



Onaka Healing Café & Juice Bar Rochester Park

ALL-DAY DINING

Mon to Sun 8:30am to 10pm

Kindly ask our people for our café's full selection of menus:
Breakfast, Sandwiches & Burgers, The Grazing Menu,
Family Weekend Brunch and Healing Juices &
Superfoods Smoothies

We bring creativity, passion and personality to the table to make every dining experience unique and authentic.

Our unique **All-Day Grazing Menu** is designed to allow you to experience a variety of smaller dishes in a casual family-friendly setting. You also have the opportunity to taste new ingredients for the first time, without having to eat an entire dish.

The joy of eating does not rely solely on food. It is the company, the sharing of food and the camaraderie that matters the most. Welcome to the new way of dining.

We change our Grazing Menu every few months to include seasonal ingredients and produce.

Several dining options are available:

Chef's Grazing Menu

- Items are selected from our menu for a truly unique dining experience
- Menu ranges from \$38++ to \$58++ per person, minimum 4 persons

Private Dining Menu

- Fully customized menu with non-regular items from the menu, catering to various dietary needs and occasions
- Menu starts from \$68++ per person; minimum 10 persons

For outside catering or venue hire,

please email info@onakagroup.com for more information

SANDWICHES & BURGERS

Mon – Fri from 8:30am to 5:00pm

Vegetarian

Grilled Tofu Multigrain

marinated tofu steak, spicy horseradish-mustard spread, cucumber, lettuce and tomatoes, sprouts
11

Hummus Avocado Multigrain

our own garbanzo-tahini spread, fresh avocados, cucumber, lettuce and tomatoes, sprouts
11

Grilled Veggie Panini

grilled marinated veggies, pesto spread, cucumber, lettuce and tomatoes, sprouts (DF, EF)
11

VBLT Panini

Yes bacon sandwich the vegetarian way!
This is where meat eaters get converted!!
avocado spread, eggplant bacon, cucumber, lettuce and tomatoes (EF, DF)
12

Caribbean Organic Burger

You Gotta Try this!
organic brown rice and black bean patties, smoky chipotle sauce, cucumber, lettuce and tomatoes in between our organic multigrain bun
13

Fish & Poultry

Onaka Club Sandwich

The long awaited super sandwich!
triple-decker multigrain toast, eggs, avocado, pulled chicken breast, eggplant bacon, sundried tomatoes, cucumber, lettuce and tomatoes
15

Teriyaki Multigrain Sandwich

pulled chicken breast in teriyaki sauce, cucumber, lettuce and tomatoes, onions, sprouts
12

Smoked Salmon & Avocado Panini

Norwegian smoked salmon, avocado spread, cucumber, lettuce, onions (DF, EF)
14

Smoked Salmon & Cream Cheese Panini

Norwegian smoked salmon, herbed cream cheese, cucumber, lettuce and two onions (EF)
14

The German Burger

chicken frikadel, hot mustard, onions, sauerkraut, lettuce and tomatoes in between our organic multigrain bun
15