



## Onaka Healing Café & Juice Bar Rochester Park

### THE GRAZING MENU

Mon – Fri from 11:30am (last order 9pm)  
Sat & Sun from 6:30pm (last order 9pm)

These items are meant for sharing and cooking time varies, so kindly bear with us if the food comes in random orders. We do not use microwave and are proud to be campaigning the slow food movement.

### VEGETARIAN

#### Dip Platters

served with veggie crudités and pita wedges (DF, EF, V)  
Or baked corn chips for gluten free option (GF)

##### Avocado

fork mashed avocados, tomatoes, cucumber, onions,  
cilantro, lemon  
12

##### Hummus

Garbanzo-tahini mousse, olives, spice blend,  
extra virgin olive oil  
12

##### Salsa

tomatoes, cucumber, onions, cilantro, Lemon  
10

##### Asian Tapenade

olive blend, lemongrass, birds eye chilli,  
garlic, shallots, parsley  
10

#### Salads

##### Onaka Classic

avocado, mix greens, sunflower seeds, pumpkin seeds, dried  
cranberries, onaka vinaigrette (DF, EF, GF)  
13

##### Gazpacho

Yes! It's a salad, Not a soup! But you bet its Gazpacho!  
summer vegetables soaking in fresh tomato broth, topped with  
Tabasco croutons, herb salad, and basil pesto  
14

##### Spinach & Fennel

tender baby spinach, crisp fennel, shaved pear, torch ginger,  
balsamic berry dressing, parmesan crackers (EF, GF)  
16

##### Tofu & Avocado

soy marinated tofu, avocado, mix greens, walnut, sprouts,  
daikon-shoyu dressing (DF, EF)  
12

##### Tofu & Beet

curried grilled tofu, home pickled beet, mixed greens, Asian  
herbs, pink mustard drizzle (DF, EF, GF)  
12

#### Noodles & Grains

Gluten-free pasta is available upon request; please allow at least  
15 minutes upon ordering

##### Barley Risotto

organic pearl barley, saffron broth, grilled veggies, asparagus,  
pecorino romano (EF)  
18

##### Multiple V Aglio

organic spaghetti, garlic, chilli, parsley, extra virgin olive oil,  
balsamic glazed veggies (EF)  
16

##### Pasta Ai Funghi

assorted mushroom ragù, organic spaghetti, red wine, chives,  
coarse sea salt, pink peppercorn, truffle aroma (EF)  
16

##### Spicy Eggplant with Olives

chilly marinated eggplant, organic spaghetti, olives, spicy  
arabiata sauce, parsley (DF, EF)  
17

##### Zen Bowl

Vegan? Zen Vegetarian? Purist? This is for you!  
organic brown rice, tofu triangles, roasted tomatoes,  
shitake mushroom, edamame, miso sauce,  
nutritional yeast, nori seaweed (DF, EF, GF)  
16

#### The Rest

##### Steamed Dumplings (6pcs)

traditional Chinese dumplings, cabbage and mushroom fillings,  
served with chilli relish and ginger vinegar (DF, EF)  
10

##### Falafel & Quinoa (4pcs)

oven baked spiced organic chickpea cakes, quinoa tabbouleh, a  
pink peppercorn mint yoghurt on a bed of arugula (EF, GF)  
16

##### Gratin of Portobello (2 pcs)

whole portabella mushrooms, grilled veggie stack,  
fresh mozzarella, herbed quinoa, sauce marinara,  
parmesan tuiles (EF, GF)  
24

##### Miso Tofu Melt (4 pcs)

grilled tofu cubes on panini base, miso spread,  
zucchini slices, scallions, mozzarella, tofu mayonnaise,  
nori seaweed shreds (DF, EF)  
12

##### Mushroom Siew Mai (4 pcs)

whole button mushrooms stuffed with  
shitake mushrooms and brown rice, wonton wraps,  
served with chilli relish and Tabasco mayonnaise (DF, EF)  
14

##### Stuffed Tofu (4 pcs)

steamed firm tofu with organic brown rice and  
mushrooms stuffing, edamame and shimeji salad,  
sesame-tamari dressing (DF,EF,GF)  
16



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### FISH & POULTRY

#### Salads

##### Long live Caesar

Caesar's gone heart friendly!  
baby cos lettuce heart tossed in cholesterol free Caesar dressing (no egg yolks!), croutons, eggplant bacon, parmesan tuiles, spiced grilled chicken slices (EF)  
14

