

## MELBOURNE CLASSICS

### Smashed Avocado (nfo) (gfo +\$2)

baby heirloom tomatoes, smoked almond curd, kale & pepita pesto, smashed avocado, sourdough toast, crispy basil

**\$22** (gfo: gluten free toast +\$2)

add a poached vegan egg +\$3

### DIY SMASHED AVOCADO (nf) (gfo +\$2)

two slices of sourdough, smashed avo, lemon, with your choice of peanut butter or vegemite

**\$12.5**

add mushrooms + \$5

add hash browns +\$5

add halloumi +\$6

add bacon + \$5

add poached egg + \$3

add popcorn chicken +\$7

### Ham & Cheese Toastie (nf) (gfo +\$2)

sourdough toastie with ham, cheese, tomato, side of hash browns

**\$13.5**

**NO CREPE! WE HAVE A NEW PANCAKE MENU, FREE PANCAKES ON YOUR BIRTHDAY\* TAG A MATE & PANCAKE THEIR DAY**

## 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 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 matchagreen tea.

We are proud to be an active part of the plant based movement and as always we do so because we love you so matcha.

## MOTHERFORKERS FRIED CHICKEN

### Popcorn Chicken Tray (nf) (gfo +\$2)

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

**\$19.5**

### The Fried Chicken Burger (nf) (gfo +\$2)

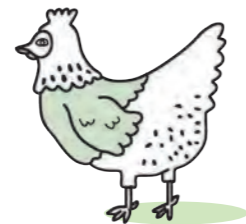
fried chicken, american cheese, avocado, spinach, mustard, pickle, curly fries & aioli on a sesame seed bun (lettuce wrap option)

**\$21.5**

swap for sweet potato fries +\$2

add bacon +\$2

swap for a green matcha bun +\$1



## VEGAN EGGS

### Eggs On Toast (nfo) (gfo +\$2)

our original recipe poached eggs on sourdough toast

**\$10.5** scrambled tofu instead +\$1



### Hollandaise Eggs (nfo) (gfo +\$2)

two poached vegan eggs, sourdough toast, avocado hollandaise, ham, spinach

**\$21.5**

add hash browns +\$5

### Big Breakfast (nfo) (gfo +\$2)

two poached vegan eggs OR turmeric scrambled tofu, sourdough toast, bacon, potato hashbrown, truffle roasted mushrooms, wilted kale, mac n cheese

**\$23**

### DIY Big Breakfast (nfo) (gfo +\$2)

two poached vegan eggs OR turmeric scrambled tofu, sourdough and your choice of 4 sides

**\$23**

## SIDES

hash browns <sup>(gf)</sup> \$5

truffle roasted mushrooms <sup>(gf)</sup> \$5

heirloom tomatoes <sup>(gf)</sup> \$5

tossed dark leafy greens <sup>(gf)</sup> \$6

bacon \$6

half avocado <sup>(gf)</sup> \$6

turmeric scrambled tofu <sup>(gf)</sup> \$6

mac 'n' cheese \$6

halloumi <sup>(gf)</sup> \$6

crispy chicken schnitzel \$6

popcorn chicken \$7

fried cauliflower \$6 <sup>(gf)</sup>

ginger lemon hummus <sup>(gf)</sup> \$5

smashed avocado <sup>(gf)</sup> \$6

avocado hollandaise sauce \$2 <sup>(gf)</sup>

two slices of sourdough toast \$6

mash potato & gravy \$5 <sup>(gf)</sup>

carolina coleslaw \$4 <sup>(gf)</sup>

## FRIES

### Loaded Fries

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

**\$18**

### Curly Potato Fries (nf)

**\$9** w/ aioli or tomato sauce

### Sweet Potato Fries (gf) (nfo)

**\$10** w/ almond butter or aioli

## 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 zest, crushed garlic, onion, Mt Zero pink salt

## INSPIRED BY LONGEVITY

### Low FODMAP Bowl (gf) (nf)

matcha infused quinoa, kale, spinach, minted peas, red kraut, ginger lemon hummus, broccoli, sprouted alfalfa, sumac sesame dressing

**\$19.5**

add a poached vegan egg + \$3

### Gnocchi Bowl (gf) (nf)

gluten free sweet potato gnocchi, kale & pumpkin seed pesto, eggplant balls, spinach, chickpeas, parmigiano

