

# Juice Bar Menu

All-day from 8:30am onwards

Our juices & smoothies are 100% all-natural and some organic, made from real fruits, without added sugar and water. For our smoothies, we use 100% organic dairy, rice or soy milk.



**onaka**  
optimum nutrition and kitchen arts

healing kitchen . cooking studio  
café & juice bar . organic shop

**Catering, Delivery & Takeaway**  
**CALL 64642007**

# Beverage

All-day from 8:30am onwards

We use fair-trade Café Direct Organic Coffee beans and premium Gryphon Tea leaves. Our coffee and some teas are served with organic dairy, soy or rice milk

## Pure Juices

Organic Apple Juice	4.50
Organic Carrot Juice	4.50
Fresh-squeezed OJ	4.00
Green Apple Juice	4.00
Pineapple Juice	4.00
Watermelon Juice	3.50
Fresh Thai Coconut	3.50

## Combo Juices

Organic Apple + Carrot	5.00
Organic Apple + Orange	5.00
Organic Carrot + Orange	5.00
Papaya + Orange	5.00
Pineapple + Orange	5.00

## Veggie Juices

Organic ABC Juice Apple, Beet, Carrot	5.00
Morning After Apple, Celery, Ginger	5.00
Green Peace Green Apple, Cabbage, Celery	5.00
Blush Mary Tomato, Carrot, Celery, Black Pepper	5.50



## Organic Coffee

Features CafeDirect Fair-trade & Organic Coffee beans; Served with organic milk / soy milk

Regular Coffee	3.80
Decaffeinated Coffee	4.00
Espresso	4.50
Double Espresso	5.50
Americano	4.50
Cappuccino	5.50
Latte	5.80
Mocha	5.80

## Iced Coffee / Tea Shakes

Features CafeDirect Fair-trade & Organic Coffee beans; Served with organic milk / soy / rice milk

Iced Coffee	3.80
Ice-Blended Cappuccino	5.50
Ice-Blended Latte	5.80
Ice-Blended Mocha	5.80

## Tropical Co-Cocktail

Refreshing drink with whole fresh Thai Coconut and tropical fruits

Coco Paradise Whole coconut, Papaya	6.50
Coco Tango Whole coconut, Mango	6.50
Coco Pina Whole coconut, Pineapple	6.50

## Fruity Slushies

Tropical Slush Mango, Pineapple	6.50
Rise + Shine Pineapple, Orange, Carrot	6.50
Sour Apple Slush Green Apple, Pineapple, Mint	6.50
Minty Melon Slush Watermelon, Mint Leaves, Lime	5.00



## Others

Features Bellagio Premium Dark Chocolate

Hot Chocolate	5.00
Iced Chocolate	5.50
Ice-Blended Chocolate	5.80
Organic Dairy Milk	4.50
Organic Rice Milk	4.50
Organic Soy Milk	4.50
Minty Iced Lemonade Fresh-squeezed lemon juice	4.00



## Power Smoothie

Dairy-free milk shakes made from soy milk or rice milk

Antioxidant Summer Berries Berries, Banana, Rice Milk, Seed Mix	6.50
Omega Avocado Avocado, Banana, Rice Milk	6.50



## Boosters & Tonics

Clean Sweep Apple, Beet, Carrot, Celery	5.50
Digest Aid Carrot, Ginger, Pineapple	5.50
Hangover Orange, Papaya, Cucumber	5.50
Healing Heart Apple, Carrot, Celery, Garlic, Ginger, Parsley	5.50



## Healing Teas

Home-brewed with fresh ingredients, sugar-free OR lightly sweetened (served cold / warm)

Choose from:	
Lemon-grass Tea	2.50
Red Bamboo Leaves	2.50
Ginger Tea	3.50
Organic Roselle Tea	3.50
Honey + Lemon Tea	4.00

## Gryphon Gourmet Teas

Cup	4.00
Pot	7.00

Choose from:  
Chamomile Garden  
Earl Grey  
English Breakfast  
Organic Green Tea  
Organic Lemon Myrtle  
Peony jade White Tea

# Breakfast

All-day dining from 8:30am onwards



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# Juices & Beverage

All-day from 8:30am onwards

We are committed to fresh, natural, wholesome foods that are free of artificial colouring, flavouring, trans-fats, chemical additives & MSG. Some of our ingredients are organic.

We cater to special dietary needs: dairy-free, egg-free, gluten-free, low GI/GL, low fat, sugar-free, vegetarian, and vegan.

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Our juices & smoothies are made from real fruits, 100% organic dairy, rice or soy milk without the addition of sugar. We use fair-trade Café Direct organic coffee beans and premium Gryphon brand of tea leaves.

