

# *Dinner 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

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## 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

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## 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

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## AVOCADO POWER

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

### Avo-Cleanser

*avocado, organic apple, orange, parsley*  
7

healing kitchen | cooking studio | organic shop | juice bar | kids' corner

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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

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**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

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**BOTTLED**

**Healthy Thirst**

choice of cloudy lemon, cranberry-hibiscus, elderflower  
5

**Mineral Water**

sparkling or still  
2

**Tiger Beer**

8

**Erdinger Beer**

12

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**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

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**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

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**HEALING TEA**

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

**Lemon-grass Tea**  
**Ginger Tea**

4

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**ORGANIC TULSI TEA**

Choice of

**Original, Lemon-Ginger, Red Chai Masala, Peppermint**

4 / cup

7 / pot

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**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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# *Dinner*



Monday to Saturday  
6.00pm – 10.00 pm (last order 9:00pm)

## PLATTERS

### HUMMUS

organic chickpea, tahini, olives, veggie crudités, pita crisps  
9

### AVOCADO

forked crushed avocado, tomato, onion, cilantro, lime, veggie crudites, pita crisp  
9

### TOMATO

salsa of tomatoes, bell peppers, capers and lime zest, sweet basil,  
eggplant crisps, organic corn tortilla chips  
9

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## SMALL PLATES

### RAW VEGETABLE LASSAGNE

assorted seasonal vegetables, raw tomato sauce, cashew cheese, balsamic, sunflower seeds  
11

### BABY CAPRESE

cherry tomatoes, boncocini, pesto dressing, sunflower seeds, balsamico, arugula  
13

### SOY SKEWERS

marinated firm tofu and tempeh skewers, Balinese sambal matah  
10

### MUSHROOM SIEW MAI

steamed stuffed button mushrooms with wonton wrappings, soy cream, scallions  
tabasco-mustard emulsion dip  
12

### DUMPLING VEGETARIAN

choice of pan-fried or steamed, wheat skin, cabbage and greens,  
served with young ginger, black vinegar and chilly condiment  
10

### DUMPLING SHRIMP

choice of pan-fried or steamed, chives and shrimp filling  
pickled ginger and vinegar, chilly condiment  
10

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## LIQUID BOWLS

### CHILLED WATERMELON

chilled watermelon puree, spicy tomato juice, zucchini pearls, garlic flakes  
6

### MUSHROOM TEA

assorted asian mushrooms in its own broth  
6

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## LEAFY BOWLS

### CLASSIC ONAKA

mixed greens, avocado, sunflower seeds, pumpkin seeds, dried cranberry  
onaka vinaigrette  
11

### TOFU AND BEET

grilled curried tofu, beet root pickles, mixed greens, asian herbs  
pink creamed tofu-mustard dressings  
10

### FLOWER CRAB CAESAR

flower crab meat, romaine, parmesan, eggplant bacon  
eggless caesar dressing  
14

### SCALLOP AND MANGO

pan seared scallops, mangoes, chilly, shallots, lemongrass, cilantro, arugula,  
apple cider-soy vinaigrette  
16

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## NOODLE BOWLS

### MULTI V AGLIO

balsamic glazed vegetables, garlic, dehydrated chilly, red peppers, olive oil, parsley,  
choice of organic linguini or spaghetti  
16

### VITAMIN A-BSOLUTELY TOMATOES

classic pomodoro sauce, cherry tomatoes, roasted parmigiano, fresh mozzarella, basil,  
organic spaghetti  
16

### RED WINE STEWED CHICKEN

mirepoix vegetables, roasted cherry tomatoes, sage  
choice of organic linguini or spaghetti  
17

### OMEGA 3 CARBONARA

seared salmon pieces, cream liason, green peas, sundried tomatoes, almond crush, parsley,  
organic linguini  
17

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**HOT AND SOUR PRAWN** (GF)

queen prawns, shitake mushroom, chilly, hot and sour shellfish broth, cilantro, rice noodles  
18

Gluten-free pasta is available upon request. It requires minimum of 20mins upon ordering.

**BIG PLATES**

**GRATIN OF PORTABELLA** 

portobello mushrooms stack, roast peppers, zucchini, aubergine, sundried tomatoes, formaggio di buffalla, basilico, napolitana sauce, herbed quinoa  
22

**PUMPKIN SEA BASS**

pumpkin seed crusted sea bass, pumpkin mash, kenya beans, smoked tomato puree  
23

**CORRIANDER CHICKEN**

pan broiled marinated chicken breast, lightly pickled cucumber salad, soya-lime reduction, Balinese organic brown rice  
23


**CRAB CAKES**

oven baked flower crab and scallop cake, chilly, cilantro, two mangoes salsa, saffron aioli, pumpkin mash  
25

**FRUITS OF THE SEA**

banana leaf baked seafood melange, torch ginger sambal, lemongrass organic brown rice pilaf  
25

**ZEN**

cabbage ume slaw, kinpira burdock hijiki, zucchini miso, nabemono mushrooms, nori shreds organic brown sushi rice, organic green tea   
44 for 2



## BREAD PLATES

### CARIBBEAN BURGER

organic black beans and brown rice patty, chipotle ketchup  
multigrain buns, home-made baked beans, mixed green salad

13

### NINJA BURGER

soya poached portobello, nori shreds, sprouts  
multigrain buns, home-made baked beans, mixed green salad

13

### TOFU

grilled marinated tofu steak, horseradish-mustard, tomatoes, sprouts  
multigrain toast, mixed green salad

12

### SMOKED SALMON

choice of avocado or herbed cream cheese spread, onions, lettuce  
whole wheat panini, mixed green salad

15

### MISO PRAWN

open faced panini, miso spread, sauteed prawns, two onions, shitake mushrooms,  
Japanese mayonnaise, nori shreds, mozzarella, mixed green salad

15

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## SWEET PLATES

### BANANA PASTILLAS

cinnamon caramelized banana, walnut, dried berries, phyllo wrap, raw berry compote, mint, vanilla gelato, black pepper 🌿

8

### CACAO MOUSSE

dairy free chocolate mousse, tofu chantilly, balsamic macerated berries, basil, apple crisps 🌿

7

### COFFEE CUSTARD

eggless coffee and cheese custard, biscotti, soya afogatto

9

### EGGLESS TIRAMISU

espresso, mascarpone, grand marnier, cacao powder

8

### ORGANI CACAO CHOCOLATES & TRUFFLES

hand-crafted from 60-85% cacao  
kindly ask our people for the selections

### BAKESHOPE

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

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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.*