

## THANKS A LATTES

**coffee** [served hot or iced]  
**specialty coffee by St Ali**  
 ESPRESSO, DOUBLE ESPRESSO \$4  
 LONG BLACK, LONG MACCHIATO \$4.0  
 LATTE, CAPPUCINO, FLAT WHITE \$4.0 + MYLK  
 with SOY OR COCONUT MYLK +0.80  
 with ALMOND OR OAT MYLK +1.00

SINGLE ORIGIN BATCH BREW FILTER COFFEE  
 1 CUP \$3 UNLIMITED REFILL \$6

### 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 \$8

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 \$6.8

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]

house made apple cider, apple pie spice, cinnamon [add whipped cream +2.5]

*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

## MELBOURNE CLASSICS

### SUPERFOOD GRANOLA ACAI BOWL

acai, blueberries, strawberries, raspberries, banana, passionfruit, coconut mylk, plant based protein powder, superfood & hempseed granola, coconut yoghurt, seasonal fruits

**\$18.5** (gf) (nf) **add scoop of natural peanut butter +\$1**

### WARM APPLE PIE PORRIDGE

rolled Australian oats, baked apple, poached rhubarb, vanilla, cinammon, apple cider, oat mylk, ginger biscuit crumble

**\$18.5** **add coconut whipped cream +\$2.5**

### SMASHED AVOCADO

baby heirloom tomatoes, mozzarella, kale & pepita pesto, smashed avocado, sourdough toast, crispy basil

**\$22** (gfo +\$2) (nf) **add a poached vegan egg + \$3**

### SMASHED PUMPKIN

pumpkin & hazelnut smash, grilled halloumi, two vegan eggs, corn & zucchini fritters, sourdough toast, sumac dukka

**\$22.5** (gfo +\$2) **add popcorn chicken + \$7**

## MATCHA FAVOURITES

### MATCHA MADE IN HEAVEN PANCAKES

gluten free matcha pancakes, salted caramel ice cream, chocolate sauce, candied cacao nibs, raspberries, blueberries, candied peanuts

**\$23.5** (gf) (nfo)

**add konjac bacon +\$2**

**add extra icecream +\$3**

### MAC N CHEESE WAFFLES

mozzarella & macaroni waffles, cheese sauce, grilled halloumi, smokey maple mushroom pancetta,

**\$24** (nf)

### MATCHA FRIED CHICKEN

*Our answer to KFC opening next door: provide a delicious, sustainable, harm free alternative with no clucks given. Our amazing chef's steep organic jackfruit in a lighty smoked broth with coconut oil & kombu dashi, then crumb in our not so secret herb & spice mix of panko, chipotle, cayenne pepper, black pepper, native Australian pepperberries, cumin, lemon zest, crushed garlic, onion, Mt Zero pink salt*

### POPCORN CHICKEN TRAY

our house made fried popcorn jackfruit chicken, carolina slaw, potato & gravy, curly fries

**\$21** (nf)

### THE MATCHA BURGER

fried chicken, 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**

**add American cheese +\$1.50**

### FRIES

**CURLY POTATO FRIES** (nf) with aioli **\$9**

**SWEET POTATO FRIES** (gf) (nfo) almond butter or aioli **\$10**

### LOADED FRIES

#### BACON + CHEESE SAUCE

your choice of sweet potato or curly fries loaded with our house smoked bacon bits & melted cheese sauce

**\$17**

#### POPCORN CHICKEN + GRAVY

your choice of sweet potato or curly fries loaded with our popcorn chicken & long stock gravy

**\$18**

### MF SIDES

#### MASH POTATO + GRAVY (nf)

**\$5**

#### KHOLRABI & VINEGAR SLAW (nf)

**\$4**

#### MAC N CHEESE (nf)

**\$6**

*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™

### EGGS ON TOAST

poached eggs made from sweet potato, turmeric, & almond mylk served on sourdough toast

**\$10.5** (gfo +\$2) **scrambled tofu instead+\$1**

### BIG BREAKFAST

two poached vegan eggs **OR** turmeric scrambled tofu, two slices sourdough toast, konjac bacon, potato & leek hash brown, truffle roasted mushrooms, wilted kale, tomato relish

**\$25** (gfo +\$2 gf toast, without bacon, extra mushroom)

(info- scrambled tofu)

### HOLLANDAISE EGGS

two poached vegan eggs, sourdough English muffin, avocado hollandaise, ham, spinach

**\$23.5** (gfo +\$2)

**add potato & leek hashbrown +\$6**

## LONGEVITY BOWLS

### LOW FODMAP BOWL

matcha infused quinoa, zucchini noodles, spinach, hazelnut & pumpkin smash, red kraut, burnt eggplant dip, broccoli, sprouted alfalfa, roasted capsicum dressing

**\$19.5** (gf) (nf)

**add a poached vegan egg + \$3**

### THE DAILY RITUAL BOWL

roasted pumpkin, sauteed mushroom, kale, chickpeas, miso brown rice, yuzu tahini

**\$19.5** (gf)

**add a falafel hashbrown + \$6**

### GLUTEN FREE GNOCCHI & BAKED VEGETABLE BOWL

gluten free sweet potato gnocchi, nut free pesto, roasted pumpkin, mushrooms, caramelised brussel sprouts, pepitas, snow pea tendrils

