

## THANKS A LATTES

**café latte \$4.50** [served hot or iced]  
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

 [served hot or iced]

indian spiced house made chai, original almond mylk  
*indian spices that work in synergy to calm and restore your body*

### apple pie latte \$7

 [served hot or iced]

apple cider, apple pie spice, cinnamon  
*a pre-biotic that aids digestion and enhances good bacteria*

### purple peanut butter latte \$8.5

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

## SUMMER FRUITS

### a-çai what you did there

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

### puff the magic dragon

dragonfruit, banana, strawberry, passionfruit, coconut water, matcha maiden matcha, summer fruits, granola  
**\$18** (gf) (nf)

### everyday is mango-ificent bircher

spiced Manbulloo Mango & pineapple bircher, Dad's Oats, grilled mango cheek, toasted macadamia, kaffir lime, coconut cloud  
**\$18.5** (nfo)

### if you were a tropical fruit, you'd be a fine-apple

fresh pineapple in a half pineapple, coconut sorbet, coconut flakes, pandan tapioaca pearls  
**\$15** (gf) (nf)

## BRUNCH

### this is nacho toast!

two slices of sourdough toast, classic guacamole, chipolte beans, crispy tortillas, cheese sauce, sour cream, pickeled jalapeños, coriander  
**\$20** (gfo +\$2)

### deluxe black tie avocado

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

add a poached vegan egg + \$3

### matcha made in heaven pancakes

gluten free matcha pancakes, salted caramel ice cream, chocolate sauce, candied cacao nibs, raspberries, blueberries, candied peanuts  
**\$22** (gf) (nfo)

### mac n cheese waffles

hello friend. mozzarella & macaroni waffles, cheese sauce, grilled halloumi, smoked mushroom pancetta  
**\$24** (nf)

## NOURISHING BOWLS

### VIBRANT SUMMER BOWL

raw & grilled asparagus, kale, local heirloom tomatoes, nut free pumpkin seed pesto, gluten free sweet potato gnocchi, toasted pepitas  
**\$22** (gf) (nf)

### ADAPTOGENIC MACRO BOWL

baharat roasted beetroots, chaga baba ganouch, Australian sorghum, cordyceps, living sprouts, red kraut, activated buckini's, raw kale  
**\$19.5** (gf) (nf) add falafel +\$6

### TUNA POKE BOWL

roasted watermelon 'tuna', edamame, yuzu ponzu, steamed brown rice, purple daikon, heirloom tomatoes, raw asparagus, sesame seeds, crispy sea vegetables, kimchi  
**\$18.5** (gf) (nf)

### LOW FODMAP BREAKFAST BOWL

sumac crusted avocado, broccoli, raw spinach, wilted kale, matcha infused Australian quinoa, beetroot hummus, butter beans  
**\$19.5** (gf) (nf)

### HIGH PROTEIN BOWL

roasted sweet potato stuffed with spicy black beans, corn salsa, chipotle scrambled tofu, shredded romaine lettuce, crispy tortillas  
**\$18** (gf) (nf) add sour cream + \$1  
add guacamole + \$4

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

scrambled tofu instead+\$1

### avocado hollandaise eggs

two poached vegan eggs, falafel hash brown, creamy avocado hollandaise, baba ganouch, kale, crispy chickpeas  
**\$22** (gf)

add potato & leek roesti +\$6

### big breakfast

two poached vegan eggs OR turmeric scrambled tofu, two slices sourdough toast, konjac bacon, potato & leek rosti, truffle roasted mushrooms, wilted kale, tomato relish  
**\$25** (gfo +\$2 gf toast, without bacon, extra mushroom) (nfo- scrambled tofu)

## BURGERS + FRIES

### matcha burger

garden grown protein patty, matcha bun, avocado, chickpea & beetroot hummus, crispy chickpeas, spinach, curly fries, aioli  
**\$24** (nf) (lettuce wrap option) (swap for sweet potato fries +\$2)  
add konjac bacon +\$2

curly potato fries (nf) with aioli **\$9**

sweet potato fries (gf) (nfo) with almond butter or aioli **\$10**

gf - gluten friendly  
gfo - gluten friendly option  
nf - nut free  
nfo - nut free option



