

THANKS A LATTE'S

café latte \$4.50

any coffee you like with your choice of almond, soy or coconut mylk

mushroom latte \$7

chaga mushroom, vanilla essence, coconut mylk, coconut nectar

an ancient chinese herbal medicine that strengthens the immune system

blue algae latte (smurf) \$9

live e3 algae, ginger, lemon, coconut mylk, coconut nectar

live e3 blue majik, coconut mylk, coconut nectar, lemon grass & ginger

charcoal latte \$7

activated charcoal, mesquite, maca, soy mylk
a mood balancing peruvian blend high in potassium, calcium & iron, an amazing detoxifier

beetroot latte \$7

beetroot, cardamom, star anise, clove, orange, chocolate, almond mylk

a root vegetable that detoxifies and fights inflammation

turmeric latte \$7

golden grind turmeric, cinnamon, black pepper, ginger, coconut mylk

a super spice that boots immunity, energy & gut health

cacao latte \$6

mork dark chocolate, astronuts almond butter, almond mylk

a naturally fermented bean that increases bliss & energises

chai latte \$6

house made chai, original almond mylk

indian spices that work in synergy to calm and restore your body

apple pie latte \$7

apple cider, apple pie spice, cinnamon

a pre-biotic that aids digestion and enhances good bacteria

purple peanut butter latte \$8

astronuts natural peanut butter, purple okinawan sweet potato, soy mylk, coconut aminos

a mix of high protein, high in vitamin a & c, prized for its high antioxidant levels

the rainbow equalatte \$10

turmeric, beetroot, blue algae, almond & coconut mylk mix layered latte

flight \$16

barista's choice of 4 mini lattes

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

iced matcha and salted caramel latte \$9

mix n matcha: matcha + turmeric latte (hot or iced) \$8

AMAZE BOWLS

puff the magic dragon

dragonfruit, banana, strawberry, passionfruit
coconut water, matcha maiden matcha,
summer fruit, hemp seed granola
\$17 (gf) (ongaf) (nfo)

a-çai what you did there

açai, banana, astronuts natural peanut butter,
cacao powder, almond mylk, plant protein
powder, vanilla, summer fruit, hemp seed granola
\$17 (gf) (ongaf) (nfo)

our chocolate salty bowls

cacao, salted date caramel, mesquite, maca,
banana, almond mylk, summer fruit, hemp
seed granola
\$16.50 (gf) (ongaf) (nfo)

love you so matcha bircher

matcha infused Australian oats, nashi
pear, raw cacao dipped incan berries, tonka
bean coconut yogurt, cacao nibs
\$17 (ongaf) (nf)

unicorn superfood chia pudding

layered blue algae & purple corn chia
pudding, almond mylk, coconut yogurt,
summer berries, hemp seed granola
\$18 (gf) (ongaf)

BRUNCH

nude avocado

native finger lime, two slices of sourdough
(squeeze and smash)
\$11 (gfo +\$2) (ongaf) (nf)

avocado in lycra

sea banana, cucumber, coriander, wakame,
miso, togarashi, two slices of
sourdough
(spoon and smash)
\$15 (gfo +\$2) (nf)

deluxe black tie avocado

yuzu smashed avocado, heirloom tomatoes,
tamari almond curd, purple daikon, two
slices of sourdough toast
(we smashed it for you)
\$21 (gfo +\$2)

matcha made in heaven pancakes

gluten free matcha pancakes,
himalayan salted caramel ice cream,
'Citizen Cacao' raw chocolate sauce, candied
cacao nibs, fresh bananas, raspberries,
candied peanuts
\$22 (gf) (ongaf) (nfo)

gf - gluten friendly

gfo - gluten friendly option

ongaf - onion + garlic free

ongaf - onion + garlic free option

nf - nut free

nfo - nut free option

As we use a lot of nuts, seeds and some garlic & onion and gluten products in our kitchen we advise that all our food may contain traces of nuts, seeds, garlic and onion and gluten. we love accommodating as best we can so please let your matcha member know if you have allergies

