



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

2 eggs anyway you like,
multigrain toast, veggie skewers (V)
(Organic eggs, please add \$2.00)
9

OJ & Toast

multigrain toast, butter and fruit preserve
and freshly squeezed orange juice (V)
6

Healthy Toasties

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

JUICES & SMOOTHIES

Kindly check out our beverage menu for full listing of healing juices,
superfood smoothies, organic milks and bottled drinks

Pure Squeezed

100% pure juice, no added sugar, no added water
Choice of: Organic Apple, Organic Carrot, Orange, Green Apple,
Pineapple, Watermelon
5

Organic ABC

apple, beetroot, carrot
6

Minty Melon

Watermelon, lime, mint
7

Tropical Slush

mango, pineapple, ice cubes
7

Soy Milk Shakes

Choice of Vanilla or Chocolate
SOYATO soy ice cream blended
with organic soy milk
8

Soy Vanilla Float

Choice of Cranberry-Hibiscus OR Elderflower
With a scoop of SOYATO soy ice cream
9

Iced Blended Chocolate

6

Hot Chocolate

5

Junior Cup-cino

Chocolate and froth (no coffee)
6

Organic Milk

Choice of Dairy, Rice or Soy
Served cold or warm
4

Mineral Water

Sparkling OR Still
4

ALL-DAY MENU

Mon – Fri from 11:30am (last order 9pm)
Sat & Sun from 6:30pm (last order 9pm)
All Served with their appropriate veggies!

A- bsolutely Tomato Pasta

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

Green Pasta

Adults eat mean greens! Kids Have green pasta!
pasta, pesto, parmesan
Gluten-free Pasta Available (EF, V)
8

Tomato Mozzarella Melt

tomatoes, fresh mozzarella, basil, extra virgin olive oil (EF, V)
10

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

Fish & Rice

pan-grilled catch of the day, organic brown rice,
creamy soy mayo sauce (DF, EF, GF)
12

SWEET

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)