## Organic Eggs

**V Organic Eggs** 7.50  
2 eggs; served with one slice of toast & side salad

Choice of cooking style:  
Hard-boiled  
Soft-boiled  
Sunny-side up  
Over-easy  
Scrambled  
Poached



## Healthy Toasties

2 slices of Walnut Wheat Toasts  
**(all vegetarian)**

Choice of spread:

Avocado spread +  
Cucumber slices 4.50

Avocado spread +  
Tomato slices 4.50

Black Sesame spread +  
Banana slices 4.50

Black Sesame spread +  
Tomato slices + Basil 4.50

Cheddar Cheese +  
Shitake mushroom 4.50

Pumpkin Hummus  
(savoury) 4.50

Pumpkin Kaya  
(sweet pumpkin spread) 4.50



## Organic Yogurt

Home-made from 100% organic milk, sweeten with xylitol, topped with oats, dried cranberries, seeds/nuts

Choice of flavours:

4.50

Banana

Berries

## Bakery Basket

Home-made from 100% natural ingredients, low fat, low sugar.

Muffins/Scones 2.00  
- 3.50

Check out our daily specials



## Pure Juices

Organic Apple Juice 4.50

Organic Carrot Juice 4.50

Fresh-squeezed OJ 4.00

Green Apple Juice 4.00

Pineapple Juice 4.00

Watermelon Juice 3.50

Fresh Thai Coconut 3.50

## Combo Juices

Organic Apple + Carrot 5.00

Organic Apple + Orange 5.00

Organic Carrot + Orange 5.00

Papaya + Orange 5.00

Pineapple + Orange 5.00

## Veggie Juices

Organic ABC Juice 5.00  
Apple, Beet, Carrot

Morning After 5.00  
Apple, Celery, Ginger

Green Peace 5.00  
Green Apple, Cabbage,  
Celery

Blush Mary 5.00  
Tomato, Carrot, Celery,  
Black Pepper

## Organic Coffee

Features CafeDirect Fair-trade & Organic Coffee beans; Served with organic milk / soy milk

Regular Coffee 3.80

Decaffeinated Coffee 4.00

Espresso 4.50

Double Espresso 5.50

Americano 4.50

Cappuccino 5.50

Latte 5.80

Mocha 5.80

## Iced Coffee / Tea Shakes

Features CafeDirect Fair-trade & Organic Coffee beans; Served with organic milk / soy milk

Iced Coffee 3.80

Ice-Blended Cappuccino 5.50

Ice-Blended Latte 5.80

Ice-Blended Mocha 5.80

## Healing Teas

Home-brewed with fresh ingredients, sugar-free OR lightly sweetened (served cold / warm)

Choose from:

Lemon-grass Tea 2.50

Red Bamboo Leaves 2.50

Ginger Tea 3.50

Organic Roselle Tea 3.50

Honey Lemon Tea 4.00

## Gryphon Gourmet Teas

Cup 4.00  
Pot 7.00

Choose from:

Chamomile Garden

Earl Grey

English Breakfast

Organic Green Tea

Organic Lemon Myrtle

Peony jade White Tea

## Power Smoothie

Dairy-free milk shakes made from soy milk or rice milk

Antioxidant

Summer Berries 6.50

Berries, Banana, Rice Milk,  
Seed Mix

Omega Avocado 6.50

Avocado, Banana,  
Rice Milk,

## Others

Features Bellagio Premium Dark Chocolate

Hot Chocolate 5.00

Iced Chocolate 5.50

Ice-Blended Chocolate 5.80

Organic Dairy Milk 4.50

Organic Rice Milk 4.50

Organic Soy Milk 4.50

Minty Iced Lemonade 4.00

Fresh-squeezed lemon juice

Let us know if you have a food allergy (eg peanuts, eggs, etc) and would like to exclude certain ingredients

# Lunch Menu

From 11:30am to 3:00pm



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## Weekly Specials

### Monday

- Salad Nicoise  
Served with Balsamic Vinaigrette 9.50
- ✓ Pumpkin Hummus Sandwich  
Topping: cucumber, tomato & lettuce 7.90
- ✓ Vegetable Curry Rice Bowl  
Organic brown rice with tofu & vegetables  
curry & hard-boiled egg; Served with fresh Coconut 9.50

### Tuesday

- Smoked Salmon Nicoise 9.50  
Served with Balsamic Vinaigrette
- Bulgogi Chicken Sandwich 8.90  
Topping: onion, cucumber, tomato & lettuce and Sweet Mustard sauce
- ✓ Seoul Garden Rice Bowl 8.90  
With Chicken 9.90  
Organic brown rice topped with pumpkin, spinach, soy bean sprouts, carrots, cucumber & kim-chee; Served with Korean spicy sauce

