

SUPERFOOD SHAKES

	M L
V Basic vanilla protein, honey + almond milk	40 / 50
V Lunch Bar choc protein, cocoa, peanut butter, flaxseeds, banana, dates + almond milk	55 / 65
V Hulk super-green protein, pineapple, banana, dates + coconut infused water	55 / 65
V Protein frappuccino vanilla protein, banana, dates, double espresso + almond milk	55 / 65
V Berry Bae berry protein, mixed berries, flaxseeds, honey, mint + almond milk	55 / 65
V Boss vanilla protein, banana, almond butter, honey, chia seeds + coconut infused water	55 / 65
V Peanut butter + Jam peanut protein, blueberries, peanut butter + milk	55 / 65
V Super Nova vanilla protein, banana, toasted coconut, raw cacao, chia seeds, dates Himalayan salt + almond milk	55 / 65
V Bulk+Shred double protein, frozen cauliflower + milk	60 / 70
BYOS milk + Protein + 2 toppings Add toppings R8	55 / 65

PRESSED JUICES

350ml | 500ml
38 | 48

Anti - Inflamm Carrot, activated turmeric & ginger
Detoxer Beets, carrots & orange
Regenerator Apple, celery & cucumber
Flu Fighter Orange, ginger and cayenne pepper
Reset orange, naartjie, pineapple, basil
Energy Carrot, apple, ginger
Vitamin C Orange, carrot, cayenne pepper
Refresh Pineapple, apple, lemon, mint + coconut water
Morning Cleanse (hot) Purified water, lemon, chia + honey

COFFEE/DRINKS

Double Espresso	20
Bullet Proof	22
Americano	22
Cappuccino	28
Double Shot Cap	30
Cortado	28
Latte	28
Frozen Latte (500ml)	38
*Add almond milk	10
Superlatte	
Golden, Red Velvet, Matcha made with almond milk	42
Tea	16
Water	18
Kumbucha	30

In. @onoeatery



EAT • FRESH • FAST

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BREAKFAST

V V Pot Breakfasts	
A + E : avo*, 2 poached eggs, tomato salsa,	60
Overnight Oats: apple + cinnamon / protein cocoa	60
ONO Museli	50
V Smashed avo* toast	50
add eggs x 2	20
add salsa	10
add sautéed mushrooms	30
V Steriod smashed avo* + toast	70
spring onions, corriander, mushrooms, lemon juice + sriracha	
Supreme chicken sriracha mayo + avo*	70

SMOOTHIE BOWLS

V Double Chocolate	75
banana, oats (gluten), avo*, chocolate protein, dates, cocoa, almond butter + almond milk	
V Berry	75
Frozen berries, banana, berry protein, honey, mint, oats + almond milk	
V Salty nutter	75
Banana, oats, dates, peanut protein, peanut butter, pink salt, avo* + almond milk	
V Amazonia organic açai	100

V Vegan **V** vegetarian

GRAB TO GO

Our ready made meals are designed to save you time and promote a healthy lifestyle. Meals are prepared fresh, daily, and contain ZERO additives, preservatives or processed meats.

Check fridge for ready meals

Our kitchen uses both nuts and shellfish. Please be aware of such allergens.

Please note that various ingrediants are seasonal, and are subject to availability and price alterations.

We only use gluten free oats

POKE

V Green (V)	80 / 100
tofu/chickpeas, stripped beans, corn, cucumber salsa, slaw + base	
Sriracha	110 / 130
grilled prawns, avo*, raddish, roasted nuts, slaw + base	
Tiger bowl	110 / 130
prawn, cucumber, avo*, coriander mint chilli salsa, slaw + base	
Yuzu	110 / 130
tuna, sping onion, pineapple, avo*, slaw + base	
Ponzu	120 / 140
salmon, orange, coconut shavings, avo*, slaw + base	
Supreme	100 / 120
pulled chicken, pineapple, stripped beans, cucumber, sriracha, slaw + base	
Miso	100 / 120
pulled chicken, broccoli, spring onion, stripped beans, slaw + base	
California	120 / 140
salmon, edamame, pineapple, avo*, slaw + base	
The Local	120 / 140
flaked salmon, stripped beans, spring onion, cucumber, slaw + base with honey sesame dressing	

BYOB

customise a bowl the way you like it

① Base	slaw/white or black/brown rice (add R10)	
② Protein	Vegetable	80 / 100
	Chicken	95 / 110
	Prawn / Tuna	110 / 130
	Salmon	120 / 140
③ X4 Toppings	Choose from what is available	

CATERING OPTIONS

Ask about our catering menu options or have an individual menu made to suit your event