

## 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, cacao, 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, acai, purple corn, soy mylk, coconut aminos

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

### 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)

### love you so matcha bircher

matcha infused Australian oats, nashi pear, 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)

### 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) (ongaf)

### 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)

## 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 (ongafo) (nf)

### detox your socks off

miso glazed eggplant, bean shoots, red cabbage, bok choy, cauliflower rice, avocado, toasted sesame seeds, yuzu tahini \$19 (gf) (nf)

### the bali bowl

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

gf - gluten friendly  
gfo - gluten friendly option  
ongaf - onion + garlic free  
ongafo - 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)  
scrambled tofu instead+\$1

### 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 eggs \$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, tomato relish \$24 (gfo +\$2 gf toast, without bacon, extra mushroom) (nfo- scrambled tofu)

## 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

Adobo braised green jackfruit, matcha bun, american cheese, pickled red onion, chipotle aioli, sweet potato fries \$20 (gfo - lettuce wrap, without bacon) (nf)

bowl of sweet potato fries with astronuts natural almond butter or tomato relish \$9

## # INSTAGRAM\_PROP\_CORNER



fresh marble tile  
beauty light  
letter board  
marble coasters  
cactus

## MATCHAMITES Under 12's MENU

almond butter (or peanut butter) & banana toast \$12 (gfo: gf toast +\$2)

two gluten free matcha pancakes, caramel icecream, fruit \$15 (gf)

smashed avocado on toast \$10 (gfo: gf toast +\$2)

scrambled tofu, konjac bacon on toast \$15

ask for our mindfulness colouring in set!  
ask for a insta prop to enhance your insta game #Instagamestrong

## SMOOTHIES

**KEEP YOUR EYES OFF THE ROAD RHONDA**  
mango, banana, pineapple, coconut milk \$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, strawberry, banana, passionfruit, coconut water \$12

### IF YOU KNOW ANY VEGETABLE PUNS LETTUCE KNOW

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

### HOLY STRAWBERRIES BATMAN, WE ARE IN A JAM

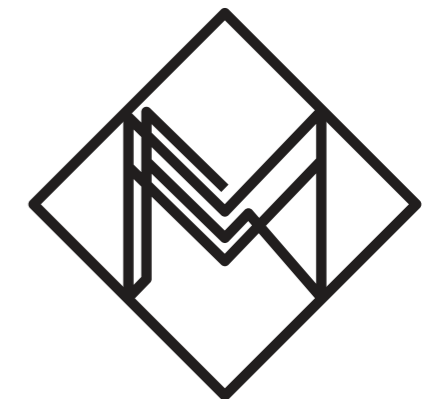
mango, strawberry, salted date caramel, protein powder, coconut mylk \$12

### 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
tomato relish	
peanut satay sauce	

**OUR MENU IS 100% PLANT BASED**

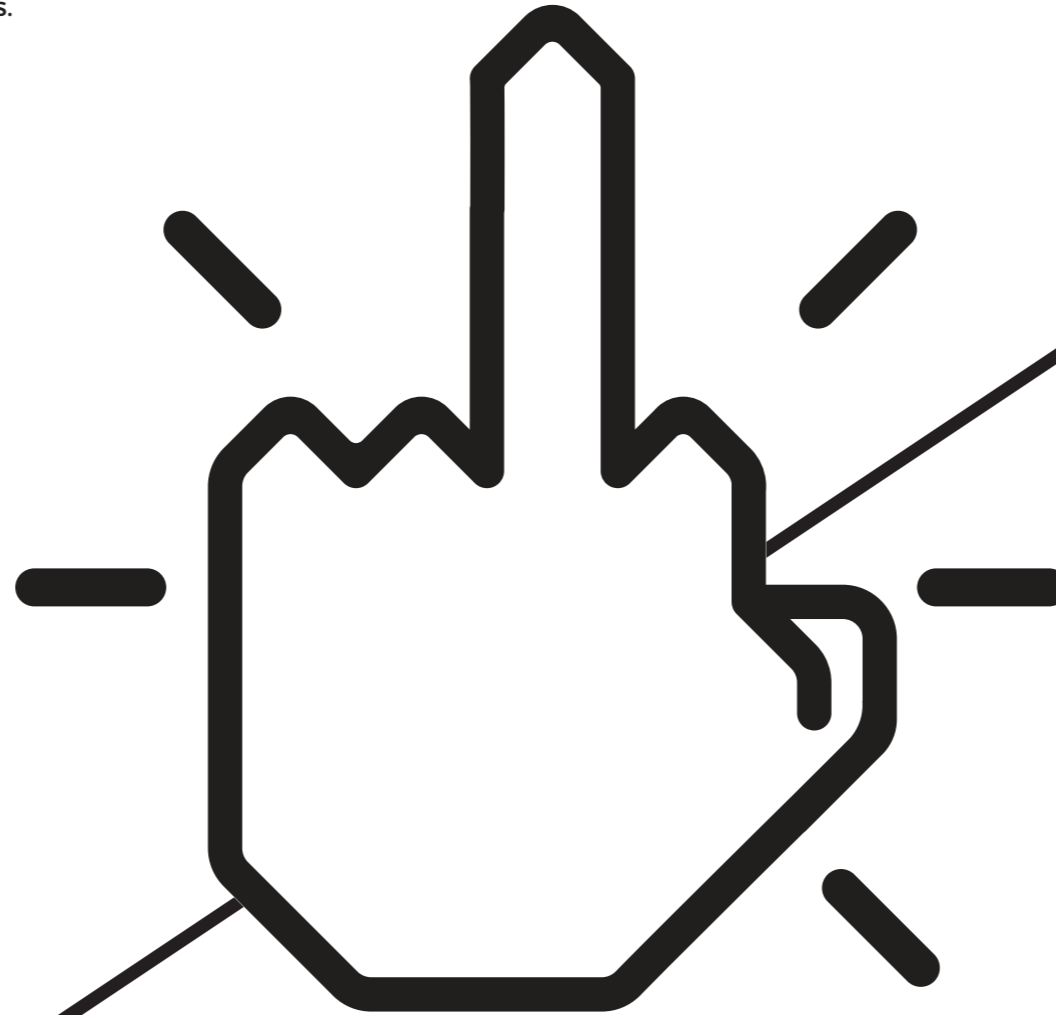
"Nothing will benefit human health and increase chances of survival of life on Earth, as much as the evolution to a plant based diet"

-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](http://matchamylkbar.com)

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

open  
8am-4pm  
kitchen closes 3pm