

# DRINKS MENU

**MOM**  
**CAFE.**

Market On Malvern

## EXPERIENCE FOOD AS MEDICINE AND MADE WITH LOVE

MOM cafe is a place where our food is served as medicine and made with LOVE. Our team of doctors, dietitians, nutritionists, naturopaths and chefs have created a menu with ingredients that have been researched and validated for the purpose to heal your body and mind.

MOM cafe is a place where we understand people with dietary and digestive needs. Our health professionals and chefs have created a menu with options such as fodmaps, paleo, vegan, gaps, yeast, dairy, nut and gluten free. Our goal is for you and your family to feel safe and have peace of mind when dining with us.



Beingwell  
HEALTHCARE

388 Malvern Rd Prahran 3181 03 9510 886 [momcafe.com.au](http://momcafe.com.au)  
(Monday-Friday 7am-4pm Saturday-Sunday 8am-4pm)

@marketonmalvern marketonmalvern wifi, foodasmedicine

We will always do our best to ensure we deliver the highest food quality and health benefits, however, we can not guarantee with our food and drinks that cross contamination does not occur. The supplements listed are only to be used as a guide to your health and should not be used as a recommendation or prescription. As such, please understand that MOM cafe can not be responsible for any injury, loss or damage claimed by any guest with food, drinks allergy or supplements. If you have a specific dietary need, please speak to our customer service team.

## SMOOTHIES

pitaya - banana - young coconut flesh - pineapple - coconut water (fodmap)	\$12.00
spinach - banana - kale - pineapple - coconut milk	\$12.00
banana - coconut ice cream - maple water - almond milk - cinnamon (fodmap)	\$12.00

## COLD PRESSED JUICES

(pressed daily here)	
kale - lemon - pear	\$9.00
beetroot - carrot - apple - pear	\$9.00
orange - pineapple - watermelon	\$9.00

## BOOST YOUR SMOOTHIE

**PROTEIN BOOST** organic hemp protein powder plus activated almonds to munch on to activate your digestion (add \$3.00)  
**IMMUNE** vitamin c with hesperidin or olive leaf extract (add \$1.00)    **ENERGY** super greens and reds (add \$1.00)  
**DIGESTION** aloe vera probiotic or agave inulin (add \$1.00)    **SLEEP** cherry concentrate juice or spirulina (add \$1.00)  
**STRESS** chia seeds (add \$1.00)

## COFFEES & TEAS

latte	\$3.90
cappuccino	\$3.90
espresso	\$3.90
long black	\$3.90
flat white	\$3.90
piccollo	\$3.90
short machiato	\$3.90
long machiato	\$3.90
mocha	\$3.90
hot chocolate	\$4.50
kids hot chocolate	\$4.00
babycinos	\$1.00

## SPECIAL DRINKS

iced cocoa	\$6.00
iced coffee	\$6.00
calmer sutra chai	\$5.00
golden turmeric latte	\$5.00
matcha latte with agave	\$5.00
blue latte with coconut milk	\$5.00
beetroot cocoa latte	\$5.00
super cold drip	\$6.00

## EXTRAS

soy	\$0.50
rice	\$0.50
coconut	\$0.50
almond	\$0.50
decaf	\$1.00
organic blend and milk	\$0.50

## ORGANIC TEAS

english breakfast	\$4.00
earl grey	\$4.00
pu erh	\$4.00
sencha green	\$4.00
chrysanthemum and green	\$4.00
lemongrass and ginger	\$4.00
vitality (ginseng, rhodiola, astragalus)	\$4.50
digest (fennel, aniseed, lemon balm)	\$4.50
calming (chamomile, lemon balm, lavender)	\$4.50
sleep (passion flowers, valerian, lavender)	\$4.50
immune (Echinacea, ginger, rose hip)	\$4.50
liver (st marys thi, schizandra, dandelion root)	\$4.50

## COLD DRINKS

nakd sparkling water 500ml	\$7.50
sparkling apple cider vinegar lycee	\$4.50
beyond coconut water	\$4.00
charcoal alkaline water	\$4.00
good brew Kombucha	\$5.00
- hibiscus lemongrass ginger	
- green tea	
- sencha mint, apple, chlorophyl	
- orange, passion flower, turmeric	
karma wellness water	\$4.50
- acai pomberry	
- passionfruit green tea	