

## HOT DRINKS

<b>Coffee</b>	
Espresso Double Shot	18
Americano	21
Flat White	25
Cappuccino	25
Double Shot Cap	27
Large Cappuccino	28
Latte	27
Bullet Proof	20
*Almond milk available add 8	
<b>Super Lattes</b>	
Made with almond milk	
Turmeric	35
Matcha	40
Beetroot	35
<b>Teas</b>	
Ask for selection	17

## FRESH JUICES

	S 350ml	L 500ml
Build your own	35	45
Carrot, tumeric & ginger		
Beets, carrots & orange		
Apple, celery & cucumber		
Water		
- Still/Sparkling (500ml)		16

## Deliveries

Place your orders online at [onoeatery@gmail.com](mailto:onoeatery@gmail.com) or call 078 893 1786

Delivery to Rosebank, Illovo and Sandton for orders above R350

Delivery fee of R20 not included

## BREAKFAST

<b>Yogurt Bowl</b>	45
Nuts + honey or OR Seasonal fruit <i>*full cream/low fat yogurt</i>	
<b>Chia Oats on the go</b> - Served cold/hot	65
Cinnamon, apple with nut mix and gojis OR Chocolate vegan protein with almond butter + banana	
<b>Black Rice Pudding</b>	65
Full of protein + iron served warm with coconut cream	
<b>Chia Seed Pudding Bowl</b>	70
Chia soaked in coconut + almond milk. - Plain - Beetroot/Cocoa - Cinnamon/Turmeric	
<b>Protein Choc Smoothie Bowl</b>	72
Banana, oats, avo, vegan chocolate protein, dates, cocoa, almond butter, almond milk (Vegan)	
<b>Acai Berry Protein Bowl</b>	70
Frozen acai, frozen berries, vegan berry protien, oats, avo, mint, honey and almond milk (Vegan)	
<b>Matcha + Mint Smoothie Bowl</b>	70
Frozen banana + pineapple, avo, matcha, oats, almond milk (Vegan)	
<b>Personalise and add</b>	
Add nuts	+8
Add Fruits	+8
Add gluten free option	+10
Add extra vegan protien	+10

## PROTEIN SHAKES

*All protein used is vegan and free from additives and sugar*

<b>Customise...</b>	S 50   L 60
① Choose your base - milk, almond milk, coconut milk, water	
② Choose your Protein Powder (Vegan) - Chocolate - Vanilla - Coffee - Berry - Green Plant Powder	
③ Choose some extras (+2 Extras) Add more extras Ask us whats on offer	+8

## HOUSE SHAKES

<b>Basic</b>	S 40   L 50
Vanilla protein, almond milk, honey	
<b>Lunch Bar</b>	S 50   L 60
Choc protein powder, raw cocoa, peanut butter, flaxseeds, almond milk, banana	
<b>Hulk</b>	S 50   L 60
Supergreen wazoogles, banana, pineapple, kale, lemon juice, dates, coconut infused water	
<b>Gym Bro</b>	S 55   L 65
Vegan vanilla protien, banana, peanut butter, almond milk, espresso shot, L-Glutamine	
<b>English Breakfast</b>	L 68
Banana, strawberries, blueberries, egg white, peanut butter, vanilla whey, gluten free oats, almond milk <i>*only available in 500ml</i>	
<b>Big Boy</b>	S 50   L 60
Banana, peanut butter, dates, coffee protein powder, coconut infused water	
<b>Berry Protein</b>	S 50   L 60
Mixed berries, banana, berry protein powder, almond milk, spinach, flaxseeds, honey and mint	
<b>Shake Special</b>	S 50   L 60
Check which shake is on offer this week	

## CUSTOM POKÉ

<b>Build your own</b>	M 85	L 115
① <b>Base it</b> Black rice, brown rice, sushi rice or raw slaw		
② <b>Top it</b> - Salmon - Chicken - Tuna - Vegan - Prawn		
③ <b>Finish it</b> Any four seasonal options on offer		
<b>Add on</b> *Extra avo/edamame *Extra topping	+8 +4	

## HOUSE POKÉ

	M 85	L 115
<b>California Salmon</b> Base of choice Salmon, seasonal salsa, slaw, edamame, avo and classic California dressing		
<b>Yuzu Tuna</b> Base of choice Tuna, seasonal salsa, slaw, pickled sweet peppers, sliced raddish, avo and yuzu dressing		
<b>Prawn Sriracha</b> Base of choice Prawns, slaw, avo, raddish, cashews, sugar snaps and spicy Sriracha mayo		
<b>Tiger's Milk Chicken</b> Base of choice Chicken, slaw, spring onions, broccoli, edamame		
<b>Veggie</b>	75	95
A choice of Tofu or chickpeas with any of the above bowl combos		
<b>Add on</b> *Extra avo/edamame *Extra topping	+10 +4	