### Wednesday

- Oriental Chicken Salad 9.50  
Served with Sesame Dressing
- Sesame Chicken Sandwich 8.90  
Topping: onion, cucumber, tomato, lettuce and white Sesame sauce
- ✓ Farmers' Green Rice Bowl 8.90  
<Hakka Lei Cha Rice>  
Organic brown rice with 5 types of green vegetables, tofu cubes, sesame seeds and peanuts; Served with aromatic herbal tea

### Thursday

- Thai Chicken Salad 9.50  
Served with Spicy Thai Dressing
- Thai Chicken Sandwich 8.90  
Topping: carrot, onion, cucumber, tomato & lettuce and Peanut sauce
- ✓ Thai Black Olive Rice Bowl 9.50  
Organic brown rice cooked with black olives and mixed vegetables; topped with a sunny-side up egg, peanuts; served with green mango salad and fresh Thai Coconut

## Hot Sandwiches

Grilled sandwiches with choice of Multigrain, Panini Bread ~ Served with Salsa & Crackers

- ✓ Organic Hummus + Avocado 7.90  
Toppings: alfalfa sprouts, cucumber, tomato & romaine lettuce
- ✓ Grilled Tofu with Horseradish-Mustard 7.90  
Toppings: alfalfa sprouts, cucumber, tomato & romaine lettuce
- ✓ Avocado + Crunchy Veggies 7.90  
Toppings: alfalfa sprouts, cucumber, tomato & romaine lettuce



- Teriyaki Chicken 8.90  
Toppings: alfalfa sprouts, cucumber, tomato, onion & romaine lettuce
- Smoked Salmon With Avocado Spread 8.90  
Toppings: cucumber, onion & romaine lettuce
- Smoked Salmon With Light Cream Cheese 8.90  
Toppings: cucumber, onion & romaine lettuce

## Organic Burgers

Organic multigrain buns with choice of filling and toppings ~ Served with Garbanzo Mash and Side Salad (all vegetarian)

Choice of Veggie Pattie OR Portobello Mushroom



- Standard toppings - cucumber, lettuce & cherry tomato
- BBQ Burger 8.90  
Caramelized onion with BBQ sauce, garlic slices;
- Ninja Burger 8.90  
Sunflower sprouts with Teriyaki sauce, seaweed
- Thai Burger 8.90  
Sprouts with Peanut sauce, coriander leaves
- Tomato Burger 8.90  
Tomato & Carrot relish with alfalfa sprouts, dill pickles
- Naked Burger 8.90  
Bunless Burger with stacks of veggie; topped with Tahini sauce

Let us know if you have a food allergy (eg peanuts, eggs, etc) and would like to exclude certain ingredients

## Special Lunch Set



Top up \$2.00 with any meal purchase @ enjoy an Organic Regular Coffee or Organic Tea or Healing Tea

## Starters

- ✓ Soup (served with bun) 4.50
- ✓ Squeezy Edamame 4.50  
Steamed edamame beans tossed with sesame seeds and sea salt
- ✓ Gourmet Dip Platter  
~ Served with crackers and vegetable crudites  
Choice of:  
Organic Hummus 6.50  
Guacamole 6.50  
Pumpkin Hummus 6.50  
Salsa 4.50
- ✓ Steamed Gyoza 4.50  
Home-made dumplings with vegetable fillings; served with 2 dipping sauces

## One-meal Salad

~Served with a slice of Wheat Toast

- ✓ Organic Portobello Mushroom + Walnut Salad 13.50  
Organic greens with dragon-fruits, grapes, walnuts; Served with black current apple cider vinaigrette
- ✓ Signature Spring Salad 9.50  
One whole avocado, mixed greens with dried cranberries, sunflower and pumpkin seeds; Served with balsamic vinaigrette
- ✓ Grilled Tofu Salad 9.50  
Grilled tofu cubes and avocado wedges, mixed greens, alfalfa sprouts and walnut bits; Served with Japanese vinaigrette
- Teriyaki Chicken Salad 9.50  
Steamed chicken breast strips, marinated in teriyaki sauce, mixed greens, onions, sprouts; Served with Japanese vinaigrette



## Asian Super Bowls

- ✓ Jasmine Bowl 8.50  
Organic brown rice with grilled tofu steak, stir-fried vegetables, topped with salad greens, sprouts and coriander leaves; Served with Thai Peanut sauce
- ✓ Zen Bowl 8.50  
Organic brown rice with mixed mushrooms, tofu cubes, steam-fried vegetables, topped with salad greens and sunflower sprouts ; Served with Japanese Teriyaki sauce



# Kids Menu

From 8:30am to 3:00pm

We are committed to fresh, natural, wholesome foods that are free of artificial colouring, flavouring, trans-fats, chemical additives & MSG. Some of our ingredients are organic.

