

onehealthyyouaruba.com/cafe



ONE HEALTHY YOU

- *Soft opening Menu* -

Cafe

THE EXPERIENCE

"Our menu is built around health and well-being, with a focus on plant-based, whole foods that are locally sourced and organic when possible. We avoid processed ingredients, refined sugars, and gluten while using minimal oil to ensure light, nutritious meals.

Most of our components are homemade to guarantee freshness and quality. With every dish, we prioritize wholesome, nutritious options designed to nourish your body and support digestion, leaving you feeling energized and satisfied.

Enjoy our relaxing, tranquil space with cozy indoor seating and a lush outdoor garden. Perfect to work remotely or just sit back and relax. Savor healthy meals with takeout, delivery, and online ordering options. The OHY experience also provides wellness treatments, indoor classes and a wellness shop for health products to enhance your lifestyle."



The OHY Experience Team



BREAKFAST

SMOOTHIE BOWLS

\$11.50 | all V + GF | all day available

TROPICAL IMMUNE BOOSTER

mango, banana, fresh ginger, turmeric, chia seeds powder & coconut milk. Toppings: banana, strawberries, kiwi, homemade granola, coconut flakes & almonds

GREEN ENERGY

cucumber, pineapple, banana, spirulina, chia seeds powder & coconut milk. Toppings: banana, blueberries, strawberries, goldenberry, homemade granola & seeds mix

BLUEBERRY MUFFIN

blueberries, banana, lemon zest, chia seeds powder & coconut milk. toppings: banana, strawberries, blueberries, goldenberry, homemade granola & almonds

SOURDOUGH TOASTS

\$11.50 | all V | all day available

BANANA BOOST

Peanut butter, banana, chocolate chips, walnuts, cinnamon & maple drizzle

BERRY BLISS

Almond butter, strawberries, almonds, chia seeds & maple drizzle

GREEN FUEL

Avo mash, tomato, tofu scramble, pickled red onion & sprouts

OTHER BREKKIES

\$11.50 | all V + GF | all day available

CRUNCHY COCO YOGHURT

topped with our signature homemade granola & fresh fruits

NUTTY BANANA SPLIT

whole banana topped with coconut yoghurt, seeds mix, peanut butter, almonds & fresh fruits

PINK FLAMINGO OATMEAL

warm oatmeal with beet powder, vanilla protein, chia/flax seeds & topped with fresh fruits, coco flakes & agave syrup

POWER FRUIT SALAD

mixed fresh fruits + a raw energy bite(various flavors)

NUTRI BANANA OATCAKES

our signature pancakes made with GF oats, banana & coconut milk. Comes with fresh fruits, granola sprinkle & agave syrup

TEX MEX OATMEAL

warm savory oatmeal topped with avocado, corn chips, tomato, roasted chickpeas, cilantro & sprouts

**"Wholesome food,
vibrant life ~
Let every bite bring
you closer to your
healthiest self."**

V = Vegan | GF = Gluten free (please always inform our staff about allergies)

20% discount on food items when you are local!

LUNCH

SOURDOUGH TOASTS

\$12.50 | from 11 am

SPICT TLT

turkey filet, mixed local lettuce & spinach, tomato, pickles & creamy sriracha.

CHICKPEA OF THE SEA

chickpea 'tuna' salad, cucumber, alfalfa, mixed local lettuce & spinach. **V** (also available as a power bowl)

SMOKEY LOX & AVO

smoked salmon, avo mash, capers, pickled red onion, mixed local lettuce & spinach.

NUTRI SOUPS

\$12.50 | all V | from 11 am

SUSTAIN-A-BOWL VEGGIE SOUP

Hearty soup made with veggie scraps from our kitchen, lentils, cilantro, parsley & many amazing spices.

SEASON SPECIAL

Ask for our seasonal special soup, always plant-based!

Our soups come with a side salad and sourdough toast (Tip: ask for corn chips to make it GF!).

V = Vegan | **GF** = Gluten free (please always inform our staff about allergies)

20% discount on food items when you are local!



POWERED BY



POWER BOWLS

From \$ 14.50 | all V + GF | from 11 am

CREATE YOUR OWN BOWL | From \$14.50

Ask for the special menu to create your own bowl! All plant-based.

SEASON SPECIAL | \$16

Ask for our seasonal special power bowl, always plant-based!

SIGNATURE BOWLS | \$14.50

Choose brown/white rice, quinoa, zoodles or local mixed lettuce/spinach as your base. All plant-based.

