

## What is Onion Garden?

The Onion Garden is a new unique health and wellness inspired quick service restaurant.

We prepare food from scratch combining modern and classic food preparation techniques to provide an exceptional quick service dining experience.

In addition to our organic wellness take out restaurant concept, we also offer custom private events, catering and meal delivery tailored to your dietary needs.

Our kitchens utilize the highest quality organic ingredients, we source locally, promote sustainability and integrity.

We cook with coconut oil and extra virgin olive oil exclusively. We choose to use real Himalayan salt providing the balance and micronutrients our bodies require for optimization.

At Onion Garden we are focused on health and wellness and think it should be provided to everyone at a reasonable cost.

We support free trade initiatives, ethics and community involvement.

We choose to use eco friendly and biodegradables as a way of doing our part to ensure our earth is habitable for future generations

Our menus are focused on nutrient density, in adherences to food sensitivities with a global palette.

We look forward to serving you soon.

***Eat for life, live to eat!***

## Beverages

### Coffee & Tea

<b>12oz</b>	<b>16oz</b>	<b>20oz</b>
<b>\$1.<sup>99</sup></b>	<b>\$2.<sup>29</sup></b>	<b>\$2.<sup>59</sup></b>

### Assorted Smoothies

<b>\$3.<sup>99</sup>/12oz</b>	<b>\$4.<sup>99</sup>/16oz</b>
-------------------------------	-------------------------------

It's A Green Thing  
Blueberry Breakfast  
Banana Walnut  
Coconut Rose  
That Sharp Ginger, Mango  
You Call It **+\$1**

Honey	Ginger
Pecan	Banana
Almond	Kiwi
Walnut	Green Apple
Coconut	Honey Crisp
Hemp Seed	Kale
Chia	Celery
Blueberry	Carrot
Raspberry	Beets
Strawberry	Maca Powder
Pineapple	Steel Cut Oats
Mango	Golden Flax Seed

Many additional organic, wellness beverages are available. Please call.

(847) 926-3100

**We cater  
all events and occasions**

**Call for a quote**



**Organic takeout,  
delivery and catering**

1788 Second Street  
Suite 100  
Highland Park, IL 60035

(847) 926-3100

**Order Online**  
[www.oniongarden.org](http://www.oniongarden.org)



# 1 Protein

(Choose 1)

## Wellness Plate

Organic Chicken Breast +\$1.00

Grass Fed Beef +\$3.00

Organic Salmon +\$2.00

Extra Firm Tofu

Lunch \$8.99

Dinner \$12.99

# 2 Marinade

(Choose 1)

Tuscan Garlic, Herbs

Southwest Santa Fé

Thai Turmeric

Szechwan

All sides available ala carte

\$3.99 Small/\$5.99 Large

# 3 Vegetables and Grains

(Choose 2)

Wild Rice Pilaf

Brown Rice

Seasonal Quinoa Salad

Broccoli Farro Salad

Mediterranean Freekeh

Sweet Corn & Black Bean Salad

Zucchini Squash Cumin, Rosemary, Garlic

Steamed Sweet Potato, Raw Honey Glaze

Carrots, Peppers & Onion

Oven Fried Potatoes

Vegetable Of The Day

# Breakfast

**Hot Cereals \$3.89/12oz \$4.99/16oz**

- Coconut, Walnut, Cranberry, Steel Cut Oat
- Vanilla, Banana, Pecan, Golden Raisin, Steel Cut Oat
- Sweet Potato Cinnamon, Raisin Walnut, Steel Cut Oat
- Sweet Potato Oatbran Grits

## Sproutcakes

- 2 Sproutcakes with Maple Syrup \$2.99
- 2 Sproutcakes, Maple Syrup with 2 Eggs Scrambled \$5.99

**Sprouted Wheat Breakfast Burritos \$2.99**

- Applewood Bacon, Cheddar, Arugula
- Black Bean, Avocado, Monterey Jack, Salsa
- Crimini, Broccoli, Spinach, Red Onion

**Sprouted Wheat English Muffin Sandwiches \$4.99**

- Canadian Bacon & American
- Avocado, Arugula, Thin Red Onion
- Applewood Bacon, Gouda

**Big Break \$7.99**

6oz Hot Cereal or Sproutcakes with 2 Eggs Scrambled, 2 Meat, Fresh Fruit

# Ala Carte

**Egg Any Style \$2.00**

**Maple Syrup \$2.00**

**Bacon \$2.00**

**Turkey Sausage \$2.00**

**Sproutcakes \$1.00**

**Add Cheese \$1.00**

**GF Bread \$1.00**

# Kids

Corn, Fries, Apple Sauce or Green Beans & Kid's Beverage

**Chicken Tenders \$6.99**

Coconut or GF Pretzel, Raw Honey Mustard, Ketchup, Barbecue

**Grilled Cheese on Sprouted Wheat \$6.99**

**Apple Gate Hot Dog \$6.99**

# Wraps & Sandwiches

All Sandwiches are served with choice of one side

**Bison Burger \$7.99**

Ground Bison Patty, Pickles, Onions, Lettuce & Tomato

**Black Bean Burger \$6.49**

Avocado, Tomato, Arugula, Chili Garlic Mayo

**Roast Beef and Cheddar \$7.99**

Tomato, White Onion, Sprouted Wheat Bun

**Bombay Chicken \$6.99**

Tikka Masala with Shaved Red Onions, Carrots, Cabbage on Naan

**Toasted Turkey \$6.59**

Turkey Toasted on Sprouted Wheat, Gouda, Tomato Jam & Pickles

# Bone Broth & Soup

**12oz/\$3.49 16oz/\$4.59**

**Chicken or Beef Soup of the day**

# Salads

**Small \$6.99 Large \$8.99 Add Protein \$4.99**

**Super Greens:** Lemon Vinaigrette Dressing Red Kale, Watercress, Belgium Endive, Radicchio, Arugula, Red Leaf, Edamame, Cucumber, Sunflower Seeds & Cranberries

**Garden Ranch:** Chive and Garlic Yogurt Ranch Dressing Bibb Lettuce, Arugula, Avocado, Cucumber, Tomato, Sliced Almonds & Dill

**S.E.A:** Sesame Ginger Dressing Baby Bock Choy, Carrots, Celery, Red Bell Pepper, Scallion, Basil And Cilantro, Pumpkin Seed

**Kale:** White Balsamic and Honey Dressing Green, Red Kale Cranberries, Shaved Coconut, Maple Glazed Pecans, Avocado

**Chopped:** Red Wine Vinaigrette Dressing Romaine, Cucumber, Tomato, Red Onion, Carrot, Garbanzo Bean, Basil