We cater to special dietary needs: dairy-free, egg-free, gluten-free, low GI/GL, low fat, sugar-free, vegetarian, and vegan.

## Breakfast

Have a healthy start for the day!

**V Toast with Heart** 5.50  
Organic egg with heart-shaped toast; served with cherry tomatoes and cucumber slices.

**V Organic Eggs** 5.50  
1 egg; served with one slice of toast & side salad

Choice of cooking style:

Hard-boiled  
Soft-boiled  
Sunny-side up  
Over-easy  
Scrambled  
Poached



## Snacks

**V Soup (with bun)** 4.50

**V Squeazy Edamame** 4.50  
Steamed edamame beans tossed with sesame seeds and sea salt

**V Gourmet Dip Platter**  
~ Served with crackers & vegetable crudité

Choice of:  
Organic Hummus 6.00  
Guacamole 6.00  
Pumpkin Hummus 6.00  
Salsa 4.50

## Burgers & Sandwiches

**V Avocado Toastie & Cucumber OR Tomato slices** 4.50  
2 slices of walnut wheat bread with avocado spread and cucumber or tomato slices

**V Black Sesame with Banana Slices** 4.50  
2 slices of walnut wheat bread with avocado spread and tomato slices

**V Gruesome Finger Sandwiches** 6.50  
Organic Whole Wheat bread with cheese rolled into 5 fingers; served with almond nuts & tomato ketchup

**V Ninja Burger**  
Choice of Veggie Pattie or Portobello Mushroom 8.50  
Toppings: Organic Burger with Teriyaki sauce, seaweed, lettuce, cucumber & cherry tomato; Served with garbanzo mash and side salad

**Teriyaki Chicken Sandwich** 8.90  
Toppings: cucumber, tomato & romaine lettuce; served with salsa and crackers

## Mini Rice Bowl

**V Elephant Bowl With Chicken** 5.50 / 6.50  
Organic brown rice with grilled tofu cubes, steam-fried vegetables, topped with salad greens and seaweed. Served with Teriyaki sauce

## Juices

Organic Apple Juice 4.50  
Organic Carrot Juice 4.50  
Fresh-squeezed OJ 4.00  
Watermelon Juice 3.50  
Fresh Thai Coconut 3.50  
Organic ABC Juice 5.00  
Apple, Beet, Carrot

## Smoothies & Slush

**Dino-Soy** 5.50  
Ice-blended Organic Chocolate Soymilk, topped with cocoa

**Yellow Submarine** 6.00  
Organic Soy milk, Banana, Mango

**Berries Ripple** 6.00  
Organic yoghurt, Banana, Strawberry

**Summer Berries** 6.50  
Organic Rice Milk, Berries, Banana, Seed Mix

**Tropical Slush** 6.50  
Mango, Pineapple

## Other Drinks

Minty Iced Lemonade 3.50  
Organic Dairy Milk 4.50  
Organic Rice Milk 4.50  
Organic Soy Milk 4.50  
Hot Chocolate 5.00  
Iced Chocolate 5.50

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## Little Natural Chef Program

Our "Little Natural Chef Program" aims to cultivate the joy of cooking and impart knowledge of healthy eating in our children. We will also help our children build a strong lifelong foundation for optimum health.

We provide a fun learning environment in our "Healing Kitchen" for our children to learn about basic nutritional science, kitchen skills, hygiene and safety, and table manners.

Our cooking classes usually anchor on a nutritional theme or cuisine that resonates with today's society and lifestyle.

Our classes also caters to special dietary needs and for those with food allergies and intolerance.

Some of our classes include:  
Fun with Red, Green & Orange (vegetarian class for 7-12 years old)

Around the world cuisines (for 7-12 years and teenagers 13-18)

Junior Chef Program (4-part cooking class for teenagers 13-18)



☺ Ask about our cooking classes and nutrition talks  
Email us at: [info@onakagroup.com](mailto:info@onakagroup.com)

## Children's Party



We provide catering and organise children's parties, especially those with special dietary needs: dairy-free, egg-free, gluten-free, vegetarian and vegan.

Events and parties can be held at our Healing Kitchen and alfresco dining area.

Let us know if you have a food allergy (eg peanuts, eggs, etc) and would like to exclude certain ingredients



[www.onakagroup.com](http://www.onakagroup.com)

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