

*Breakfast
Lunch
Menu*



onaka

optimum nutrition and kitchen arts

Welcome

Our company was conceived from our passion to nurture our family with the best, nutritionally balanced yet delicious wholesome food in the world that has gone artificial and highly processed. Medicine becomes a normal way out for an ever growing epidemic. We believe that natural food is a better medicine and are actively engaged in campaigning the healing characteristic of everyday food. As the father of medicine, Hippocrates said " Let food be thy medicine".

Our inquiring and learning minds quest for a better lifestyle in finding inner balance and simple harmony. This holistic approach is mirrored in our products, which are aimed to nurture and transcend your vitality by giving you conscious choices for the benefits of a better life.

The menu you are holding in your hands are designed with the same approach and a free spirited philosophy that collects and discerns the best cooking methods, techniques and ingredients the culinary world has to offer.

Our produce is equally important, meticulously sourced from organic farms and suppliers across the globe while keeping in mind the quality and value for better service.

With that said, we invite you to our house to be a part of our family, and hope that you enjoy your stay and seeing again a healthier you.

Our warmest,
Onaka Team



At Onaka, there is no title, no ranks, and no hierarchy. Everyone is a leader. We embrace creativity, self-leadership, discipline and personal growth. We work as a big family with clear and defined roles and responsibilities. Our chef team is multi-national with varied cooking experiences, from avid home cook to Chinese restaurant chef, hotel chef and health spa cuisine chef. One thing in common, they have the courage to step out of their "comfort zone" to "unlearn & relearn" new knowledge, explore new ingredients and reach for their potentials.

Jason – Indonesia

Born in Indonesia and a graduate of At-Sunrice Global Chef Academy in Singapore, Jason is a young and aspiring chef, who is willing to take on new challenges when he joined Onaka. Having worked in kitchens in several cities in Asia and Australia before making his way to Bali, he is proud of his heritage. He feels that most Asian cooks found cuisines of the world more appealing than that of their own. With that in mind, he studies the cultures of the people and translates them into dishes propelled with vivid Eastern values and imaginative creativity. As a young father with a newborn baby, he believes in having a work-life balance environment that Onaka embraces.

Li – China

Married with a young daughter, Li came from "Wei Hai", a seaside town along the coastal Shandong province in China. Having worked in hotels and restaurants for more than 10 years, Li specialized in Northern Chinese cuisine, Sichuan cuisine and live seafood. Since becoming a Buddhist a few years ago, Li tried to stay away from killing and eating excessive meats. But that proved to be difficult as vegetarian restaurants are rare in his hometown. Then an opportunity came for him to consider employment in Singapore. Since joining Onaka in 2010, Li not only learns new knowledge in healthy cooking but also picks up spoken English and Western cooking techniques. On his off days, he enrolls in the Buddhism class and volunteers by cooking vegetarian meals at the Buddhist Lodge.

Cessa – The Philippines

A Philippines national and a young mother of two, Cessa is a passionate woman with a very positive attitude. She graduated from The Centre of Culinary Arts, Manila, then trained in Mandarin Hotel, Makati before pursuing her career at the notable Farm at San Benito, Health Resort & Spa. There, the world of cuisine and health collided and she was introduced to a new

and exciting concept of preparing healthy gourmet food, the "Raw Cuisine". There was no looking back and from then on, she decided to study and specialize in it. Four years later, an opportunity came for her to share her knowledge and gain new experience in Singapore. When she joined Onaka, her mind is set, "let food be thy medicine" as what Hippocrates, the father of medicine once said.

Doris – Singapore

A pioneering member of the Onaka team, Doris is a devoted mum and wife, who spent more than 30 years caring, cooking and looking after her family. Now that her daughters are grown-up, she decided to re-enter the work-force. Although she has no prior professional cooking experience, she was equipped with a secret ingredient "passion" and a "never say no" attitude. That translated into several popular dishes such as our "healthy curry" every Mon and "Thai Black Olive Organic Rice" every Thurs. Three years on, Doris has evolved to be a key member of the kitchen team and earned respect from her fellow colleagues.

