

PASTRIES MENU

MYLK LAB BY GENKI

CLASSIC CHOCOLATE CHUNK COOKIES 16

GINGERBREAD COOKIES 18
heart or honeybee cut-outs

HOMEMADE RASPBERRY JAM THUMBPRINT COOKIES 20

DOUBLE CHOCOLATE SEA SALT COOKIES 16
with organic espresso

POWER COOKIES 18
buckwheat, flax - sunflower - pumpkin seeds, raisins, dark chocolate; nut-free

TWIX BARS 22
coconut shortbread base, almond butter caramel filling, dark chocolate top

ENERGY ORBS 15
raw apple, apricot, coconut, vanilla pea protein, rice cakes, raw cacao, almond butter, sunflower seeds, sesame seeds

DOUBLE CHOCOLATE DIPPED DONUTS 22
sprinkled with cacao nibs

SEASONAL

PUMPKIN PIE add 32
organic coconut whipped cream +5

DOUBLE CHOCOLATE FUDGY BROWNIES 25

CREME BRULEE TART 42

SUPER FOOD BANANA BREAD with organic reishi chocolate chunk version +4; nut-free 16

STICKY CINNAMON ROLLS with lemon frosting weekends only or special order 32

MAPLE CUPCAKES with ROSE CASHEW BUTTERCREAM 28

MAPLE CUPCAKES with ORANGE CASHEW BUTTERCREAM 28

MOCHA CUPCAKES 30
nut-free; coconut milk, espresso and chocolate ganache frosting; crumbs

CARROT MUFFINS 15
nut-free; super moist!

MATCHA MUFFINS 18
nut-free; with spinach, black sesame

APPLE PIE BARS 20

ASSORTED VEGAN "NICE" CREAM

CUSTOM CAKES

serves 8-10 people fresh fruit & floral decoration available +12 48-72 hours notice required
custom chocolate message available +10

ORANGE MAPLE CAKE 305
cashew buttercream, moist cake

ROSE MAPLE CAKE 305
cashew buttercream, moist cake

MOCHA BLACKOUT CAKE 315
coconut milk, espresso and chocolate ganache frosting

BROWNIE CAKE 145
serves 6-8, made with our bestselling dessert

FOOD MENU

MYLK LAB BY GENKI

ALL-DAY BREAKFAST

CHICKPEA OMELETTE

please ask your server for available filling options (extra charge)

40

GRANOLA & FRUITS

homemade maple bunches granola, fresh blueberries, strawberries, apple, pomegranate, activated mylk of your choice

54

HALF & HALF

overnight oats and chia seed pudding, homemade almond butter, activated almond mylk, maple syrup, fresh fruit toppings

58

PROTEIN PANCAKES

fluffy oat-based pancakes, Nuzest Just Vanilla pea protein, activated pumpkin seed mylk, maple syrup, fresh fruit toppings

60

SIGNATURE WAFFLES

gluten free crispy waffles, fresh blueberries or strawberries, maple syrup or chocolate sauce, organic coconut whipped cream

56

AÇAÍ BOWLS* CHOOSE PS / CO / AL MYLK

original superfruit - acai, blueberries, banana, cinnamon
aloha acai - acai, blueberries, pineapple, banana, maca
chocolate berry - acai, blueberries, banana, raw cacao
go green - acai, blueberries, kale, banana, maca

55

*add almond butter

SAT - WED

10AM - 10PM

THUR & FRI

10AM - 12AM

MADE TO ORDER DESSERTS

GENKI'S BROWNIE

36

fudgy brownie, organic coconut whipped cream, organic caramel sauce

CREME BRULEE TART

42

almond and oats cookie crust, cashew and chickpea cream filling, torched coconut sugar

BANANA BREAD TOAST

26/28

almond butter, organic chia seeds and sunflower seeds sprinkle

STRAWBERRY SCONES

22

freshly baked to order; flakey, buttery, coconut-ty, melt-in-your-mouth!

VEGAN | GLUTEN FREE | REFINED SUGAR FREE | SOY FREE | PEANUT FREE | YEAST FREE | ADDITIVE FREE

FOOD MENU

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SNACKS, SALADS PASTAS & RICE

POTATO QUINOA KIBBEH 52

crunchy and spiced quinoa crust, baby spinach, chickpeas, pine nuts, cumin, lemon, tomato relish dip

CHEEZE & CHIPS 40

basil & lemon, chipotle red pepper, coriander curry, or creamy ranch
+ non-GMO blue potato chips

MAC N' CHEEZE 60

smokey vegan cheese sauce, elbow macaroni pasta, sauteed kale, sprinkle of chili flakes (optional)

GYOZA (POTSTICKERS) 42

olive and mixed veggie filling, gluten free homemade wrappers, side of shatta chilli paste, thai dressing drizzle (4 pc)

TOMATO CREAM PENNE 60

wild mountain oregano and lemon thyme vegan tomato cream sauce, penne pasta, alfalfa sprouts

TACO QUINOA SALAD 60

organic fresh greens, guacamole, chipotle black bean dip, sauteed mushrooms, vegan sour cream slaw

KIMCHI KIMBAP 45

Korean sushi rolls filled with home-made kimchi, pickled vegetables, brown rice, sesame (10 pc)

JAPANESE KATSU CURRY 60

shallow-fried eggplant katsu, mild vegetable curry, steamed brown rice, pickled red ginger

SUPER TOASTS*

44 FOR 2 / 30 FOR 1

served on homemade organic chia seed and flax seed yellow corn arepas

AVOCADO LOVER

the best ever guacamole, wheatgrass chimichurri drizzle, alfalfa sprouts

CURRIED FALAFEL

vegan sour cream, fresh cucumber slices, spicy tomato relish (mild), alfalfa sprouts

