



onaka healing café Oct promotions

What's New?



Our juice bar menu is now expanded with new creations. Our juices, smoothies, slushies and milkshakes are made with real fruits and organic dairy milk or soy milk or rice milk, without added sugar, flavourings and colourings.

Check out "*Bring On the Sunshine*"

– an instant calming drink of chamomile, lettuce, and mango. The goodness and soothing effect of chamomile reached a whole new level with some leafy greens and the sweetness of mango.

After a day's hard work or a workout, try "*Moody Blues*" – a delicious treat of blackberry and pineapple.

Asian Super Bowl

Featuring different Asian "one-meal favourites" cooked healthier with organic brown rice, hand-made noodles with loads of vegetables, and lean chicken, omega-3 rich fish or tofu for a well-balanced meal.

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| Mon | Curry |
| Tue | Korean |
| Wed | Farmer's Greens |
| Thurs | Thai |
| Fri | Chinese / Japanese |
| Sat | Thai |



Coming up...

Daily Low Carb Chocolate Afternoon Hi-Tea
from 1 Oct onwards. Call 6778 0246 for reservation

Cacao 7 Chocolate Making Class
1st class (3 Oct Sun), 2nd class (7 Oct Sun), 3rd class (5 Dec Sun). Email info@onakagroup.com for more information

New Dinner Menu from Oct
onwards...featuring thematic prix fixe dinner menus. Stay tuned for more on this...

Halloween Party 30 Oct (Sat) – Costume Contest, Family Dinner Menus, Prizes.