

WRAPS & SALAD BOWLS

ALL ITEMS AVAILABLE AS A WHOLEWHEAT TOASTED WRAP OR AS A SALAD BOWL

ZESTY CAULI-RICE | DF | 82

Cauli-rice, cabbage, celery, hemp seeds, sprouts, pumpkin seeds, mint, lemon-thyme dressing
Chef's suggestion: add feta +14

PESTO ZUCCHINI | DF | 100

Raw zucchini noodles, kale pesto, broccoli, olives, walnuts, pumpkin seeds, pea shoots
Chef's suggestion: add parmesan +18

RAG DOLL DATE | 87

Rocket, marinated dates, feta, avo, broccoli, rosa tomato, pumpkin seeds

PINK SUPERFOOD SALAD | 82

Watermelon (seasonal), feta, baby spinach leaves, radish, cranberry, goji berries, toasted almond flakes, with a drizzle of balsamic.

KALE CRANBERRY | SF | 92

Crispy kale, cranberries, cashews, feta, avo, croutons, lemon-thyme dressing
Chef's suggestion: add chicken +30

SUPER-GRAIN CURRY | SF | 99

Quinoa, buckwheat, cabbage, celery, macadamias, sesame seeds, cucumber, coriander, mint, curry coconut dressing*
Chef's suggestion: add chicken +30
**contains dairy*

BUTTERBEAN CURRY | SF | 88

Indian spices with onion, butter, mixed beans, dates, cashew cream, tomato and lentils garnished with greek yoghurt, cucumber, coriander and cashews.

NUTTY THAI | SF | 110

Chicken, rice noodles, mixed peppers, carrots, cabbage, celery, cucumber, spring onion, mango (seasonal), coriander, nut mix, sesame seeds, lemon grass, chilli, peanut dressing

BALSAMIC BUTTERNUT BOWL | SF | 105

Roasted butternut, red onion & garlic tossed with quinoa, baby spinach leaves, danish feta, roasted pecan nuts and pumpkin seed drizzled with a balsamic honey mustard dressing.
Chef's suggestion: add chicken +28

MEXICAN SUPERFOOD | SF | 92

Black beans, chick peas, salsa, mashed avo, cream cheese, jalapeno, coriander, cashew-soy dressing . Served in a wrap bowl.
Chef's suggestion: add chicken +28

CHICKEN PEPPADEW TOASTIE | 65

A twist on this traditional favourite: Your choice of artisan bread filled with fresh rocket and our *Tree chicken peppadew mayo. Enjoy as an open or closed sarmie.

MARGHERITA TOASTIE | 60

A Tree twist on the classic toasted cheese: Your choice of artisan bread filled with mozzarella, rocket, kale pesto, cherry tomatoes and fresh basil leaves. Enjoy as an open or closed sarmie.
**Chefs suggestion: add Danish feta +14*

ADD YOUR PROTEIN

Free Range Chicken 100g +30

Smoked Trout 80g +48

Tuna Chunks 165g +26

Free Range Egg 1 +10

Mozzarella/Feta +14

Parmesan +18

Dargle Valley Bacon +20

Free Range Beef +35

poke BOWLS

CHIMMICHURI SIRLOIN BOWL | 115

Free range sirloin, brown rice, black beans, fresh avocado, cherry tomatoes, diced red onion, red cabbage, baby spinach leaves all drizzled with a delicious Chimmichuri sauce and garnished with coriander. A tree twist on a protein rich classic.

JAPANESE SALMON BOWL | 125

Fresh Norweigan Salmon, cucumber ribbons, spirasized carrots, edamame beans, radish, seaweed, red peppers, fresh avocado, and brown rice all drizzled with a japanese dressing and topped with spring onions, black sesame seeds, wasabi paste and pickled ginger.

TERIYAKI STICKY CHICKEN BOWL | 110

Free range chicken, red pepper, fresh pineapple, red onions, edamame beans, brown rice drizzled with Tree homemade Teriyaki sauce and topped with spring onions and black sesame seeds.

