

# Bright New Things In Melbourne: This Month's Openings

27TH JANUARY 2017 BY MEGAN SAHLI

It wouldn't be Melbourne if we didn't see #newthings opening left, right and centre. So we've decided to keep you in the loop. This is the first in a series of twelve pieces we hope to publish this year, letting you know about some of Melbourne's newest spots to try out. Read on for our January picks.

## Market On Malvern (MOM)

Prahran's latest health food café, MOM, opened its doors on January 5. Focusing on the ethos 'food is medicine', owner Dr Anthony Yeuong, along with head chef David Selex (formerly of Nobu), have created a menu suited for those who suffer from food allergies and intolerances. The drinks menu comprises smoothies, cold-pressed juices, coffee and tea, and even an array of very special waters. The food menu is segmented into breakfast and lunch and is quite substantial. Choose from a range of dishes specially designed to be fodmaps, paleo, and vegan friendly, as well as yeast, dairy, nut and gluten free. MOM's menu is educational as well as delicious with information on what foods provide us with energy, good for digestion, stress, sleep and for a good immune system. There will be no upset tummies at this café.



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