MEXI-CALI SPECIAL

chipotle black bean spread, guacamole, vegan sour cream slaw, fresh salsa cruda

SMOKED CARROT LOX

vegan cream cheese, capers, dried nori (seaweed) strips

SPRING GODDESS

sauteed portobello mushroom, vegan cream cheese, green goddess pesto slaw, alfalfa sprouts

**feel free to mix and match!*

POWER PLATES

58 STANDARD + EXTRAS

colourful plates of vegetables, grains, protein and other macronutrients!
ask one of our team members for a build-your-own order pad :)

DRINKS MENU

MYLK LAB BY GENKI

ESPRESSO BAR

organic coffee beans, locally roasted

ESPRESSO SINGLE OR DOUBLE 18

AMERICANO SINGLE OR DOUBLE 20
add ice +2

LATTE SINGLE OR DOUBLE 26
organic activated almond or coconut oat mylk
add ice +2

CAPPUCCINO SINGLE OR DOUBLE 26
organic activated almond or coconut oat mylk

MOCHA SINGLE OR DOUBLE 32
rich dark chocolate sauce, organic activated
almond or coconut oat mylk, add ice +2
**add lavender +4*

PICCOLO SINGLE 24
organic activated almond or coconut oat mylk

FLAT WHITE DOUBLE 26
organic activated almond or coconut oat mylk

GENKICCHINO SINGLE 22
rich dark chocolate sauce, organic activated
almond or coconut oat mylk, raw cacao powder

CARAMEL LATTE SINGLE OR DOUBLE 30
organic coconut caramel sauce, organic activated
almond or coconut oat mylk, add ice +2

BOBA & MORE

add tapioca "boba" pearls steeped in organic
coconut syrup to any of your drinks! +10

GOLDEN YUNNAN ICED 28
organic black tea, vanilla bean, coconut
sugar, activated almond mylk

EARL GREY ICED 28
organic earl grey tea, vanilla bean, coconut
sugar, activated almond mylk

MATCHA MYLK ICED 26
organic premium matcha, activated almond
or pumpkin seed mylk, unsweetened

KARAK HOT OR ICED 28
organic black tea, cardamom, saffron,
coconut sugar, activated almond mylk

WHITE HOT OR ICED 30
organic cold brew coffee, cinnamon, maca,
maple, activated almond or coconut oat mylk

MANGO MYLK ICED 34
mango, maple, organic activated mylk
of your choice

MATCHA

ORGANIC RAW MATCHA 20
served hot, the traditional way

ORGANIC RAW MATCHA 22
shaken, served over ice (a crowd favourite)

MATCHA COLADA ICED 36
pineapple-blended activated coconut oat
mylk, maple, organic raw matcha

OTHER DELIGHTS

RAW GINGER MYLK 30
served hot, choose dates OR honey

LEMON & GINGER 25
hot or iced, add honey or maple +4

BERRYLICIOUS ICED 30
strawberries, blueberries, lemon, mint
add honey or maple +4

VEGAN | GLUTEN FREE | REFINED SUGAR FREE | SOY FREE | PEANUT FREE | YEAST FREE | ADDITIVE FREE

DRINKS MENU

M Y L K L A B B Y G E N K I

ICED MYLKs WITH CHOCOLATE BOTTOMS

30 / 24~25 KIDS SIZE

add dates, honey or maple syrup +3 / 5

CAPTIVE

raw cacao blended activated almond or coconut oat mylk with chocolate sauce

CHARMING

vanilla bean blended activated almond or coconut oat mylk with chocolate sauce

DIVA +2

strawberry blended activated almond or coconut oat mylk with chocolate sauce

REBEL

matcha blended activated almond or pumpkin seed mylk with chocolate sauce

SINFUL

raw cacao blended activated hazelnut mylk with chocolate sauce

SUPER FOOD LATTES

30 (hot or iced)

with your choice of organic activated mylk (pumpkin seed, coconut oat or almond)

XOXO TURMERIC

organic turmeric, lucuma, ginger, black pepper

RUBY WOO

organic beetroot, maca, cinnamon
try it with rose water, it's lovely! +3

SALTED CARAMEL

organic mesquite, carob

MYSTIC MATCHA

organic matcha, lucuma, wheatgrass

SUPER FOOD SMOOTHIES

40/ 32 KIDS SIZE*

add 1 scoop GF/NON-GMO PEA PROTEIN POWDER +15
add MAPLE BUNCHES GRANOLA as a topping +5
add ALMOND or PUMPKIN SEED PULP *free*

NUTS ABOUT YOU*

banana, raw cacao, almond butter, dates, reishi,
your choice of organic activated mylk

NUTTY AWAKENING

organic cold brew coffee, banana, raw cacao, dates,
reishi, your choice of organic activated mylk

KICKSTARTER

organic baby spinach, kale, mango, apple, parsley,
ginger, turmeric, dates, cayenne pepper, your
choice of organic activated mylk

MORNING GLORY*

strawberries, blueberries, banana, dates, almond
butter, flax seeds, your choice of organic
activated mylk, maple bunches granola topping

BERRY BREATHLESS

strawberries, blueberries, mint, dates, maca, your
choice of organic activated mylk

CREAMY ARUGULA

organic arugula, baby spinach, mint, banana, dates,
almond butter, cacao nibs, your choice of organic
activated mylk

MANGO TURMERIC OATS

mango, turmeric, rolled oats, dates, lucuma, your
choice of organic activated mylk

SWEET ROSE

natural rose water, strawberries, dates, maca, your
choice of organic activated mylk

HAPPY BELLY

organic baby spinach, blueberries, ginger, dates,
baobab, your choice of organic activated mylk