



Onaka Healing Café & Juice Bar Rochester Park

BREAKFAST

Mon – Fri from 8:30am to 11:30am

We use free-range eggs.

For organic eggs, please add \$2.00

2 Eggs & Toast

eggs the way you like it,
multigrain toasts, butter and fruit preserve
(add \$2 for organic eggs)
9

Coffee & Toast

organic coffee, multigrain toast, butter and fruit preserve
6

Continental Set

multigrain toast, butter and fruit preserve, organic coffee or tea
and freshly squeezed OJ
8

Healthy Toasties

choice of fillings: avocado cucumber, avocado tomatoes,
cheese, butter & fruit preserve
5

Tofu Scramble

tofu scramble with pumpkin & veggies,
multigrain toast, side green salad (V)
(EF & GF options)
12

Yogurt, Muesli & Fruits

homemade organic yoghurt
slightly sweetened with organic brown rice syrup, organic
breakfast cereal blend, fruit bowl (EF, V)
10

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 (DF, EF)
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
15

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

FAMILY BRUNCH

Sat & Sun 8:30pm to 5:00pm

We use free-range eggs. For organic eggs, please add \$2.00

For The Little Ones

Beans On Toast

homemade baked cannellini and black beans on multigrain toast with veggie skewers (V,EF)
7

Scramble & Rice

scrambled egg, homemade tomato sauce, organic brown rice, veggie Skewer (V, GF)
7

A- bsolutely Tomato Pasta

pasta, tomatoes and tomatoes (with cheese!) ☺
Gluten-free Pasta Available (V, EF)
8

Pesto Chicken Melt

pesto, sundried tomatoes, fresh tomatoes, shredded chicken, mozzarella (EF)
10

Sloppy Jane

Sloppy Joe's sister is in town, and she eats chicken! chicken meat sauce stuffed in between multigrain organic bun (EF)
10

For The Ladies

2 Eggs & Toast

eggs the way you like it, multigrain toasts, butter and fruit preserve (add \$2 for organic eggs) (V)
9

Detox

green leaves and essential seed mix, detoxifying fruits and oil-less green dressing! (DF, EF, GF, V)
12

Grilled Tofu Multigrain

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

Tofu Scramble

tofu scramble with pumpkin & veggies, multigrain toast, side green salad (V) (EF & GF options)
12

Spanakopita

spinach and cream cheese pastillas, balsamico, mixed greens (V)
14

Seafood Skewer & Pineapple Rice

lemongrass skewered queen prawns and scallops, pineapple rice, served with rockets
20

Smoked Salmon Benedict

home-made English muffins, smoked salmon, poached eggs, caper hollandaise, asparagus (add \$2 for organic eggs)
16

For The Guys

Open-faced Omelet

eggs, mushrooms, tomatoes, onions, zucchini, smoked peppers, arugula, Balsamic, Parmesan (GF, V) (add 2 for organic eggs)
12

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, V)
12

The Veggie Works

baked beans, eggplant bacon, sautéed mushrooms, roasted tomatoes, tofu scramble, toasts (DF, EF, V)
18

Chilli Crab and Buns

crab cakes, chilli crab sauce, herbed steam buns, and rockets
24

Saba Bento

grilled saba, silken tofu, cabbage and carrot slaw, sesame-nori organic brown rice, bonito flakes, miso-mushroom soup
18

Salmon Croquettes

seared salmon belly pieces in sweet potato mash, multigrain crumbs, grapefruit and strawberry salsa
18

Sausage & Hash

homemade chicken sausage, sweet potato hash, brown sauce, horseradish-mustards, mixed greens
16

For The Sweet Hearted

Pancakes

roasted pumpkin pancake, raw berry compote, 100% pure maple syrup, vanilla- honey chantilly (V)
10

Apple Pie

caramelized apple filling; served with soy gelato
10

Black Rice Pudding

glutinous black rice, sweetened with maple syrup, handmade coconut and vanilla ice cream, topped with cinnamon sugar (DF,EF,GF,V)
8

Yogurt Parfait

homemade organic yoghurt layered with multigrain cereals, almonds, and honey berries, served with water crackers
8

Frozen Soy Dessert

Kindly check with our people about the selections of flavours available from SOYATO soy ice cream (DF, EF, GF, V) 4.50 per cup

Bakeshoppe

Kindly check out our selections of cakes and other desserts on display (EF, DF, GF and SF options)