

THANKS A LATTES

café latte \$4.50

specialty coffee by St Ali- any coffee you like with your choice of almond, soy or coconut mylk

mushroom & date latte \$7

chaga mushroom, vanilla essence, cacao, soy mylk, coconut nectar
an ancient chinese herbal medicine that strengthens the immune system

blue algae latte (smurf) \$9

live e3 algae, pineapple, ginger, almond mylk, coconut nectar

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

charcoal latte \$7

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

spiced beetroot latte \$7

beetroot, cardamom, star anise, clove, orange, chocolate, coconut blossom, coconut 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

almond butter cacao latte \$6

mork dark chocolate, natural almond butter, almond mylk [add salted caramel +\$1]
a naturally fermented bean that increases bliss & energises

chai latte \$6

indian spiced 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

peanut butter, acai, purple corn, soy mylk, dates
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

add salted caramel to any latte +\$1

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
salted caramel matcha latte (hot or iced)	\$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, winter fruits, hemp seed granola
\$17 (gf) (nf)

a-çai what you did there

açai, banana, natural peanut butter, cacao powder, almond mylk, plant protein powder, vanilla, winter fruits, hemp seed granola
\$17 (gf) (nfo)

free the nibs bowl

natural almond or natural peanut butter, cacao powder, cacao nibs, maca, protein, banana, dates, almond milk, winter fruits, hemp seed granola
\$17 (gf) (nfo) add a double espresso + 2

green matcha porridge

matcha + australian oat porridge, nashi pear, quince, incan berries, raw coconut yogurt, coconut crisps
cacao nibs, almond mylk
\$17 (nfo)

purple superfood porridge

buckwheat, amaranth & sago porridge, young coconut, sweet jackfruit, tonka bean yogurt, banana, puffed brown rice, hemp seed & goji berry granola
\$18.5 (gf) (nf)

BRUNCH

nude avocado

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

deluxe black tie avocado

yuzu smashed avocado, asian mushrooms, 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, salted caramel ice cream, 'Citizen Cacao' raw chocolate sauce, candied cacao nibs, blood orange, apple, candied peanuts
\$22 (gf) (nfo)

we love you a waffle lot

activated charcoal waffles, bacon, egg, halloumi, maple syrup
(YES IT'S ALL VEGAN!)
\$24 (nf)

BOWLS [Recommended by our mama Spoonful of Sarah]

you are so ramen-tic

signature miso broth, noodles, vegan egg, Kehoe's spicy kimchi, sweet corn, bok choy, puffed tofu
\$20 (nf) (gfo:- zucchini noodles)

gnocchi balboa

gluten free sweet potato gnocchi, walnut & berlotti bean bolognese, truffle roasted mushrooms, kale, cashew labne, vegan parmesan.
\$22 (gf)

detox your socks off

miso glazed eggplant, smashed avocado, zucchini noodles, bok choy, cauliflower rice, sesame seeds, yuzu tahini
\$19 (gf) (nf)

green breakfast bowl

matcha & black sesame quinoa, sumac dusted avocado, kale, broccoli, raw spinach, roasted mushroom, pumpkin seeds, aerated beetroot hummus
\$19 (gf) (nf)

gf - gluten friendly

gfo - gluten friendly option

nf - nut free

nfo - nut free option

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 mylk served on sourdough toast
\$10 (gfo +\$2)

scrambled tofu instead+\$1

hollandaise eggs

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

shashuka baked eggs

roasted red pepper & sumac braised vegan eggs, cashew labne, turkish bread, wild rice za'atar
\$20 (gfo +\$2)

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)

BURGER + FRIES

matcha burger

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

sweet potato fries

with almond butter or tomato relish

\$10

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

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

SMOOTHIES

FREE THE NIBS

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

WHEN DAENERYS WEARS LYCRA

dragonfruit, strawberry, banana, passionfruit, matcha, coconut water
\$12

IF YOU KNOW ANY VEGETABLE PUNS LETTUCE KNOW

avocado, spinach, banana, kale hemp seeds, strawberry, apple cider vinegar, matcha, coconut nectar, coconut milk
\$14

