



COFFEE bar

almond milk +6

ESPRESSO | 15
AMERICANO | 22
CAPPUCCINO SGL | 20

TEA | CEYLON | ROOIBOS | GREEN 22

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

APPLE ADDICT | 36
 Apple, ginger, lemon, honey

LEMON & HOT WATER | 12

LATTE | 27
 BEETROOT VELVET SUPER LATTE | 38
 TURMERIC GOLDEN SUPER LATTE | 38
 RED ESPRESSO | 34
 HAZELNUT & CINNAMON | 32
 VANILLA CHAI | 32
 NOMU HOT CHOCOLATE | 32



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

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
 marscopone, 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 *Wazoggles 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



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, Dargle 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, Dargle 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
 tomatos/ mozzarella/ feta/ peppers

+ Other added extra's include
 sweet potato (+15)
 bacon (+20)
 avo (+14)
 parmesan (+16)
 hormone free beef (35)
 smoked trout (+44)



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

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