

# 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

# 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

# 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*

## 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