##### Ocean on Leaves

soy glazed calamari, queen prawns, and smoked NZ mussels, over baby spinach leaves, with olives and cilantro soy dressing (DF, EF)  
19

##### Scallop & Mango

grilled US Scallops, arugula, raw torch ginger relish, two mangoes Salsa (DF, EF)  
17

##### Thai Chicken Salad

coriander marinated chicken breast, arugula, raw sprouts, pomelo and orange segments, cashew, tamarind dressing, crisp shallots (DF, EF)  
17

#### Noodles & Grains

Gluten-free Pasta is available upon request; please allow at least 15 minutes upon ordering

##### Calamari & 3 Onions Pasta

calamari, onions, leeks, and scallions, organic spaghetti, honey lemon oil, roasted garlic (DF, EF)  
19

##### Hot & Sour Prawn Pasta

queen prawns, shitake, chilly, hot and sour Shellfish broth, cilantro, rice noodles (DF, EF, GF)  
18

##### Red Wine Stewed Chicken Pasta

tender chicken cubes, mirepoix vegetables, mushrooms, sundried tomatoes, green herbs (DF, EF)  
17

##### Salmon Carbonara

seared sashimi grade pacific salmon (100g), organic spaghetti, peas, sundried tomatoes, cream liason, pecorino romano, crushed almonds  
18

##### Omega-3 Bowl

organic brown rice, Seared sashimi grade pacific salmon (100g), green peas, sweet corn, bonito flakes, nori shreds, citrus-tamari dressings (GF)  
16

### The Rest

##### Coriander Chicken

pan broiled marinated chicken breast (200g), pickled cucumber salad, soya-lime reduction, organic brown rice (DF, EF)  
24

##### Crab Cake (4pcs)

oven baked flower crab and scallop cake, chilly, cilantro, two mangoes Salsa, aioli (DF, EF, GF)  
28

##### Curried Salmon

seared curried sashimi grade pacific salmon fillets (200g), garbanzo and cucumber raita, pomegranate pearls (EF)  
28

##### Fruits of the Sea (for 2)

banana leaf baked seafood mélange (items may change depending on availability and seasons), torch ginger salsa, lemongrass brown rice pilaf, green sambal (EF, DF, GF)  
35

##### Miso Prawn Melt (4pcs)

open faced panini, miso spread, sautéed queen prawns, two onions, shitake, soy mayonnaise, nori shreds, mozzarella  
18

##### Pumpkin Seabass

pumpkin seeds crusted sea bass (300g), Kenya beans salad, pumpkin mash, smoked tomato puree (EF, GF)  
25

##### Saffron Cod

Soft poached sashimi grade cod (150g), braised fennel saffron nage, capers, herbs and tomato concasse, (DF, EF)  
30

## SIDES

order these side carb or vegetables to share

### Vegetables

Vegetarian option without garlic and onion is available for stir-fry vegetables

#### Asian Stir-fry Vegetables

seasonal greens stir-fry with garlic  
8

#### Bean Sprouts

with garlic, chilli & dried shrimp  
8

#### Roasted Vegetables

drizzled with extra-virgin olive oil  
8

#### Mixed Green Salad

choice of greens (mesclun, spinach, arugula)  
choice of dressing (balsamic, garlic aioli, Onaka Signature, daikon-soy, extra-virgin olive oil & lemon)  
8

### Side Carb

#### Baked Beans

white and black beans in spiced tomato sauce (EF,GF, V)  
6

#### Organic Brown Rice

2

#### Balinese Fragrant Organic Brown Rice

with herbs and spices (DF, EF, GF, V)  
10

#### Pita Wedges

4

#### Pumpkin Mash

silky mashed potatoes with roasted pumpkin (EF,GF)  
6

#### Whole-wheat Steamed Buns (4pcs)

homemade traditional steamed buns with herbs  
6

## SWEETS

All of our desserts are vegetarian in nature.

### Apple Pie

Caramelized apple served with soy gelato  
10

### Banana Pastillas (2 pcs)

cinnamon caramelized banana, walnut, berries,  
phyllo wrap, raw berry compote, mint,  
homemade banana and spices ice cream (EF)  
12

### Choc Fudge Squares (3 pcs)

almond fudge valrhona squares, handmade vanilla bean ice  
cream, homemade praline brittle  
12

### Fruit Bowls

We love fresh seasonal and exotic fruits!  
Served with lime salt (EF,DF,GF)  
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)