



Onaka Healing Café & Juice Bar Rochester Park

HEALING JUICE BAR

Mon – Sun from 8:30am to 10:00am

Pure Squeeze

100% pure juice, no added sugar, no added water

Choice of

organic apple, organic carrot, organic beet,
fresh orange, green apple, pear,
pineapple, watermelon

one fruit 5

two fruits 6

three fruits 7

Organic ABC

apple, beet, carrot, calamansi
rich in antioxidant, excellent stress buster!

6

Healing Heart

organic apple, organic carrot, celery, garlic, parsley
as the name suggests, kind to the heart and
blood circulation

6

Morning Flush

organic apple, organic carrot, celery, ginger
relieves water retention, stimulates blood circulation

6

Spiced Pear

pear, cinnamon, ginger, calamansi
great for cleansing, indigestion and bowel movement

6

Fresh Coconut

Coconut water is great for detox and aids in
destroying intestinal parasites; also perfect for those
with kidney and urinary bladder problems

5

Blended

delicious, healthy and refreshing

Avo-Cleanser

Avocado, organic apple, orange, parsley

7

Coco Tango

young coconut water, coconut flesh, lime,
mango, pineapple

8

Immune Blast

kiwi, mixed berries orange, pineapple

7

Minty Melon

watermelon, lime, mint leaves

7

Pink Avo

Avocado, banana, orange, strawberries

7

Sour Apple

green apple, mango, mint leaves, pineapple,

7

Summer Berries

banana, mixed berries, organic rice milk, seeds

7

Tropical Slush

mango, pineapple, ice cubes

7

Superfoods Smoothies

Super healthy with nutrient-dense supplements

Onaka Living Green Smoothie

young coconut water, coconut flesh, extra virgin
coconut oil, kaffir lime leaves, pear, spirulina, spinach

10

Antioxidant Acai

organic acai berries, mixed berries, banana,
organic rice milk
combats anti-aging and great for cardiovascular health

9

Breakfast Warrior

banana, pineapple, organic rice milk and scoop of
Sunwarrior Protein (vanilla OR chocolate)

9

Camu Immune-C

camu camu, kiwi, orange, ginger juice
packed with vitamin C, perfect to fight flu

9

Go-Go-Gogi

gogi berries, mango, coconut flesh, orange, cayenne
wake-up smoothie; improves immunity and digestion

9

Super Green

cucumber, spinach, banana, scoop of NanoGreens
packed with supergreens including
spirulina and chlorella

9

Omega Soy Shake

mango, organic vanilla soymilk, cinnamon,
Udo's omega blend oil

9

Spirulina Iron Shake

Organic spirulina, spinach, banana, organic soymilk
Great for vegetarians, those with iron deficiency,
anaemia, stress & fatigue

9

Shakes & Float

Organic Soy Milk Shakes

choice of vanilla OR chocolate Soyato soy ice cream
blended with organic soy milk
8

Soyato Vanilla Float

choice of Healthy Thirst Cranberry-Hibiscus OR
Elderflower
with a scoop of Soyato vanilla soy ice cream
8

Iced Blended Chocolate

Choice of dairy, rice OR soy milk
6

Bottled

Healthy Thirst

No sugar added
Choice of Cloudy Lemon, Cranberry-Hibiscus, Elderflower
5

Mineral Water

sparkling OR still
4

Tiger Beer

8

Erdinger Beer

12

Organic Coffee

Our coffee are served with organic dairy, rice OR soy milk
and unrefined sugar

Regular Coffee, Americano

4

Espresso, Macchiato

served with biscotti/cookie
5

Cappuccino, Doppio, Flat White, Latte, Mocha

served with biscotti/cookie
6

Chai, Chocolate & Milk

Choice of organic dairy, rice OR soy milk

Organic Chai Latte

6

Hot Chocolate

5

Junior Cup-cino

Chocolate and froth (no coffee)
6

Organic Milk

Served cold or warm
(dairy, rice OR soy)
4

Healing Teas

Home-brewed and lightly sweetened or unsweetened;
served cold or warm (caffeine-free)

Honey Lemon

Lemon-grass

Raw Ginger

4

Organic Tulsi Tea

4 / cup

7 / pot

Choice of:

Original

Honey-Chamomile

Lemon-ginger

Peppermint

Red chai masala

Gryphon Artisan Premium Tea

4 / cup

7 / pot

Choice of:

Earl Grey

English Breakfast

Organic Green Tea

Peony Jade White Tea

Herbal Range

Chamomile Garden

Organic Lemon Myrtle