**\$22.5**

add popcorn chicken +\$7

### Halloumi Bowl (gfo) (nf)

grilled sesame halloumi, matcha soba noodles, broccoli, edamame, maple roasted Brussel sprouts, Mark + Vinny's chilli oil, mint & coriander pesto

**\$21.5**

## DIY BOWLS \$19.5

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

### Pick 5x Plant Based Wholefoods

GF Sweet Potato Gnocchi  
Matcha Infused Quinoa  
Fried Cauliflower  
Eggplant Balls  
Matcha Soba Noodles  
Mushroom  
Brussel Sprouts  
Smashed Avocado  
Miso Brown Rice  
Edamame  
Carolina Coleslaw

Chickpeas  
Baby Spinach  
Broccoli  
Tomato  
Minted Peas  
Scrambled Tofu  
Fermented Kraut  
Ginger Lemon Hummus  
Poached Vegan Egg  
Kale  
Grilled Halloumi



### + A Sauce

Nut free kale & pepita pesto  
Avocado hollandaise

Nut free mint & coriander pesto  
Sumac sesame dressing

## DIETARIES

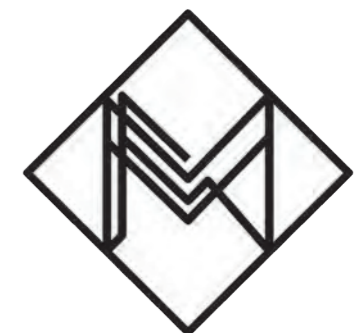
gf - gluten friendly

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, house oat mylk

### You're Just Peanut Butter & Jealous

peanut butter, banana, cocoa, dates, house oat mylk

### Almond Schwarzenegger

almond butter, acai, banana, blueberry, house oat mylk

### Berry Blue, Without You

blueberries, almond butter, dates, fresh coconut, house oat mylk

### Acai Dead People

cacao nibs, cocoa, acai, banana, peanut butter, house oat mylk, sea salt

### Acai The Nibs

espresso, cacao nibs, cocoa, acai, banana, peanut butter, house oat mylk

### Free The Nibs

double espresso, banana, cocoa, cacao nibs, dates, house oat mylk

### Acai What You Did There

acai, banana, chia, superfood mix of flaxseed, pumpkin seed, buckwheat, goji berries, puffed brown rice, hemp seeds, house oat mylk

### In My Elemint

peppermint oil, banana, dates, almond butter, cocoa, cacao nibs, house oat mylk

### You Are The Peanut Butter To My Jelly

blueberry, strawberry, raspberry, peanut butter, dates, house oat mylk



## ACAI BOWLS \$18.5

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, house oat mylk, topped with seasonal fruit & hemp seed granola

### Chocolate Salt Bae

fresh coconut, banana, peanut butter, maca, cocoa, house oat mylk, sea salt topped with seasonal fruit & hemp seed granola

### I Once Was Blind But Now Acai

acai, banana, blueberry, almond butter, house oat mylk, topped with seasonal fruit & hemp seed granola

### The Blue Mermaid Bowl

e3 live blue spirulina, mango, banana, house oat mylk, 100s & 1000s 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

### You're Adora-Bowl

acai, banana, house oat 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, spinach, coconut water

### What Is Blue And Not Very Heavy? Light 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, fresh coconut, coconut water

### 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

REMEDY KOMBUCHA

\$6.5

## SMOOTHIE + BOWL EXTRAS \$1.5

Peanut butter

Shot of Coffee

Almond Butter

Extra Protein

Crushed Oreos

Turmeric Powder

Whipped Cream

Matcha Powder

Chocolate Sauce

Salted Caramel

Raspberry Sauce

Blue Spirulina

**"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 INGLEWOOD)

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, coconut nectar, soy mylk ancient chinese herbal medicine that strengthens the immune system

### Blue Algae Latte (Smurf) \$9

live e3 algae, pineapple, ginger, coconut nectar, almond mylk 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, cacao, coconut blossom, coconut mylk a root vegetable that detoxifies and fights inflammation

### Turmeric Latte \$7

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, coconut nectar 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, dates, soy mylk 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**