



ONA.

ONA MANUKA

We are dedicated to sharing our passion for the highest quality coffee accompanied by an inspired menu using fresh local produce.

All coffee has been sustainably sourced.

All eggs have been open-range farmed.

All bacon is nitrate free & locally smoked.

All toast from three mills bakery.

TRADING HOURS

Monday to Friday 7:00am-4:00pm

Saturday & Sunday 7:30am-3:00pm

Kitchen closes 2:30pm daily

10% surcharge Sunday

15% surcharge public holidays

SPLIT BILLS incur a \$1 surcharge per split

COLD DRINKS

COLD BREW COFFEE 4

ICE COFFEE 6
espresso, milk, panela syrup

CASCARA ICED TEA 6
iced tea made from coffee fruit with lime & mint

FRESH JUICE 8
- pear, mandarin, ginger
- cucumber, apple, parsley, lemon, ginger
- orange

SMOOTHIE 9
- blueberry, oat, honey, milk, yoghurt
- banana, date, hazelnut, milk, yoghurt

SHAKES 8
- salted caramel & popcorn
- chocolate (add caramel & pb +1)
- strawberry (add peanut butter +1)

HOUSEMADE SODA 6
- lemonade

BOTTLED DRINKS
- cola, ginger beer / 5
- 600mL still water / 3
- 250mL Capi sparkling water / 4
- 750mL Capi sparkling water / 7

HOT DRINKS

NOMAD 45% CHOCOLATE 5.5
hot chocolate

LOCAL REAL CHAI 5.5
infused with Bonsoy

TEA BY CHAMELLIA 5
- english breakfast
- earl grey
- china sencha
- peppermint
- chamomile
- lemongrass & ginger

KIDS

JUICE 5.5
- apple
- orange

SHAKES 6
- caramel & popcorn
- chocolate
- strawberry

FOOD
- 1 egg, 1 bacon, 1 toast / 6
- toast, jam / 5
- french toast & maple / 10
- chicken, chips / 13

ALL DAY FOOD

CHIA PUDDING VE, GF 15

coconut chia pudding, puffed ancient grains, strawberries, poached pear, almonds, dried blueberries

THREE MILLS SOURDOUGH 8

ancient grain, dark rye or deeks gluten free with your choice of condiment: housemade jam, honey, vegemite, peanut butter

FRUIT TOAST V 12

lavender ricotta, strawberries, almonds

ONA ROLL 16

double egg, double bacon, guacamole, sauce roja, brioche roll

- add cheddar / 2
- add fries / 3

AVOCADO V, VE-O 17

avocado half, smoked goats curd, native dukkah, baby beetroot, snowpea tendrils, ancient grain sourdough

- add two poached eggs / 4

FRENCH TOAST V 18

french toast, poached pear, spiced pear puree, almond cream, almond praline, mulled wine gel

MUSHROOMS V, GF-O 18

roasted field mushroom, puffed ancient grains, eggplant kasundi, lemon shallot, salsa verde, smoked goats curd, ancient grain sourdough

- add two poached eggs / 4

FRITTERS V 17

jalapeno, emmental & potato fritters, poached eggs, corn, snowpea tendrils, coriander, aioli, lime

- add bacon / 5

BENEDICT GF-O 21

red wine braised beef cheek, poached eggs, pickled carrots & beetroot, house-made hollandaise, ancient grain sourdough

BONITO GF-O 20

smoked bonito rilletes, apple & olive salsa, preserved lemon aioli, lemon shallot, soft boiled egg, snowpea tendrils, rye croutes

CHICKEN TABBOULEH VE-O, GF 19

chermoula roast chicken, quinoa & kale tabbouleh, harissa vinaigrette

ZUCCHINI & CAULIFLOWER SALAD VE 18

zucchini ribbons, chermoula roast cauliflower, snowpea tendrils, almonds, dried cranberries, salsa verde

STEAK SANDWICH 21

beef steak, eggplant kasundi, cheddar, snowpea tendrils, preserved lemon aioli, ciabatta, fries

CHICKEN BURGER 21

southern fried chicken, purple slaw, tabasco aioli, brioche bun, fries

- add bacon / 2

GNOCCHI 28

ricotta and carrot top gnocchi, beef cheek ragu, sicilian olives, gremolata, pecorino

EGGS ON TOAST 12

poached, fried or scrambled

EXTRAS

- deeks gluten free toast substitute / 2
- wood smoked bacon / 5
- avocado half / 5
- blistered cherry tomatoes / 4
- field mushroom / 5
- jalapeno fritter / 4
- chermoula roast chicken / 5
- chorizo / 5
- house-made hollandaise / 4
- smoked goats curd / 4
- side of fries / 3
- extra egg / 2

SIDES

- haloumi nuggets, sauce roja / 10
- green beans, almonds, salsa verde / 8
- mexican salad / 5
- bowl of fries / 8

V - VEGETARIAN

VE - VEGAN

VE-O - VEGEN OPTION

GF - GLUTEN FREE

GF-O - GLUTEN FREE OPTION