

MELBOURNE CLASSICS	VEGAN EGGS	INSPIRED BY LONGEVITY
<p>Smashed Avocado ^(nf) baby heirloom tomatoes, mozzarella, kale & pepita pesto, smashed avocado, sourdough toast, crispy basil \$22 (gfo +\$2) add a poached vegan egg +\$3</p> <p>Smashed Pumpkin smashed pumpkin, sourdough toast, ginger lemon hummus, kale, fried cauliflower, cashew labneh, poached vegan egg \$22.5 (gfo +\$2) add popcorn chicken +\$7</p> <p>Matcha Made In Heaven Pancakes ^(gf) ^(nfo) gluten free matcha pancakes, salted caramel ice cream, chocolate sauce, candied cacao nibs, raspberries, blueberries, candied peanuts \$23.5 add bacon +\$2 add extra icecream +\$3</p> <p>Mac N Cheese Waffles ^(nf) mac n cheese waffles, cheese sauce, fried chicken, smoked maple syrup \$24</p>	<p>Eggs On Toast our original recipe poached eggs on sourdough toast \$10.5 (gfo +\$2) scrambled tofu instead +\$1</p> <p>Big Breakfast two poached vegan eggs OR turmeric scrambled tofu, two slices sourdough toast, bacon, potato hashbrown, truffle roasted mushrooms, wilted kale \$25 (gfo +\$2 gf toast, without bacon, extra mushroom) (nfo- scrambled tofu)</p> <p>Hollandaise Eggs two poached vegan eggs, sourdough English muffin, avocado hollandaise, ham, spinach \$23.5 (gfo +\$2) add potato hash brown +\$6</p>	<p>Low FODMAP Bowl ^(gf) ^(nfo) matcha infused quinoa, zucchini noodles, spinach, hazelnut & pumpkin smash, red kraut, burnt eggplant dip, broccoli, sprouted alfalfa, roasted capsicum dressing \$19.5 add a poached vegan egg + \$3</p> <p>Gluten Free Gnocchi & Baked Vegetable Bowl ^(nf) gluten free sweet potato gnocchi, nut free pesto, roasted pumpkin, mushrooms, caramelised brussel sprouts, pepitas, snow pea tendrils \$22.5 add popcorn chicken +\$7</p> <p>Elle O Elle (Laugh Out Loud) Bowl ^(gf) ^(nf) tossed greens, brussel sprouts, truffle roasted mushrooms, burnt eggplant dip, broccoli, kale & pepita pesto, roasted capsicum dressing \$21.5</p>
	SIDES	DIY BOWLS \$19.5
	<div><p>potato hashbrown ^(gf) \$6 truffle roasted mushrooms ^(gf) \$5 heirloom tomatoes ^(gf) \$5 tossed dark leafy greens ^(gf) \$6 bacon \$6 half avocado ^(gf) \$6 turmeric scrambled tofu ^(gf) \$6 mac 'n' cheese \$6</p><p>FRIES Popcorn Chicken + Gravy Fries your choice of sweet potato or curly fries loaded with our popcorn chicken & long stock gravy \$18</p></div> <div><p>crispy chicken schnitzel \$6 popcorn chicken \$7 fried cauliflower \$6 caramelised brussel sprouts ^(gf) \$5 halloumi ^(gf) \$6 avocado hollandaise sauce \$2 two slices of sourdough toast \$6 mash potato & gravy \$5</p><p>Curly Potato Fries ^(nf) \$9 w/ aioli</p><p>Sweet Potato Fries ^(gf) ^(nfo) \$10 w/ almond butter or aioli</p></div>	<p>Our staff's 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</p> <p>Pick 5x Plant Based Wholefoods</p> <div><div>GF Sweet Potato Gnocchi Matcha Infused Quinoa Caramelised Brussel Sprouts Baked Pumpkin Zucchini Noodles Mushroom Fried Cauliflower Smashed Avocado Coleslaw Pumpkin Hazelnut Smash</div><div>Chickpeas Baby Spinach Broccoli Tomato Burnt Eggplant Dip Scrambled Tofu Fermented Kraut Ginger Lemon Hummus Poached Vegan Egg Kale</div></div> <p>+ A Sauce Nut free pesto Roasted capsicum dressing</p> <p>Cashew Labneh</p>



MOTHERFORKERS FRIED CHICKEN

Popcorn Chicken Tray ^(nf)
our house made fried popcorn jackfruit chicken,carolina slaw, potato & gravy, curly fries
\$21 (gfo: sub for gluten free activated charcoal chicken +\$2)

The Matcha Burger ^(nf)
fried chicken, matcha bun, avocado, chickpea & beetroot hummus, crispy chickpeas, spinach, curly fries, aioli (lettuce wrap option)
\$24
sweet potato fries +\$2
add bacon +\$2
American cheese +\$1.50

MF Sides
mash potato + gravy ^(nf) \$5
mac 'n' cheese ^(nf) \$6



EATING HERE WAS A HUGE MISSED STEAK

Our answer to KFC opening next door: provide a delicious, sustainable, harm free alternative with no clucks given. Our amazing chefs 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 zedt, crushed garlic, onion, Mt Zero pink salt

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



DRINKS



SMOOTHIES \$12.5

All our smoothies are made with only natural ingredients, packed with 30gm of organic spouted plant protein & at least 25gm of pure protein per serve, Served in a 415ml skull cup for dine and all are available for takeaway

An Almond A Leg
almond butter, banana, cocoa, dates, almond mylk

You're Just Peanut Butter & jealous
peanut butter, banana, cocoa, dates, almond mylk.