FRESH ENERGY

tofu feta, fresh spinach, cucumber, chickpeas, tomatoes, lemon-tahini sauce & alfalfa sprouts

PROTEIN EXPLOSION

roasted chickpeas, sweet potato, corn, black beans, bell peppers, creamy sriracha sauce & dukkah (spiced nuts mix)

CRUNCHY LOVER

spicy tempeh, cucumber, zucchini, carrots, red cabbage, thai peanut sauce & spring onion

SUSHI VIBES

watermelon 'tuna', cucumber, edamame beans, mango, avocado, Asian ginger - garlic sauce & peanut-chili-coconut crunch

SPICY TACO

black bean hummus, nacho chips, fresh spinach, avocado, tomato, creamy sriracha sauce & spicy sunflower seeds

CRAVING BREAKFAST

tofu scramble, fresh spinach, black beans, avocado, tomatoes, choose sauce & choose coconut bacon or alfalfa sprouts

CHICKPEA OF THE SEA

chickpea 'tuna' salad, cucumber, corn, tomatoes, olives, lemon-tahini sauce & gluten free herb croutons

COLORFUL CARIBBEAN

bbq pulled jackfruit, pineapple, black beans, sweet potato, broccoli, creamy sriracha sauce & pickled red onion

CREATE YOUR OWN BOWL

1. Choose your base

- | | | |
|-------------------------------------|----------------------------------|--|
| <input type="checkbox"/> White rice | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Local lettuce & spinach mix |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Zoodles | |

2. Choose your premium

- | | | |
|--|---|--|
| <input type="checkbox"/> Tofu feta | <input type="checkbox"/> Roasted chickpeas | <input type="checkbox"/> Chickpea 'tuna' salad |
| <input type="checkbox"/> Spicy tempeh | <input type="checkbox"/> Watermelon tuna | <input type="checkbox"/> Black bean hummus |
| <input type="checkbox"/> Tofu scramble | <input type="checkbox"/> BBQ pulled jackfruit | |

3. Choose 4 toppings

- | | | |
|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Avocado | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Corn | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Chickpeas |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Red cabbage | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Carrots | <input type="checkbox"/> Pineapple or mango |

4. Choose your sauce

- | | | |
|--|--|---|
| <input type="checkbox"/> Lemon - tahini | <input type="checkbox"/> Asian ginger - garlic | <input type="checkbox"/> Fresh tomato vinaigrette |
| <input type="checkbox"/> Creamy sriracha | <input type="checkbox"/> Thai peanut | |

5. Choose your final touch

- | | | |
|---|---|--|
| <input type="checkbox"/> Dukkah (spiced nuts mix) | <input type="checkbox"/> Peanut - chili - coconut | <input type="checkbox"/> Fresh cilantro & mint |
| <input type="checkbox"/> Alfalfa sprouts | <input type="checkbox"/> Pickled red onion | <input type="checkbox"/> Spicy sunflower seeds |
| <input type="checkbox"/> Spring onion | <input type="checkbox"/> Coconut bacon | |

DRINKS

COFFEE & TEA

For milk you can choose regular milk, oat milk (V), soy milk (V) or almond milk (V).

- Ristretto \$3
- Espresso \$3
- Espresso Macchiato \$3.50
- Americano \$3.50
- Cortado \$3.50
- Flat White \$3.50
- Cappuccino \$4.50
- Latte Macchiato \$4.50
- Café Latte \$4.50
- Chai Latte \$5
- Turmeric Latte \$5
- Matcha Latte \$5
- Hot Cacao \$4.50
- Iced Coffee \$4.50
- Organic Green Tea \$3.50
- Organic Black Tea \$3.50
- Fresh Mint \$4.50
- Fresh Ginger / Lemon \$4.50

OTHER DRINKS

- Local Kombucha \$4
(Berries, Ginger/Lemon, Passion Fruit or Lemon Balm)
- Hibiscus & Spices Iced Tea \$5
- Coconut Water \$4
- ARUBA Water \$2
- Sparkling Water \$3.50

V = Vegan | GF = Gluten free (please always inform our staff about allergies)



SMOOTHIES & PROTEIN SHAKES

- Strawberry Energy Smoothie \$6
(Strawberries, Blueberries, Banana, Orange)
- Green Machine Smoothie \$6
(Spinach, Banana, Pineapple, Green Spirulina)
- Refreshing Mango Smoothie \$6
(Mango, Pineapple, Banana, Cucumber)
- Protein Shakes \$6
(Vanilla, Chocolate or Peanut Butter)
(Base: banana, milk of choice & vegan protein)

Add-ons:

- Oat/Coco/Soy/Almond/Regular Milk \$1
- Gluten Free Oats \$1 - Peanut Butter \$2
- Green Spirulina \$3 - Chia / Flax Seeds \$2
- Vegan Protein \$3

FRESH JUICES

- Beet Boost \$6.50
(Red Beet, Grapefruit, Apple, Ginger)
- Green Vitality \$6.50
(Cucumber, Apple, Lime, Green Spirulina)
- Orange Radiance \$6.50
(Carrots, Apple, Lemon, Ginger)
- Fresh Squeezed Orange Juice \$5

"Nourish deeply,
live fully ~
Because every sip
is a chance to feel
your best."