



## all day BREAKFAST

EGGS ARE FREE RANGE  
WE DON'T USE REFINED SUGAR

**ARTISAN BREAD SELECTION:**  
Sourdough | Health Seed  
Grain Free Tree loaf +9/slice

### PANTAN PAW PAW | GF | 61

Paw paw, Greek yoghurt, almonds, honey

### CHITTA GRANOLA | GF, SF | 45

Greek yoghurt, grain free granola, honey  
add seasonal fruit salad +18

### SUPERFOOD BERRY POT | GF, SF, DF | 80

Greek yoghurt, raspberries (seasonal), raw cacao,  
raw almonds, almond butter, cinnamon, honey & banana

### NUTTY-MAPLE OAT FLAPJACK STACK | R85

A stack of four oat flour flapjacks all layered with  
marscapone, fresh banana, almond nut butter,  
toasted almond flakes, cinnamon and drizzled with  
maple syrup

\*Chef suggestion: Add Frozen Yoghurt (+15)

### NUTTY CHIA POT | GF, PL, SF, DF | 80

Activated coconut chia, berry coulis, nutty seed cream

### BIJOU'S BIRCHER | GF, SF | 82

Quinoa, buckwheat, Greek yoghurt, apple,  
cranberries, almonds, cinnamon, honey

### ALMOND OATS | DF, SF | 75

Warm oats, almond butter, banana, cranberries,  
coconut milk, almonds, vanilla, honey

### DARTIE'S ALMOND WAFFLE | GF | 70

Almond waffle, frozen yoghurt, banana, almonds,  
vanilla, honey

## SMOOTHIE bowls

### ACAI SMOOTHIE BOWL | GF, SF, DF | 83

Seasonal berries, acai, banana, almond butter,  
almond milk, vanilla, goji berries, coconut

### COCO CACAO | GF, SF | 85

Frozen yoghurt, cacao, banana, coconut,  
goji berries, milk, toffee sauce

### CHARCOAL GALAXY SMOOTHIE BOWL | DF | 70

Mixed berries, avo, banana, activated charcoal,  
coconut milk, coconut water, activated chia, dates  
and coconut flakes

### TIM TAM HAZELNUT SMOOTHIE BOWL | DF | 99

Tree's twist on this classic favorite - Raw cacao,  
cacao nibs, Chocolate "Wazoo" plant based  
protein powder, almond nut butter, avo, dates,  
banana, almonds milk, \*Tree toffee sauce, vanilla  
gluten-free cookies and roasted hazelnuts

### HEALTHY GIRL'S PROTEIN BOWL | GF, PL, SF | 94

A protein rich bowl with chia, maca, vanilla pod,  
cinnamon, coconut milk, almond butter, activated oats  
and cacao nibs, garnished with \*Healthy Girl Vanilla  
Crunch Protein Balls, coconut flakes and banana

OUR KEY GF: Gluten free | PL: Paleo | DF: Dairy free | SF: Superfood

# COFFEE bar

almond milk +6

ESPRESSO | 15  
AMERICANO | 22  
CAPPUCCINO SGL | 20

FLAT WHITE | 24  
RED ESPRESSO | 28  
MATCHA GREEN TEA | 32

LATTE | 27  
BEETROOT VELVET SUPER LATTE | 38  
TURMERIC GOLDEN SUPER LATTE | 38  
RED ESPRESSO | 24  
HAZELNUT & CINNAMON | 32  
VANILLA CHAI | 32  
NOMU HOT CHOCOLATE | 32

TEA | CEYLON | ROOIBOS | GREEN 22

APPLE ADDICT | 36  
Apple, ginger, lemon, honey

LEMON & HOT WATER | 12



Tree Natural has created an environment where you can concentrate on healthy living through healthy eating. Being conscious of what you put into your body is the first step towards a healthier lifestyle.

Come and enjoy a delicious and wholesome meal in our healthy and natural café.

www.treenatural.co.za



@TreeNaturalConceptSA



@treenatural



## tree top EGGS

### EGGS on TOAST | DF | 45

Poached / scrambled eggs, rocket on toast  
add avo +16

### FOUNDATION | DF | 65

Mashed avo, poached eggs on toast with  
lemon-thyme dressing

### THE RISING (open sandwich) | DF, SF | 75

Kale pesto, poached eggs, avo, rosa tomato,  
pumpkin seeds on toast

### BUBBLE 'n' SQUEAK | 85

A healthy twist on a South African classic - sweet  
potato and onion fried in coconut oil, Dangle Valley  
diced crispy bacon, two poached eggs, fresh avo  
served on a bed of baby spinach leaves.

### SAFFA BREAKFAST PLATE OR WRAP | 72

Two free range eggs, avocado, Dangle Valley bacon,  
cherry tomatoes and a slice of sourdough

### SPANISH OMELETTE | 70

3 egg omelette, onion, cheese and tomato + \*3  
extra fillings served with a slice of sourdough

\*Add your choice of 3 ingredients: onions/cherry  
tomatoes/ mozzarella/ fetal peppers

+ Other added extra's include

sweet potato (+15)  
bacon (+20)  
avo (+14)  
parmesan (+16)  
hormone free beef (35)  
smoked trout (+44)



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## wraps & SALAD bowls

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

### ZUCCHINI TWIST | 82

Raw zucchini, feta, avo, sunflower seeds, croutons,  
pea shoots, lemon-thyme dressing

### CRESCENT BEET | 85

Roasted beets, chick peas, parmesan, walnuts,  
seed mix, rocket, pea shoots, honey-soy  
vinaigrette

### WASABI TUNA | 85

Tuna, feta, avo, broccoli, celery, cucumber,  
rosa tomato, lettuce, basil, pea shoots, wasabi  
mayo

### OMEGA | 125

Smoked trout, poached eggs, avo, cream cheese,  
sesame seeds with lemon-thyme dressing

# wraps & SALAD bowls

ALL ITEMS AVAILABLE AS A WHOLE MEAT TOASTED WRAP OR 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

## PINKS 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 milk, sesame seeds, lemon grass, chilli, peanut dressing

## BALSAMIC BUTTERNUT BOWL | SF | 105

Roasted butternut, red onion & garlic tossed with quinoa, baby spinach leaves, dahi 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 | 45

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 sarnie.

## MARGHERITA TOASTIE | 40

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 sarnie.  
\*Chef's 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
- Darigle 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 Norwegian Salmon, cucumber ribbons, spiralized 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 REFRESHER | 40**  
Watermelon, lime and mint

# short

- GINGER JUICE | 40
- ORGANIC WHEATGRASS | 55
- WHEATGRASS-A PPLE | 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 | 40**  
Almond milk, cacao, banana, avo, mint, dates, coconut, vanilla

**ALMOND STRONG | 50 | 40**  
Dates, banana, almond butter, spinach, almond milk

**RED RES-CUE | 50 | 40**  
Frozen yoghurt, Red espresso, chia, cinnamon, apple juice

**MATCHA KICK | 50 | 40**  
Frozen yoghurt, matcha green tea, chia seeds, apple juice

**WAZOOGLS | 50 | 40**  
WazooGlas 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, dbt 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 | 40 | 70**  
Dates, almond butter, banana, pink salt, vanilla pod, walnuts, cinnamon and almond milk

**CACAO CASHEW CREAM | 40 | 70**  
Cacao nibs, cashews, coconut water, banana and almond butter

**CHOCOLATE NO-MILKSHAKE [DF] | 40 | 70**  
Raw Cacao, banana, walnuts, coconut and coconut water

**VANILLACUMA [DF] | 40 | 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

**WAZOOGLS +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