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 served on sourdough toast
\$9 (gfo +\$2) (ongaf)

hollandaise eggs

two poached vegan eggs, turmeric hollandaise, kale,
avocado, sourdough toast
\$20 (gfo +\$2) (ongaf) (nfo: scrambled tofu +\$1)
add potato & leek hashbrown +\$6

son in law eggs

corn & chia fritters, chilli jam, green papaya, nahm jim,
thai basil, iceberg lettuce cup, poached egg
\$22 (gf)

big breakfast with eggs

two poached vegan eggs or saffron scrambled tofu,
two slices sourdough toast, konjac bacon, potato &
leek rosti, truffle roasted mushrooms, wilted kale, green
tomato relish
\$24 (gfo +\$2 GF toast, without bacon) (nfo- scrambled tofu)

BOWLS

today I'm going to stay soba

sesame tossed soba noodles, creamy matcha ponzu,
enoki mushrooms, cucumber, edamame, purple daikon,
iceberg hearts, black garlic
\$18 (gf) (ongaf) (nf)

raw hydration bowl

raw zucchini spaghetti, heirloom tomatoes, cucumber,
watermelon, mint, sprouted mung beans, spinach,
chaga tahini
\$20 (gf) (nf)

the bali bowl

bean sprouts, green papaya, peanut sauce, vegan
poached egg, crispy tofu, sweet potato, corn
\$19 (gf)

BURGERS

matcha burger

garden grown protein patty, matcha bun, avocado, chickpea
& beetroot hummus, crispy chickpeas, spinach, sweet
potato fries
\$22 (nf) (lettuce wrap option)
add konjac bacon +\$2

jackfruit burger

slow braised jackfruit, matcha bun, konjac bacon,
American "Jake" cheese, pickled red onion, spicy adobo
sauce, sweet potato fries
\$20 (gfo= lettuce wrapped, without bacon) (nf)

bowl of sweet potato fries with
astronuts natural almond butter

or green tomato relish

\$9

SMOOTHIES

KEEP YOUR EYES OFF THE ROAD RHONDA

mango, banana, pineapple, coconut milk,
flax seed, ginseng
\$12

FREE THE NIBS

natural almond or natural peanut butter,
cacao powder, cacao nibs, maca, protein,
banana, dates, almond milk
\$12
add espresso +2

WHEN DAENERYS WEARS LYCRA

dragonfruit, raspberry, banana, passionfruit,
coconut water
\$12

IF YOU KNOW ANY VEGETABLE PUNS LETTUCE KNOW

apple, mango, banana, spinach, flax seed,
maca, coconut water, matcha, coconut
butter
\$14

HOLY STRAWBERRIES BATMAN, WE ARE IN A JAM

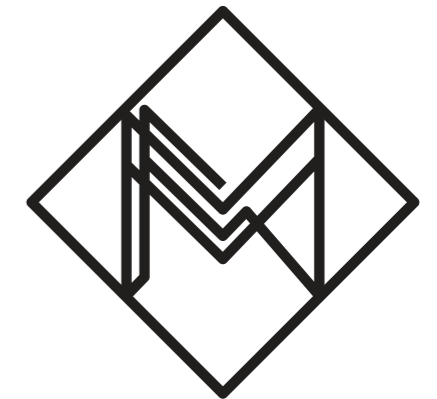
mango, strawberry, salted date caramel,
protein powder, coconut mylk
\$12

WE ARE MINT TO BE

blue algae, peppermint essential oil, banana,
cacao, dates, almond mylk
\$14
add espresso +2

ADD

turmeric, plant protein or espresso
to any smoothie +\$2



SIDES

corn and chia fritters (gf)	\$6
potato and leek rosti (gf)	\$6
truffle roasted mushrooms (gf)	\$5
heirloom tomatoes (gf)	\$5
tossed dark leafy greens (gf)	\$6
konjac bacon	\$6
half avocado (gf)	\$6
vegan butter (gf)	\$2