Rosemary – Singapore

Family is her top priority. Rosemary works part-time at Onaka as pastry chef, which allows her to balance her passion in baking and family commitment. With her husband's frequent overseas assignments, Rosemary studied and lived in several countries, from Australia, China, Hong Kong, Vietnam to USA and UK. Immersed herself in different cultures and cuisines, she was never afraid to try new ingredients and learn cooking methods. Before relocating back to Singapore, she pursued her culinary passion and graduated with a diploma from Le Cordon Bleu, London. She is passionate, creative and has an eye for details. She believes that "the perfect cuisine is one prepared with love and passion."





Rosalind Lim

*Natural Chef & Co-founder
Onaka Healing Kitchen*

Consultant

*Café 308 @ Verita Advanced
Wellness Centre*

Rosalind spent her childhood dabbling in the kitchen of her family-owned restaurant. Later on, she was deeply inspired by the organic and vegetarian lifestyle in San Francisco where she lived, studied and worked in the 1980s.

Her dream of becoming a chef began to take shape when she set up Onaka Healing Kitchen with her partners to promote a healthy lifestyle with food in 2008. Happily married with an 11-year old son, she nurtures her family with the best, nutritionally balanced yet delicious wholesome food in the world that has gone artificial and highly processed. She believes "food is a better medicine". With healthy cuisine as the foundation to grow on, she promotes a healthy lifestyle that incorporates emotional well-being, a physically-fit body, a positive and peaceful mind, and a joyful soul.

To develop Onaka Cuisine, Rosalind was very much inspired by Deborah Madison of The Greens Restaurant in San Francisco and Alice Waters of Chez Panisse in Berkeley. Both restaurants and chefs were truly revolutionary in their own ways. Using fresh, seasonal and organic ingredients and produce sourced from the abundance of California, they presented a creative and unique repertoire of dishes that were not only a feast for the eyes but also for the palate.

The Onaka menu is a merging of culinary cultures and traditions of East and West, creative, home-styled recipes that are authentic, fresh and flavorful. The approach is realistic, sensible and pragmatic to eating healthily that aims to educate and inspire the customers to make "conscious choices" and dining in balance and moderation.

Having worked more than 20 years in various FMCG industries, Rosalind held several senior management positions before deciding to fulfill her entrepreneur dream in setting up Onaka, which operates a cooking studio and two cafes. She is also currently engaged as a natural chef consultant for a healthy café at a wellness centre.

She graduated with a BA and MBA from USA. She believes in life-long learning to upgrade herself and is constantly taking courses in nutrition sciences and culinary arts locally and overseas.

Onaka Cuisine Explained

"Food is a better medicine". With healthy cuisine as the foundation to grow on and to promote a healthy lifestyle that incorporates emotional well-being, a physically-fit body, a positive and peaceful mind, and a joyful soul.

A merging of culinary cultures and traditions of East and West, creative, home-styled recipes that are authentic, fresh and flavorful.

Menu incorporates fresh, organic juices and herbal teas to promote healing and well-being.

Fresh, all-natural and some organic ingredients are used.

Food is served close to its natural state without additives, preservatives, artificial colourings, flavourings, preservatives, and MSG.

Fresh herbs and spices are used abundantly for taste and healing properties.

Healthier cooking methods are designed to enhance flavours such as bake, steam, grill, sauté and stir/steam-fry. No microwaves are used and no deep fried foods are served.

Low Sodium. Dishes are lightly seasoned with sea salt and gomasio.

Low Sugar. Unrefined organic sugar, unrefined brown sugar and palm sugar are used for cooking. Xylitol and agave nectar are occasionally used for desserts and special diets.

Low Fat. Extra-virgin olive oil, coconut oil, grape-seed oil, sesame oil, rice bran oil, peanut & palm oil are used in moderation. Unhealthy trans-fats and saturated fats are avoided.

