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## MARKET ON MALVERN IS PRAHRAN'S NEW CAFE FOR PEOPLE WITH ALLERGIES AND DIGESTIVE ISSUES

*Dairy, gluten, fructose, nut or animal product free? This is your happy place.*

"Let food be thy medicine and medicine be thy food." They're words famously spoken by Hippocrates, way back when, and lived diligently by so many foodies, even today. They also sum up the concept at the heart of bright new Prahran café [Market on Malvern](#), which opened its doors in October.

The brainchild of Dr Anthony Yeung, who's also behind adjoining health practice Beingwell Healthcare, MOM was dreamt up in response to a growing number of patients with dietary dramas and allergy issues. Dr Yeung has long been a champion of food that both tastes good and feels good afterwards, and now he's treating the good folk of Melbourne with a bit of pre-emptive edible 'medicine', Hippocrates-style.

With an ex-Nobu chef helming the kitchen, MOM's catering to clean eaters and flavour seekers alike; its thoroughly-researched menu is packed full of paleo, vegan, allergen-free, and FODMAP-friendly goodness. Dishes are categorised according to their specific properties and benefits to the body. You might find yourself boosting those energy levels with the caramelised sweet potato and hemp protein hummus, or you might opt for the red rice and miso eggplant, to help soothe any digestive issues.

Backing up all those healing food options, there's a slew of juices and smoothies, coffee by Allpress, and a list of caffeine-free lattes that runs from beetroot right through to mushroom.

ADVERTISING

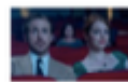
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