SAUCES

chili jam	\$1
green tomato relish	
peanut satay sauce	

OUR MENU IS 100% PLANT BASED

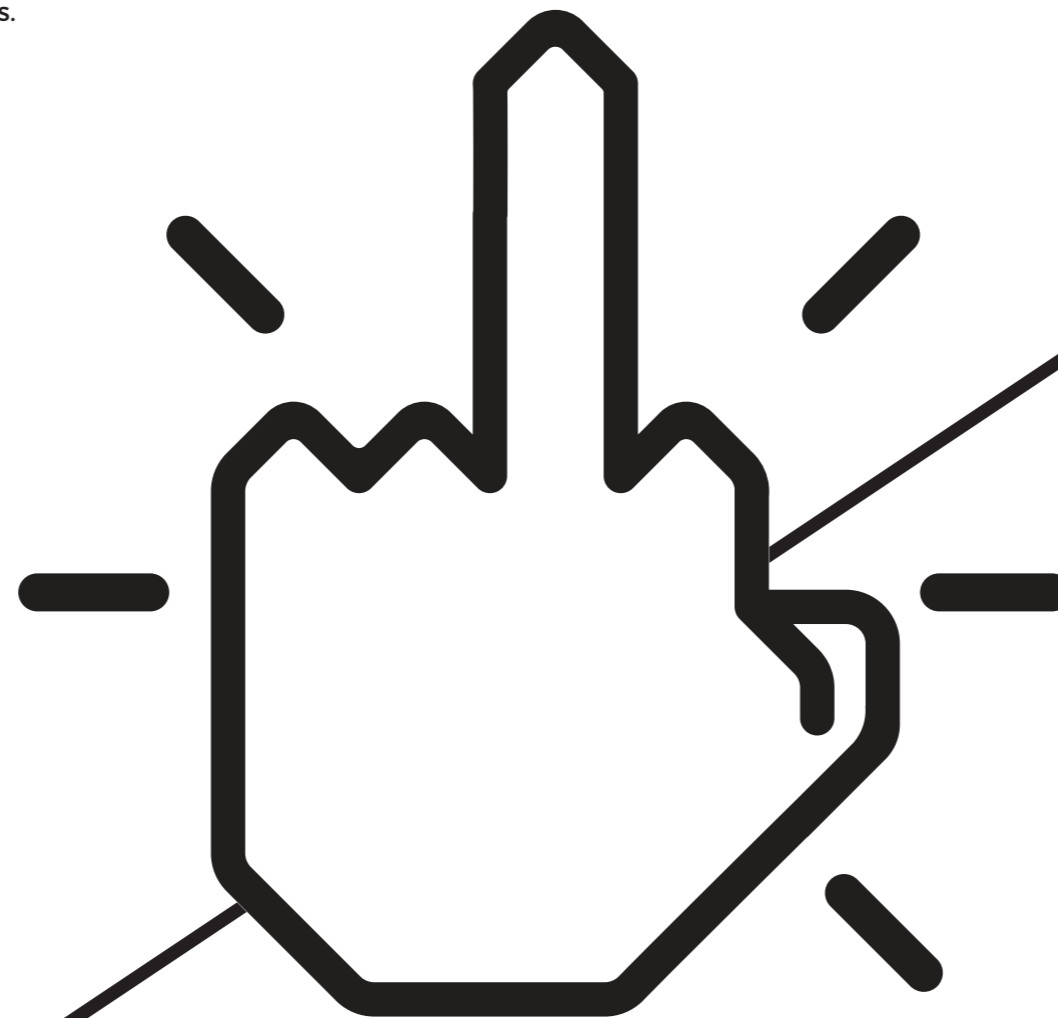
"Nothing will benefit human health and increase chances of survival of life on Earth, as much as the evolution to a plant based diet"

-Albert Einstein (Pretty smart guy)

Matcha Mylkbar is a café for your health and the sustainability of the planet. The purpose of this café is to inspire conscientious food consumption and empower individuals to make better life choices, and of course poking fun at ourselves in the process. Matcha Mylkbar prides itself on the unique proposition of balancing health benefits with culinary flair. This extends throughout our menu following the dietary common denominator of the regions of the world with the highest longevity, but has been designed to appeal to more than just the plant-based palate. Okinawa in Japan, in particular, is well known for its centenarians attributable to both a majority plant-based diet and high consumption levels of matcha green tea. Matcha Mylkbar is built on this premise of unlocking the benefits of a plant-based matcha-heavy diet without compromising on flavour, substance or presentation so that vegans, vegetarians, the dietary intolerant, the dietary ignorant, dietary indifferent and the meat eaters alike can find something to enjoy.



MATCHA
M Y L K B A R



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.

You might notice our purposefully placed neon middle finger salute outside our venue and in whose direction it is aimed ;) this is aimed towards unethically treated and unsustainable, mass produced meats-

We are proud to be an active part of the plant based movement.

EATING HERE
WAS A HUGE
MISSED STEAK

website
matchamylkbar.com

instagram
[@matcha_mylkbar](https://www.instagram.com/matcha_mylkbar)

open
8am-4pm
kitchen closes 3pm