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MOM CAFE – MARKET ON MALVERN

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PRICE

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FODMAP. GAPS. GF. Whether these acronyms mean something to you or not, you need to commit this to memory – MOM – Market on Malvern is Prahran's latest health food cafe.

Sitting inside Prahran's Beingwell Healthcare centre, MOM is the brainchild of owner, Dr Anthony Yeuong, a highly qualified medical professional. Ever since starting his healthcare practise more than 17 years ago, Anthony has dreamed of opening a cafe catering to individual dietary requirements and health complications and being able to provide delicious meals that also fit nutritional guidelines.

Alongside Head Chef, David Selex (former Nobu sous chef), and a team of doctors, dieticians, nutritionists and naturopaths, Anthony has crafted a menu to rejuvenate your body and mind, and cater to those with dietary requirements.

Nutritional properties of the ingredients are written on your menu as a guide, with a focus on 'food is medicine', and a key to finding your niche, from gluten free to vegan.

Breakfast begins with smoothies and bowls, such as the cacao smoothie bowl with dates, peanuts, almond, flax seeds, fruit and 'coco pops'. Putting an end to the 'gluten, dairy and yeast free, means taste free' stereotype are the red velvet pancakes, served with fresh strawberries, coconut yogurt and chocolate date syrup.

For lunch, roast Tasmanian salmon fillet boosts immunity with red pepper, carrot and sprouted bean fattoush salad, teff crisps and olive leaf extract. To get your digestive system moving, choose the red rice with miso eggplant, sesame greens and ginger pickled carrot and daikon with agave inulin.

Boost your day with one of the superfood smoothies such as the pitaya with banana, young coconut flesh, pineapple and coconut water – a FODMAP friendly treat. Need to destress? Add some chia seeds, or for extra energy add some super greens.

Cold-pressed juices, kombucha and Karma wellness water will have you feeling re-energised or order one of the many hot drinks with a wide range of milk choices from rice through to almond. In true Melbourne style, it's not just coffee they serve, but a rainbow of lattes from golden to beetroot cacao and even blue algae.

You can even bring along your best friend, with a cute 'puppy love' menu serving munch crunchy doggy biscuits and doggy icy poles for when the weather heats up.