HONEY SOY SRIRACHA TOFU | 120

Tofu, red pepper, fresh pineapple, red onions, edamame beans, brown rice drizzled with Tree homemade Teriyaki dressing and topped with spring onions and black sesame seeds and a generous drizzle of spicy sriracha.

juice BAR

CREATE YOUR OWN FROM SEASONAL FRUIT & VEG | 35

100% cold pressed juices | 350ml

IMMUNATOR | 40

Grapefruit, orange, lemon, pine

REPLENISH | 40

Coconut water, lime, pine

LEMONADE | 40

Apple, lemon, mint, chia

ALOE AMINO | 40

Cucumber, aloe, apple, mint

RADIANT BEET | 40

Beet, carrot, ginger lemon

WATERMELON REFRESH ER | 40

Watermelon, lime and mint

short

GINGER JUICE | 40
ORGANIC WHEATGRASS | 55
WHEATGRASS-APPLE | 42
CARROT, GINGER, TURMERIC | 38

greens 350ml

WHEATGRASS TONIC | 50
Wheatgrass, apple, avo, lemon

MATCHA ENERGY | 50
Spinach, matcha green tea, apple, mint, ginger

APPLE PIE | 50
Kale, apple, walnuts, cinnamon

DAILY GREENS | 50
Wheatgrass, spinach, celery, avo, apple

deluxe 350ml | 500ml

CACAO MINT | 50 | 60
Almond milk, cacao, banana, avo, mint, dates, coconut, vanilla

ALMOND STRONG | 50 | 60
Dates, banana, almond butter, spinach, almond milk

RED RESCUE | 50 | 60
Frozen yoghurt, Red espresso, chia, cinnamon, apple juice

MATCHA KICK | 50 | 60
Frozen yoghurt, matcha green tea, chia seeds, apple juice

WAZOOGLES | 50 | 60
Wazoogles super food blend, banana, almond milk, coconut water
chocolate | vanilla | berry

THE basics

350ml | 500ml

BERRY BRAVE | 45 | 55
Frozen yoghurt, seasonal berries, apple juice, vanilla, honey

HAPPY BANANA | 45 | 55
Frozen yoghurt, banana, coconut water, cinnamon, pink salt, honey

MEAN CAFFEINE | 45 | 55
Frozen yoghurt, dbl espresso, vanilla, honey

TOP DECK | 45 | 55
Frozen yoghurt, cacao nibs, banana, walnuts, vanilla, milk

BROGA | 45 | 55
Frozen yoghurt, whey, banana, peanut butter, milk

KIWI-COCO (DF) | 45 | 55
Banana, cashews, mango, kiwi and coconut milk

SALTED CARAMEL DELIGHT | 60 | 70
Dates, almond butter, banana, pink salt, vanilla pod, walnuts, cinnamon and almond milk

CACAO CASHEW CREAM | 60 | 70
Cacao nibs, cashews, coconut water, banana and almond butter

CHOCOLATE NO-MILKSHAKE (DF) | 60 | 70
Raw Cacao, banana, walnuts, coconut and coconut water.

VANILLACUMA (DF) | 60 | 70
Vanilla pod, lucuma, coconut, banana, walnuts and coconut water

SMOOTHIE bar

BOOSTERS

Add boosters to your juice, smoothie or meals for a nutri-boost

POWER PACKED

WAZOOGLES +20
Super boost with hemp, chia, maca, mesquite, lucuma, cacao

WHEY PROTEIN POWDER +20
High in protein

HEMP PROTEIN POWDER +20
Vegan protein source
Easy to digest

MACA ENERGY +20
Energy, fibre & protein boost

CAMU CAMU +20
Vitamin C boost

LUCUMA +20
Contains essential trace elements, immune booster, improves physical endurance

ESSENTIAL FATS

CHIA SEEDS +15
Rich in omega 3s

HEMP SEEDS +20
Easy to digest. Rich in omega 3 & 6

COCONUT OIL +15
Rich in medium chain fats

ALMOND NUT BUTTER +20
Protein & fibre boost