

THE AMAZEBOWLS

dragonfruit, banana, strawberry, passionfruit, coconut water, matcha maiden matcha, seasonal fruit, granola
\$15 (gf)

açai, banana, astronuts natural peanut butter, cacao powder, almond mylk, plant protein powder, vanilla, seasonal fruit, granola
\$15 (gf)

Cacao, salted date caramel, mesquite, maca, banana, almond mylk, seasonal fruit, granola
\$15 (gf)

#NOFILTER

Avocado on sourdough toast, za'atar, spiced herbs
\$12 (gfo)

add house made nut Fetta \$5

Heirloom tomatoes, avocado, almond Fetta, kale pesto, Crispy kale, toast
\$19 (gf)

add Poached vegan egg \$3

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

Hollandaise Eggs - two poached vegan eggs, turmeric hollandaise, kale, avocado, sourdough toast
\$18 (gfo)

SIDES

garden tomatoes \$5 (gf)

almond fetta \$4 (gf)

fresh Avos \$5 (gf)

poached egg \$3 (gf)

GF toast (extra piece) \$3 (gf)

sourdough (extra piece) \$3 (gf)

avocado guac \$5 (gf)

tomato ketchup \$1 (gf)

chaga tahini \$2 (gf)

coyo sauce (coconut yogurt) \$3 (gf)

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 gluten free toast
\$11 (gf)

BOWLS

The Mexi-Cali Health Bowl
brown rice, lentils, turmeric peanut sauce, avocado, tomato, chili pineapple salsa, pumpkin seeds, charcoal crisps
\$20 (gfo)

Add bbq jackfruit \$4

The Wedge Bowl
Iceberg lettuce, sprouted mung beans, chickpea tabouleh, pickled red cabbage, green beans, chaga tahini
\$19 (gf)



BURGERS

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

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

COLD PRESS JUICES

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

add golden grind turmeric, black pepper, ginger mix +2

ASK FOR OUR
COLD PRESSED JUICE
OF THE DAY



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

#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

KEEP YOU EYES OF 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
cucumber, mango, kale, spirulina, matcha, mint, ginger, coconut water
\$12

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, banana, cacao, dates, almond mylk
\$14
add espresso +2

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

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, cardamom, star anise, clove, orange,
chocolate, almond mylk
a root vegetable that detoxifies and fights inflammation
\$7

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

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

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
iced matcha and salted caramel latte	\$9
matcha & oreo frappe	\$11

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 Schwtzenbuttter 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.