No pork and beef is served in respect of major religious traditions in Asia. We serve lean chicken, fish and seafood.

We do not count calories. Instead we advocate a realistic, sensible and pragmatic approach to eating healthily that aims to educate and inspire our customers to make "conscious choices".

Our menu includes a small sampling of "indulge" dishes, which purists may find it hard to accept. This is our way to illustrate the real word and advocate the wisdom of eating in balance and moderation.

Juice, & Beverage



PURE SQUEEZED

100% pure juice, no added sugar, no added water

organic apple, organic carrot, fresh orange, green apple, pineapple, watermelon
one fruit 5
two fruits 6
three fruits 7

JUICED

unique combination of fruits and vegetables for healing properties

Organic ABC

Apple, Beetroot, Carrot
rich in antioxidant, excellent stress buster!
6

Morning Flush

Organic Apple, Organic Carrot, Celery & Ginger
Relieves water retention, stimulates blood circulation
6

Healing Heart

Organic Apple, Organic Carrot, Celery, Garlic, Parsley
as the name suggest, kind to the heart & blood circulation
6

BLENDED

delicious, healthy and refreshing

Tropical Slush

Mango, Pineapple, Ice Cubes
7

Sour Apple

Green Apple, Mango, Pineapple, Mint
7

Minty Melon

Watermelon, Lime, Mint
6

Immune Blast

kiwi, mixed berries, orange, pineapple
7

Kiwaii

kiwi, apple, orange, pineapple
7

Antioxidant Summer Berries (dairy-free)

mixed berries, banana, organic rice milk, mixed seeds
7

AVOCADO POWER

guilt-free and loaded with vitamin b, c & e, calcium, iron and folate

Avo-Cleanser

avocado, organic apple, orange, parsley
7

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Green Dream

avocado, kiwi, apple, celery
7

Pink Avo

avocado, banana, orange, strawberries
7

Power E Avo

avocado, banana, organic rice milk
7

TROPICAL COCO- SMOOS

Fresh coconut water , an all-natural isotonic drink is blended with its flesh and fresh tropical fruits to hydrate, nourish and rejuvenate

Coco-Paradise (Papaya), Coco-Pina (Pineapple), Coco-Tango (Mango)
7

Coco-Cacao Shake

Whole coconut, banana, raw cacao powder
8

Fresh Thai Coconut (whole)

4

BOTTLED

Healthy Thirst

choice of cloudy lemon, cranberry-hibiscus, elderflower
5

Mineral Water

sparkling or still
2

Tiger Beer

8

Erdinger Beer

12

ORGANIC COFFEE

Our coffees are served with organic dairy, soy or rice milk and unrefined sugar.

Natural sweeteners are available at additional cost.

Decaffeinated Coffee, add \$1.00

Iced or Blended, add \$0.50

Regular Coffee, Americano

4

Espresso, Macchiato

served with *biscotti*

5

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Cappuccino, Doppio, Flat White

served with biscotti

6

Latte, Mocha

served with biscotti

7

CHAI, CHOCOLATE & MILK

choice of organic dairy, soy or rice milk

Organic Chai Latte

served with biscotti

7

Hot Chocolate

served with biscotti

6

Ice-blended Chocolate

6

Junior Cup-Cino

chocolate, milk and forth (no coffee)

5

Organic Milk (Dairy, Rice or Soy)

served cold or warm

4

HEALING TEA

home-brewed and lightly sweetened or unsweetened; served cold or warm

Lemon-grass Tea

Ginger Tea

4

ORGANIC TULSI TEA

Choice of

Original, Lemon-Ginger, Red Chai Masala, Peppermint

4 / cup

7 / pot

GRYPHON PREMIUM TEA

Choice of

Earl Grey, English Breakfast, Organic Green Tea, Peony Jade White Tea

4 / cup

7 / pot

Herbal range

Chamomile Garden, Organic Lemon Myrtle

4 / cup

7 / pot

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Breakfast



Healthy start for the day ahead!

