

## THANKS A LATTE'S

**Café Latte**  
Any coffee you like with your choice of almond/  
soy or coconut mylk  
\$4.5

**Mushroom Latte**  
chaga mushroom, vanilla essence, coconut mylk,  
brown rice malt  
*an ancient Chinese herbal medicine that strengthens the  
immune system*  
\$7

**Blue Algae Latte (Smurf)**  
live E3 algae, ginger, lemon, coconut mylk, brown  
rice malt  
*most nutrient dense super food created by nature, high in  
protein in antioxidants*  
\$9

**Charcoal Latte**  
activated charcoal, mesquite, maca, soy mylk  
*a mood balancing Peruvian blend high in potassium,  
calcium & iron*  
\$7

**Beetroot Latte**  
beetroot, dehydrated beetroot, chocolate, blood  
orange, almond mylk  
*a root vegetable that detoxifies and fights inflammation*  
\$5

**Turmeric Latte**  
golden grind turmeric, cinnamon, black pepper,  
ginger, coconut mylk  
*a super spice that boots immunity, energy & gut health*  
\$7

**Cacao Latte**  
mork dark chocolate, astronuts almond butter,  
almond mylk  
*a naturally fermented bean that increases bliss &  
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 visions and promotes a  
summer glow*  
\$6

**Purple Peanut Butter Latte**  
astronuts natural peanut butter, purple Okinawan  
sweet potato, soy mylk, coconut aminos  
*a mix of high protein, high vitamic A & C, prized for its high  
antioxidant levels*  
\$8

add a shot of espresso to any latte +\$2  
add turmeric to any latte +\$2

## YOUR PERFECT MATCHA

**MATCHA MAIDEN** - japanese certified organic 100% pure stone ground tea

organic matcha green tea	\$5
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 + mork dark chocolate	\$8

## RETAIL

Matcha Maiden 70gm take home pack (35 serves)	\$24.95
The Wild Gluten Free lime & coconut muesli 360gm	\$15.95
Golden Grind 100gm Turmeric Blend	\$15.95
Prana Chai 250g Agave Blend	\$18.95

**Astronut Butters**

Indepeanuts Day natural peanut butter	\$6
Almogeddon natural almond butter	\$12
Almond Schwartzentutter coconut protein almond butter	\$16



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, it's effects on general wellbeing are clearly 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 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.

## THE AMAZEBOWLS

matcha & coconut bowl, banana, spinach, coconut oil, coconut mylk, seasonal fruit, granola \$15 (gf)

dragon fruit bowl, almonds, activated chia, coconut Prana ON Protein, goji berry, almond mylk, seasonal fruit, granola \$15 (gf)

acai bowl, astronuts natural peanut butter, mango, banana, coconut mylk, seasonal fruit, granola \$15 (gf)

e3live blue algae bowl, salted date caramel, macadamia, vanilla, banana, almond mylk, seasonal fruit, granola \$18 (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)  
coconut brown rice \$4 (gf)  
kale \$5 (gf)  
garden tomatoes \$5 (gf)

## #NOFILTER

lime avocado guac toast, fried vegan egg™, red sorrel, almond, beetroot sphere, radish \$18 (gf)

heirloom tomatoes, fresh avocado, almond fetta, kale pesto, crispy kale, toast \$19 (gf)  
add poached vegan egg +\$3

green breakfast bowl- spinach, kale, lime avocado guac, mint, asparagus, peas, coconut infused brown rice, house made ponzu \$18 (gf)  
add fried vegan egg +\$3

saffron hollandaise, corn fritters, two poached vegan eggs™, fried cauliflower, crispy kale \$20  
add bbq pulled jack fruit +\$4

potato & leek rosti, asparagus, corn truffle hollandaise, fried vegan egg™, asparagus \$19 (gf)

matcha pancakes, dark chocolate sauce, lychee, pear, berries, passionfruit, nut crunch, lemongrass & macadamia ice cream \$20

## 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

poached eggs made from sweet potato, turmeric, almond & coconut on gluten free toast \$11 (gf)

spinach \$5 (gf)  
lime avocado guac \$5 (gf)  
avocado \$5 (gf)  
rice paper bacon \$5 (gf)  
eggplant balls \$6 (gf)  
corn fritters \$6  
potato rosti \$6 (gf)  
BBQ jackfruit \$6 (gf)

## LONGEVITY BOWLS

**01 SARDINIA, ITALY**  
gluten free pumpkin gnocchi, eggplant Bolognese, almond bocconcini, spinach, beans, matcha bread crumb \$20 (gfo)

**02 OKINAWA, JAPAN**  
matcha bao buns, bbq pulled jackfruit, slaw, sour cream, coriander, Vietnamese mint \$19

**03 LOMA LINDA, CALIFORNIA**  
coconut infused brown rice, braised lentils, peanut sauce, lime avocado guac, tomato, chilli pineapple salsa, pumpkin seeds \$19 (gf)  
add bbq pulled jackfruit +\$4

**04 NICOYA PENINSULA, COSTA RICA**  
baked sweet potato, avocado guac, pesto quinoa, black beans, edamame, beetroot hummus, corn totopos, sour cream, coriander \$20 (gf)

**05 IKARIA, GREECE 05**  
open souvlaki, blue rice, eggplant, sweet potato, black bean, red capsicum, coriander, tabouleh, avocado guac \$21 (gfo)



## BURGERS

garden grown protein patty, matcha bun, rice paper bacon, avocado, beetroot kraut, beetroot hummus, sweet potato fries \$20

black bean & quinoa burger, charcoal bun, black garlic, mushroom cream, caramelised onion, almond brie cheese, oak lettuce, tomato, sweet potato fries \$22

bowl of sweet potato fries, astronuts natural almond butter \$9

## COLD PRESS JUICES

**ORANGE YOU GLAD TO SEE ME?**  
100% cold pressed oranges \$20

**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, tumeric, matcha \$10



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](mailto:EAT@MATCHAMYLKBAR.COM)  
[www.matchamylkbar.com](http://www.matchamylkbar.com)

#matchamylkbar

(gf) gluten free  
(gfo) gluten free option available

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.

## SMOOTHIES

ALL \$12

**ALMOND BUTTER BING, BUTTER BOOM**  
astronuts natural almond butter, banana, raw cacao, dates, almond mylk, Prana ON Protein, almond flakes

**FREE THE NIBS**  
astronuts natural peanut butter, cacao nibs, banana, raw cacao, dates, cacao almond mylk, Prana ON Protein

**WHEN KHALES! WEARS LYCRA**  
dragon fruit, mango, passionfruit, almond mylk, astronuts almond butter, macadamia nuts

**EXCUSE ME, BUT I FIND YOU VERY APPEALING**  
banana, dates, natural vanilla bean, salted date caramel, almond mylk

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

**HOLY STRAWBERRIES BATMAN, WE'RE IN A JAM**  
strawberry, vanilla, mango, coconut Prana ON Protein, salted date 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 GOODNES IN SUCH A TAHINI CUP**  
matcha, tahini, spinach, banana, mango, maca, vanilla Prana ON Protein, coconut mylk

**ADD**  
tumeric, Prana ON Protein or espresso to any smoothie \$2

**FLIGHT**  
barista's choice of 4 mini lattes \$16