IF YOU KNOW ANY VEGETABLE PUNS, LETTUCE KNOW
coconut, avocado, spinach, matcha, organic coconut oil, dates,
coconut water

EXCUSE ME, BUT I FIND YOU VERY APPEALLING
banana, agave, dates, natural vanilla bean, salted caramel,
almond mylk

WIZ KALE-LEAFA
kale, matcha, mango, strawberry, almond mylk

TALL, DARTH & HANDSOME
activated charcoal, banana, turmeric root, pineapple,
coconut water

SIMBA WAS WALKING TOO SLOW, SO I TOLD HIM TO MUFASA
tumeric, banana, macadamia, mango, coconut water

APPLY TROPICALLY
pineapple, fresh mint, coconut, lime, coconut milk

COLD PRESS JUICES

ORANGE YOU GLAD TO SEE ME?
100% cold pressed oranges

\$8

THE HIGH LINE [Immunity + Glow] by Greene St Juice
orange, carrot, ginger, turmeric, matcha

\$10

FRUCTOSE FREE JUICE

GREENE SPICE [Detox, Soothe + Glow] by Greene St Juice
celery, cucumber, lemon, aloe vera juice, mint, ginger, turmeric,
matcha

\$10

DESSERT

chocolate & coconut butter mousse, hazelnut praline, coconut & Yuzu gel

\$15

maple, caramel & pecan tart, salted caramel ice cream

\$15



our menu is 100% plant based

Throughout history, there have been groups of people who have what seems to be inherited longevity. Nutrition researchers have scoured the Earth to find the elements that make groups of happy centenarians. Their discoveries narrowed down a list of five areas where people lived longer than average and exhibited happiness levels higher than the rest. These are called “Blue Zones”.

Factors common to the Blue Zones are a very high ratio of plant materials to meat, very clean air and water, and a continuously active life. There is also a distinct lack of the unethical practices of caged and confined mass production used by those who care more for your money than they do for your health.

“Nothing will benefit human health and increase chances of survival of life on Earth as much as the evolution to a vegetarian diet.”

Albert Einstein

It is becoming less of a secret that “you are what you eat” is real. Doctors are prescribing nutritional components to healing profiles, people are targeting just the right balance for themselves and indeed the push for local produce is as strong as it has ever been. Matcha Mylkbar loves this, because we love you.

We believe plant based dining is the future of food, as it works completely in conjunction with your most important health commodity, you. It is also sustainable, reduces pastoral chemical use and reinvigorates the connection between primary producer and consumer. Basically, understanding is happiness.

Our food offering here is a simple, plant based menu that emphasises the incredible, diverse combinations seen daily in Blue Zone regions. Our aim is to supplement your active life with tasty catalysts to happiness and health. We are not reinventing the wheel, we are providing you with exposure to the reason the wheels turn longer.