@STRONG AFTER WORK OUT SMOOTHIE by Nic + Ramsey

35gm prana on salted caramel plant protein, charcoal, maca, banana, dates, cinnamon, vanilla, almond mylk
\$14

A-CAI YOU, LOOKING AT ME

açai, banana, peanut butter, cacao powder, almond mylk, plant protein powder, vanilla
\$12

ADD

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

TURMERIC ELIXIRS \$6

turmeric based liquid gold elixirs- designed as a -break-the-fast aperitif or a digestive for after a good wholesome meal

IXCHEL MY BELL

turmeric, cinnamon, nutmeg, pepper, salt, coconut nectar, MCT oil

ALL IS WELL SOFIA

turmeric, ginger, lemon, apple cider vinegar, pepper, salt, coconut nectar, MCT oil



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

almond butter	\$1
tomato relish	
yuzu tahini	

OUR MENU IS 100% PLANT BASED

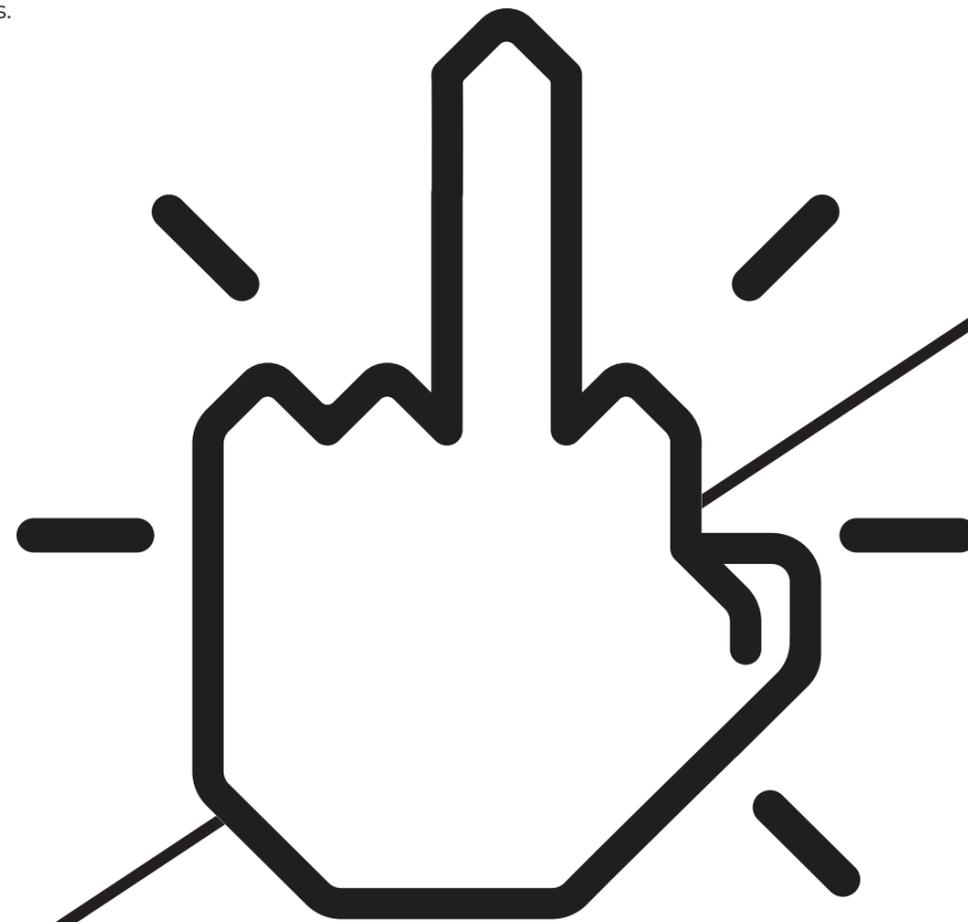
"Nothing will benefit human health and increase chances of survival of life on Earth, as much as the evolution to a plant based diet"

-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-3pm 365 days