## # 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)

mini mac n cheese \$8 (nf)

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

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

scrambled tofu, konjac bacon on toast \$15 (gfo) (nf)

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

## SMOOTHIES

### FREE THE NIBS

natural almond or natural peanut butter, cacao powder, cacao nibs, maca, plant protein, banana, dates, almond mylk  
**\$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, strawberry, apple cider vinegar, matcha, coconut nectar, coconut mylk  
**\$14**

### MAN-GO WILD FOR YOU

Manbullo Mangos, white chocolate, coconut flesh, banana, dates, vanilla, coconut mylk, served in a coconut  
**\$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 +\$2

## JUICE

fresh orange	<b>\$7.5</b>
fresh pineapple	<b>\$8.5</b>
young coconut	<b>\$8.5</b>
young coocnut with espresso	<b>\$10.5</b>

## 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

falafel hashbrown (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)	\$1
two slices of sourdough toast	\$6
crispy chicken schnitzel	\$6

SAUCES	\$1
almond butter	
tomato relish	

## OUR MENU IS 100% PLANT BASED

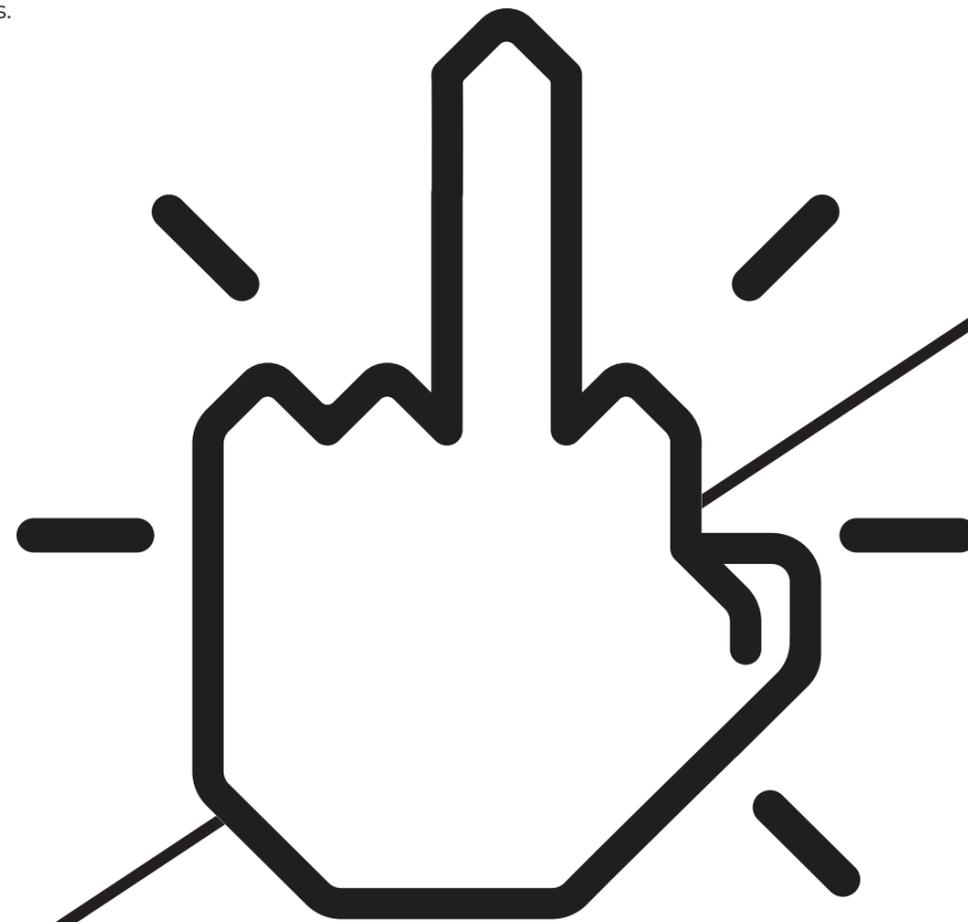
"Nothing will benefit human health and increase chances of survival of life on Earth, as much as the evolution to a plant based diet"

-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-3pm 365 days