**\$22.5** (gf) (nf) **add popcorn chicken +\$7**

### DIY BOWLS

*Our staff favourite meals are to pick and choose items from longevity bowls and make our own! We thought you might like to do the same thing*

**PICK 5 OF YOUR FAVOURITE WHOLEFOODS + A SAUCE**  
**\$19.5 ADDITIONAL ITEM +\$4**

### PLANT BASED WHOLE FOODS

Miso Rice  
 Matcha infused quinoa  
 Gluten free sweet potato gnocchi  
 Baked pumpkin  
 Tomato  
 Avocado  
 Mushroom  
 Chickpeas  
 Baby spinach  
 Broccoli  
 Caramelised brussel sprouts  
 Zucchini noodles  
 Burnt eggplant dip  
 Scrambled Tofu  
 Fermented Kraut

### + SAUCE

Nut free pesto  
 Chilli oil  
 Yuzu Tahini  
 Roasted capsicum dressing

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

### FOR FUNCTIONS/ CATERING/ GROUP BOOKINGS

EMAIL [MARK@MATCHAMYLKBAR.COM](mailto:MARK@MATCHAMYLKBAR.COM)

**WE LOVE YOU SO MATCHA AND WE OPEN 365 DAYS A YEAR**

**PLEASE NOTE 18% SURCHARGE APPLIES ON PUBLIC HOLIDAYS**

## SEE PHOTOS OF EVERY DISH...



Go to [mryum.com/matcha](http://mryum.com/matcha) or scan the QR code with your iPhone camera or Google lens on Android. No QR app required!

## 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**

### JIM FROM AMERICAN PIE'S APPLE PIE SMOOTHIE

apple, apple cider, oat milk, cinnamon, almond butter, banana, date, biscuit crumble, whipped cream

**\$12.5**

### 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

Mango, 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

## FRESH JUICE

fresh orange	<b>\$7.5</b>
freshly squeezed juice of the day	<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 & leek hash brown (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
popcorn jackfruit chicken	\$7
corn & zucchini fritters (gf)	\$6
caramelised brussel sprouts (gf)	\$5

## OUR MENU IS 100% PLANT BASED

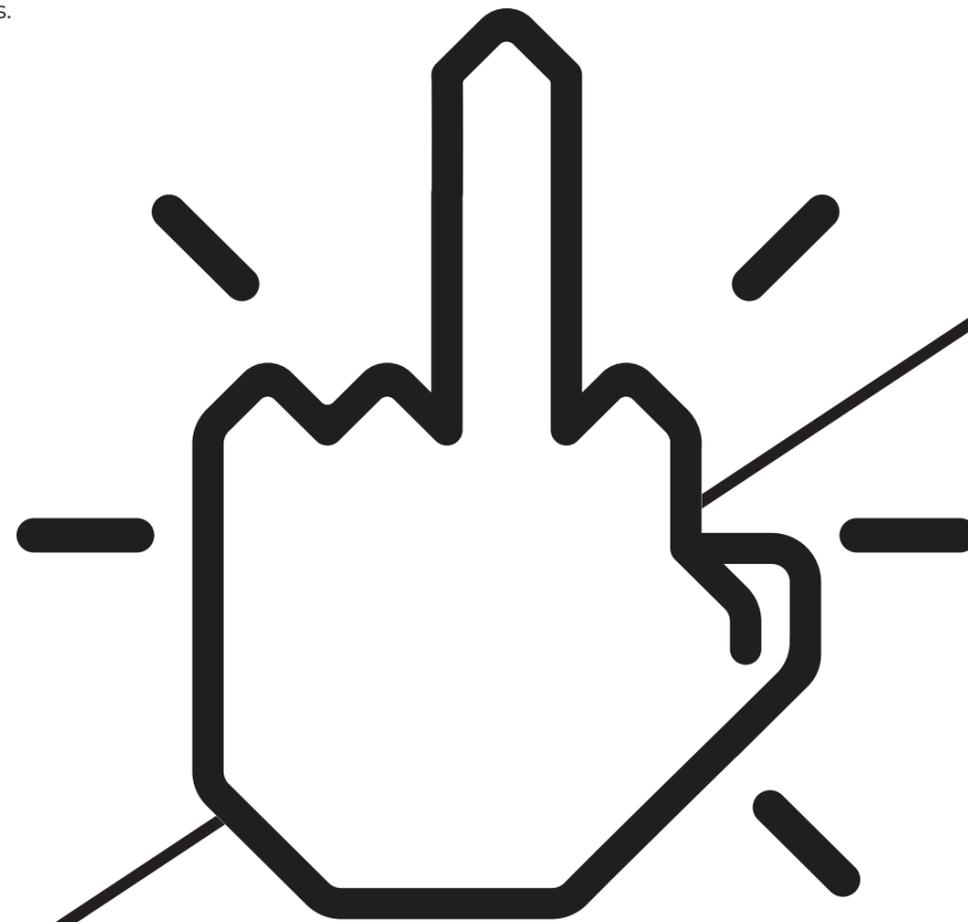
"Nothing will benefit human health and increase chances of survival of life on Earth, as much as the evolution to a plant based diet"

-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