Monday to Saturday
Breakfast 8.30am – 11.00am

TOAST & COFFEE

multigrain toast with your choice of spreads and fillings
served with home-brewed organic coffee or tea
choice of filling:
avocado cucumber, avocado tomato, black sesame, basil & tomato,
cheese and shitake, cheese and mustard, or fruit preserve & butter
6

CONTINENTAL

multigrain toast with butter and fruit preserve
freshly squeezed juice and home-brewed organic coffee or tea
8


EGGS & TOAST

2 eggs, choice of free range or organic (add \$2)
anyway you like!
served with toast and butter
9

TOFU & TOAST

tofu scramble with pumpkin and vegetables
served with toast and butter
9

SANDWICHES

grilled tofu multigrain 
served with water crackers and salsa
9

avocado, smoked salmon & scrambled egg panini
served with water crackers and salsa
12

MUESLI, YOGURT & FRUITS

homemade organic yogurt with organic muesli and fruits
7

BAKESHOPE

kindly proceed to our counter for selections of cakes, scones, muffins and puffs

COFFEE & TEA

our coffee and teas feature fair trade and organic beans and leaves
we serve both decaffeinated coffee and herbal teas
kindly ask our people for our coffee and tea list

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Lunch



Monday to Saturday
Lunch 11.30am – 3:00pm

MID-DAY BITES

Small Plates to start your mid-day grubs!

HUMMUS DIP

organic chickpea, tahini, olives, veggie crudites, pita crisp
9

AVOCADO DIP

fork crushed avocado, tomatoes, onion, cilantro, lime, veggie crudités, pita crisp
9

SUMMER ROLL

rice paper, vermicelli, crunchy vegetables, herbs and nuts
served with mango chutney
6

DUMPLING VEGETARIAN

hand-made and steamed, wheat skin, cabbage and greens,
served with young ginger, black vinegar and chilly condiment
6

DUMPLING SHRIMP

hand-made and steamed, wheat skin, chives and shrimps filling,
served with young ginger, black vinegar and chilly condiment
6

THAI QUINOA SALAD

quinoa, tofu, tempeh, Thai basil, mint, coriander, chilli dressing (V, GF)
9

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BIG LEAFY BOWLS

*salads that will last you the whole day!
served with a slice of toast / gluten free options*

ONAKA SIGNATURE

mixed greens, avocado, sunflower seeds, pumpkin seeds, dried cranberries, carrots
onaka vinaigrette
11

TOFU AVOCADO

grilled marinated tofu, avocado, mixed greens, walnuts, sprouts, carrots
daikon-shoyu dressing
10

TERIYAKI CHICKEN

pulled chicken breast in teriyaki sauce, mixed greens, sprouts, onions, cashew, carrots
daikon-shoyu dressing
11

SMOKED SALMON NICOISE

smoked salmon, hard boiled egg, french beans, olives, mixed greens
dijon vinaigrette
12

SIMPLY ROCKETS

arugula, parmesan, roasted pepper, cherry tomatoes
balsamic vinaigrette
9

DAILY SALADS

kindly ask our kind people for the salad of the day
prices may vary

RICE SUPERBOWLS

Rice bowls that are called super for a reason! Super foods!

