



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.

THE AMAZEBOWLS

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

\$15 (gf)

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

\$15 (gf)

acai, peanut butter, mango, banana coconut mylk, lime & coconut granola

\$15 (gf)

blue algae, salted caramel, dates, macadamia, vanilla, banana, almond mylk

\$15 (gf)

the rainbow- combination of 3 of the colours of the rainbow

\$25 (gf)

#NOFILTER

lime avocado guac toast, fried vegan egg™, red sorrell, almond, beetroot sphere, radish

\$18 (gf)

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

\$19 (gf)

add poached vegan egg™ + \$3

two poached vegan egg™, saffron hollandaise, corn fritters, fried cauliflower, crispy kale

\$20

add bbq pulled jack fruit + \$4

potato & leek rosti, asparagus, truffle hollandaise, vegan fried egg™

\$19 (gf)

green breakfast bowl- spinach, kale, mint, asparagus, peas, lemon myrtle, brown rice, avocado guac, ponzu

\$18 (gf)

matcha pancakes, lychee, pear, berries, passionfruit, white chocolate sauce, nut crunch, lemongrass & macadamia ice cream

\$20

[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)

EGGS ON TOAST

sweet potato, turmeric, almond & coconut poached eggs on gluten free toast

\$11 (gf)

SIDES

Beetroot Hummus \$3 (gf)

Hollandaise \$3 (gf)

Extra egg \$3 (gf)

Slice of GF toast \$3 (gf)

Almond Butter \$3 (gf)

Almond Fetta \$4 (gf)

Brown/Coconut rice \$4 (gf)

Kale \$5 (gf)

Garden tomatoes \$5 (gf)

Spinach \$5 (gf)

Lime Avocado Guac \$5 (gf)

Avocado \$5 (gf)

Matcha Noodles \$5

Mushroom bacon \$5 (gf)

Eggplant balls \$6 (gf)

Corn Fritters \$6

Potato Rosti \$6 (gf)

BBQ Jackfruit \$6 (gf)

(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, almond bocconcini, beans, green-molata

\$20 (gfo)

OKINAWA, JAPAN 02

matcha bao buns, bbq pulled jackfruit, cucumber, oyster mushroom bacon, slaw, kewpie mayo

\$19

LOMA LINDA, CALIFORNIA 03

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

\$19 (gf)

NICOYA PENINSULA, COSTA RICA 04

baked sweet potato, avocado guac, sour cream, quinoa beetroot hummus, edamame, pesto, corn totopos

\$20 (gf)

IKARIA, GREECE 05

open souvlaki, brown rice, eggplant, sweet potato, blackbean red capsicum, tabbouleh, matcha coyo tzatziki

\$19 (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 garlic, mushroom cream, caramelised onion, almond brie cheese, lettuce, tomato, sweet potato wedges

\$22

bowl of sweet potato fries, almond butter*

\$9

* 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

www.matchamylkbar.com

function/ catering enquiries - mark@matchamylkbar.com

THANKS A LATTES

Café Latte

soy/ almond/ coconut/ espresso/ long black

\$4.5

Mushroom Latte

chaga mushroom, vanilla essence, coconut mylk, brown rice malt *an ancient Chinese herbal medicine that strengthens the immune system*

\$7

Smurf Latte

live E3 algae, ginger, lemon, coconut mylk, brown rice malt *most nutrient dense super food created by nature, high in protein and antioxidants*

\$9

Charcoal Latte

activated charcoal, mesquite, maca, soy mylk *a mood balancing Peruvian blend high in potassium, calcium and iron*

\$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*

\$7

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 summer glow*

\$6

Purple Peanut Butter Latte

natural peanut butter, Okinawan purple sweet potato, soy mylk, coconut aminos *a mix of high protein, high vitamin A & C, prized for its high antioxidant levels*

\$8

add shot of espresso to any latte + 2

add turmeric to any latte + 2

FLIGHT

barista's choice of 4 mini lattes

\$16

YOUR PERFECT MATCHA

matcha maiden- japanese certified organic 100% pure stone ground tea

matcha latte - coconut/ soy/ almond mylk	\$6
iced matcha latte - coconut/ soy/ almond mylk	\$7
matcha on ice	\$6
"bulletproof" keto matcha latte, coconut oil	\$8
matcha bubble tea, passionfruit, tapioca pearls	\$10
matcha + mörk dark chocolate	\$8
strawberry matcha kombucha	\$7.5
matcha kombucha icecream spider	\$12
matcha maiden 70gm take home pack (35 serves)	\$24.95

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

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

IF YOU KNOW ANY VEGETABLE PUNS LETTUCE KNOW
kale, spinach, pineapple, coconut water, avocado, matcha

HOLY STRAWBERRIES BATMAN, WE'RE IN A JAM
strawberry, vanilla, mango, coconut protein,
salted caramel, coconut mylk

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

ACAI WHAT YOU DID THERE
acai, mango, passionfruit, coconut water

SO MATCHA GOODNESS, IN SUCH A TAHINI CUP
matcha, tahini, spinach, banana, mango, maca,
vanilla protein, coconut mylk

ADD
turmeric, protein or espresso
to any smoothie
\$2

COLD PRESS JUICES

ORANGE YOU GLAD TO SEE ME?
100% cold pressed oranges
\$8

THE HAMPTONS [summer is coming]
watermelon, orange, pink grapefruit, passionfruit
\$10

FRUCTOSE FREE JUICE

GREENE SPICE [Detox, Soothe + Glow] by Greene St Juice
celery, cucumber, lemon, aloe vera juice, mint, ginger, turmeric,
matcha
\$10



MATCHA
M Y L K B A R

our menu is 100% plant based

Throughout history, there have been groups of people who appear to have inherited longevity.

Nutrition researchers have scoured the Earth to discover the environmental factors that create clans of happy and healthy centenarians. Their discoveries narrowed down a list of five regions where people lived longer than average while exhibiting higher levels of happiness than the rest. These are called "Blue Zones".

Lifestyle factors common to these regions include a very high consumption ratio of plant materials to meat, exceptionally clean air and water alongside a continuously active life. There is also a distinct lack of unethical, mass production of meat by individuals who care more for money than they do for 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

The idea that "you are what you eat" is becoming increasingly relevant to society; doctors are prescribing nutritional components to healing profiles as people strive for a more holistic, balanced lifestyle. The push for local produce is as strong as it has ever been as we become more aware of how our food choices impact the earth. Matcha Mylkbar loves this, because we love you.

We believe plant based dining is the future of food, as it works completely in synergy with your most important health commodity; you. The practice of plant based eating is sustainable, reduces pastoral chemical use and reinvigorates the connection between the primary producer and the consumer. Not to mention, its effects on general wellbeing are clearly being felt across the population as more and more people embrace this way of eating. Basically, understanding is happiness as we truly allow food to "be thy medicine and medicine be thy food" #Hippocrates

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