Almond Schwarzenegger
almond butter, acai, banana, blueberry, almond mylk.

Berry Blue, Without You
blueberries, almond butter, dates, almond mylk, coconut flesh

Acai Dead People
cacao nibs, cocoa, acai, banana, peanut butter, almond mylk, sea salt

Acai The Nibs
espresso, cacao nibs, cocoa, acai, banana, peanut butter, almond mylk

Free The Nibs
double espresso, banana, cocoa, cacao nibs, dates, almond mylk

Acai What You Did There
acai, banana, chia, superfood mix of flaxseed, pumpkin seed, buckwheat, goji berries, puffed brown rice & hemp seed, almond mylk

In My Elemint
peppermint oil, banana, dates, almond butter, cocoa, cacao nibs, almond mylk

You Are The Peanut Butter To My Jelly
blueberry, strawberry, raspberry, peanut butter, dates, almond mylk



ACAI BOWLS \$18

Our acai bowls are made with only natural ingredients, packed with 30gm of organic spouted plant protein & with at least 25gm of pure protein per serve, topped with our hemp seed granola which contains a complete profile of all essential amino acids and an extra protein punch, available for dine or takeaway

It Was A Perfect Matcha, They Lived Happily Avo After
avocado, matcha, banana, kale, spinach, coconut mylk, topped with seasonal fruit & hemp seed granola

Chocolate Salt Bae
coconut meat, banana, peanut butter, maca, cocoa, almond mylk, sea salt topped with seasonal fruit & hemp seed granola

I Once Was Blind But Now Acai
acai, banana, blueberry, almond butter, almond mylk, topped with seasonal fruit & hemp seed granola

I've Got Blue Bowls
e3 live blue spirulina, blueberry, raspberry, strawberry, coconut mylk topped with seasonal fruit & hemp seed granola

A Pun About Turmeric Should Spice It Up
turmeric, pineapple, banana, mango, ginger, coconut mylk topped with seasonal fruit & hemp seed granola

My Acai Bowls Are Freezing
acai, banana, almond mylk, strawberry, superfood mix of flaxseed, pumpkin seed, buckwheat, goji berries, puffed brown rice topped with seasonal fruit & hemp seed granola

FRUIT & VEG SMOOTHIES \$12.5

Wiz Kale Leafa
kale, pineapple, avocado, blue spirulina, coconut water, spinach

When You Are Feeling Berry Blue
blue spirulina, strawberry, blueberry, raspberry, coconut water

If You Know Any Vegetable Puns Lettuce Know
spinach, matcha, banana, strawberry, coconut water

Kale Yeah I Like Bad Puns
kale, mango, pineapple, coconut water, coconut flesh

Enough To Make A Mango Banana's
mango, banana, blueberry, strawberry, coconut water

Mango Wild For You
mango, turmeric, ginger, pineapple, cinnamon, coconut water

FRESH ORANGE JUICE \$7.5
FRESHLY SQUEEZED JUICE OF THE DAY \$9
YOUNG COCONUT \$8.5

SMOOTHIE + BOWL EXTRAS \$2

Peanut butter	Shot of Coffee
Almond Butter	Extra Protein
Crushed Oreos	Turmeric Powder
Whipped Cream	Matcha Powder
Chocolate Sauce	Coconut Yoghurt
Raspberry Sauce	

“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

YOUR PERFECT MATCHA

Matcha Maiden
japanese certified organic 100% pure stone ground tea
organic matcha green tea \$5
matcha latte - coconut/ soy/ almond/ oat mylk \$6
iced matcha latte - coconut/ soy/ almond/ oat mylk \$7
salted caramel matcha latte (hot or iced) \$9

THANKS A LATTES

Specialty Coffee (By St Ali)
WHITE COFFEE (Brazil Columbia Blend) \$4.8
with OAT/ SOY/ COCONUT or ALMOND
BLACK COFFEE (Brazil Columbia Blend) \$4.2
ICE COFFEE Black \$5 White \$6
add icecream + \$2

Single Origin Batch Brew Filter Coffee
1 Cup \$4 Unlimited Refill \$6

Mushroom & Date Latte \$7
chaga mushroom, vanilla essence, cacao, soy mylk, coconut nectar
ancient chinese herbal medicine that strengthens the immune system

Blue Algae Latte (Smurf) \$9
live e3 algae, pineapple, ginger, almond mylk, coconut nectar
boosts a powerful deck of nutrients, protein, enzymes, minerals
vitamins: A, K, B12, iron & manganese

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
cacao, 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, cacao, 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 turmeric, matcha or espresso to any latte +\$2