OMEGA 3 – SALMON

organic brown rice, seared salmon flakes, green peas, sweet corn,
bonito flakes, nori shreds, citrus-shoyu dressings
12

ZEN

organic brown rice, pan seared tofu triangles, edamame, zucchini,
tomato wedges, mushrooms, organic miso sauce
12

DAILY BOWLS

kindly ask our kind people for the daily asian special
prices may vary

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TALL SANDWICHES

stacked tall for your eyes to savor!

served with salsa and crackers

all of our breads are made from whole wheat flour with complex multi grains

HUMMUS AVOCADO

hummus spread, avocado slices, cucumber, tomatoes, sprouts, lettuce
multigrain toast

9

GRILLED TOFU

horseradish-mustard spread, grilled tofu steak, cucumber, tomatoes, sprouts, lettuce
multigrain toast

9

VBLT

avocado spread, eggplant bacon, lettuce, tomatoes, cucumber
whole wheat panini

10

GRILLED VEGGIES

pesto spread, pan grilled assorted vegetables, cucumber, tomatoes, lettuce
whole wheat panini

10

TERIYAKI CHICKEN

pulled chicken breast in teriyaki sauce, onions, cucumber, tomatoes, lettuce
multigrain toast

10

SMOKED SALMON

choice of avocado or herbed cream cheese spread, onions, cucumber, lettuce
whole wheat panini

12



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PANIZZAS!

*open faced panini melts decided to meet Italian pizzas!
served with side greens*

MARGHERITA

classic pomodoro spread, tomatoes and fresh mozzarella bufalla, basilico, parmigiano
10

PESTO VEGGIE

pesto spread, zucchini, eggplants, mushrooms, mozzarella
10

MISO TOFU

organic miso sauce, tofu cubes, eggplant, zucchini, green onions, nori shreds,
soya mayonnaise, mozzarella
10

PESTO CHICKEN

pesto, pulled chicken, fresh tomato, sun-dried tomato, mozzarella
10

PRAWN OKONOMI

organic miso spread, sauteed prawns, two onions, shitake mushroom,
Japanese mayonnaise, nori shreds, mozzarella
12

ONAKA BURGERS

*our signature and almost famous burgers!
multigrain bun and served with home-made baked beans and side greens*

CARIBBEAN

organic brown rice and black beans veggie patty, chipotle ketchup, cucumber,
lettuce and tomatoes
10

NINJA

soy poached portobello, nori shreds, sprouts, cucumber, lettuce and tomatoes
10

BBQ CHICKEN

pulled chicken breast in BBQ sauce, onion jam, mushrooms, cucumber, lettuce and tomatoes
12

NAKED

Bunless and Vegetarian!
portobello, assorted veggies, brown rice and black bean patty, chipotle ketchup, sprouts,
cucumber, lettuce and tomatoes
12

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MID-DAY SWEETS

*feeling gluttonous? well you're allowed to!
our sweets treats are indulgent yet guilt free!*

CACAO MOUSSE

dairy free chocolate mousse, tofu chantilly, balsamic macerated berries, basil

7

ORGANIC CACAO CHOCOLATES & TRUFFLES

hand-crafted with 70-85% cacao
kindly ask our people for the selections
prices may vary

BAKESHOPE

kindly ask our people for our bakery selections of cakes, scones, muffins and puffs
gluten-free and sugar-free options available
prices may vary



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Wine

to compliment your meal

RED

Australia – Jacob Creek's Shiraz Cabernet

This medium-bodied wine boasts flavours of blackberry and plum with hints of pepper, smooth tannins and subtle oak. Vintage 2008
12 / bottle (187ml)

France - La Vieille Ferme Cotes Du Ventoux

Straightforward, medium-bodied berry fruit with good freshness, purity and intensity. Vintage 2008
24 / bottle (375ml)

Australia - Penmara Five Families Cabernet Sauvignon

The nose displays complex, lifted blackcurrant, raspberry and cinnamon fruit characters and subtle, sweet vanilla oak. The palate is generous with a rich, red berry fruit flavors and soft tannins.
Vintage 2008
48 / bottle (750ml)

Australia - Wyndham Estate Bin 555 Shiraz

A rich, full bodied wine showing intense berry fruit flavours: plums, dark cherries with lifted spice characters. The wine is soft and generous on the mid palate with fine tannins and balanced with subtle oak nuances, all which contributed to a finish of good persistence. Vintage 2008
48 / bottle (750ml)

Spain - Pares Balta Mas Petit (organic)

Medium intense cherry hue, with a predominating smell of red fruits covering a background of toasty notes and vanilla. On the palate it is soft and friendly and with smooth tannins; flavors of red fruits, as cherries, combined with a touch of vanilla. Vintage 2006
58 / bottle (750ml)

Australia – George Wyndham Founder's Reserve Shiraz

George Wyndham became the father of Australian Shiraz since planting the first vineyard in 1830. This wine has ripe blackcurrent plum and dark cherry fruit flavours with a rich full mid palate supported by fine velvety tannins and integrated oak characters. Vintage 2007
78 / bottle (750ml)

Australia – St Hugo Coonawarra Cabernet Sauvignon

The very best of Jacob's Creek Cabernet Sauvignon. A full-bodied wine displaying a rich, textured palate of concentrated cassis and berry fruit flavours with well-integrated tannins. Vintage 2006
108 / bottle (750ml)

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WHITE

Australia – Jacob Creek's Chardonnay

This medium-bodied blend offers attractive lemon, ripe peach, melon and subtle oak flavour. Vintage 2009
12 / bottle (187ml)

France - La Vieille Ferme Cotes Du Luberon

Bright pale yellow with hints of green, it is lively with a nose of fruit and hazelnuts. A refreshing drink with flavors of lemon zest and dried pineapples on the palate. Well-balanced and deliciously aromatic. Vintage 2008
24 / bottle (375ml)

Australia - Penmara Five Families Chardonnay

A slightly oaked style that is rich, complex and approachable. This wine shows fresh fruit characters of peach and hints of tropical aromas. The palate is full flavored with tropical fruit characters and oak complexity giving the wine depth and persistence. Vintage 2009
48 / bottle (750ml)

Australia – Wyndham Estate BIN 777 Semillon Sauvignon Blanc

A vibrant and lively style revealing zesty lemon citrus, snow pea and tropical flavours. It is ideally consumed young when the intensity of flavour is at it best. Vintage 2009
48 / bottle (750ml)

Spain - Pares Balta Blanc de Pacs (organic)

Yellow lemon color with light greenish tinges. Very intense aroma, dominated by mature white fruits (pear and apple) covering a light floral background. On the palate it leaves an intense sensation of fruits and freshness on the finish. Vintage 2007
58 / bottle (750ml)

Australia – Jacob's Creek Reserve Riesling

A blend of grapes sourced from vineyards across premium South Australian cool climate regions. This wine is a classic example of fresh, aromatic lemon, lime and floral style Riesling that JC is famous for. Vintage 2009
58 / bottle (750ml)

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SPARKLING

Australia – Jacob's Creek's Chardonnay Pinot Noir Brut Cuvee

A premium wine with classic citrus flavours with a delicate crisp finish, it is ideal as an aperitif or any occasion that calls for a celebration.

48 / bottle (750ml)

Italy - Paolo Saracco Moscato d'Asti

A unique wine where the beautiful aromas of the grapes are enhanced by a crisp, pleasant acidity, a light frizziness and the sweetness of the natural residual sugar. The low alcohol content makes it a very easy to drink wine, a perfect way to finish a meal, along with some dessert or even alone as a mid-day break. Vintage 2008

38 / bottle (375ml)

68 / bottle (750ml)

France – Mumm Cordon Rouge Brut Champagne (Non Vintage)

68 / bottle (375ml)

108 / bottle (750ml)



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Onaka Healing Kitchen @ The Biopolis

cooking studio | café | juice bar | retail shop

8A Biomedical Grove #01-17/18

Immunos Singapore 138648

T 6464 2007

F 6464 2030

Closed on weekends. Evenings & weekends are reserved for classes.

Onaka @ Body with Soul

café | juice bar | retail shop | kids' corner

44 Rochester Park

Singapore 139248

T 6778 0246

F 6778 0950

Closed on Sundays, reserved for private bookings and parties.